



**National Children and Young People's  
Diabetes Network  
National Delivery Plan - Aim 1  
Type 1 Diabetes and Difficulties/Disorders of Eating Network  
Task and finish group: Education and Training**



**23rd January 2024  
Via Microsoft Teams**

Attendees	Aim 1 Core Group Members		Role	Network/Organisation
	Dr Simon Chapman		Consultant Paediatrician	King's College London
	Jonathan Maiden (JM)		Data Quality Manager	North West
	Name	Role	Network/Organisation	
	Carolyn Hill	PDSN	Thames Valley	
	Evagelia Paraskevopoulou	Consultant Paediatrician	London/SEC	
	Faye Stubbs	PDSN	East of England	
	Helen Partridge	Consultant in Diabetes	Wessex	
	Julia Eldridge	Dietitian	East of England	
	Julie Cropper	PDSN	Yorkshire and Humber	
	Kelly Carden	DSN	Wessex	
	Lindsey Rouse	Psychologist	Wessex	
	Nicola Stacey	DSN	Wessex	
	Sarah Alicea	Chair	London/SEC	
Apologies	Name	Role	Network/Organisation	
	Elise Roberts	Dietitian	London/SEC	
	Katherine Frost	Dietitian	West Midlands	
	Tiziana Corsini	Clinical Psychology	London/SEC	
	Emma Savage (ES)	Network Manager	Yorkshire and Humber	
Agenda:	<ul style="list-style-type: none"> <li>• Welcome and introductions</li> <li>• HCP education</li> <li>• Patient education</li> <li>• Date and time of next meeting</li> </ul>			
Agenda items	<p><b>Welcome and Introduction</b> SA outlined the aims of the task and finish group</p> <ul style="list-style-type: none"> <li>• Promote existing MEED guidance and produce guidelines for HCP</li> <li>• Hold HCP learning event</li> </ul> <p><b>BERTIE Structured Education</b> LR introduced herself and HP &amp; NS</p> <ul style="list-style-type: none"> <li>• Designed for an adult audience in mind.</li> <li>• BERTIE education project – Structured education package designed by Bournemouth. <ul style="list-style-type: none"> <li>○ Type 1 diabetes learning about living well with diabetes.</li> <li>○ Face to face learning primarily (4 day course), but online version also available.</li> <li>○ More developed psychological aspect is under development with aim for Feb release</li> <li>○ <a href="https://www.bertieonline.org.uk/">https://www.bertieonline.org.uk/</a></li> <li>○ Emotional wellbeing module covering 'Relationship with food' and 'Eating disorders(ED)' <ul style="list-style-type: none"> <li>▪ Knowing the signs – Checklist of red flags for ED</li> <li>▪ Starting the conversation – Can be completed as an individual with concerns they have ED themselves or as a HCP or friend/carer worried about someone</li> </ul> </li> </ul> </li> </ul>			



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	<p>with ED.</p> <ul style="list-style-type: none"> <li>▪ Information on impact of ED on health</li> <li>▪ Useful links and resources</li> <li>▪ Comment box on each module to encourage peer support aspect.</li> </ul> <ul style="list-style-type: none"> <li>• <b>Action: SA to contact priority trial team to speak at next meeting.</b></li> <li>• Training for HCP's provided to aid providing BERTIE education.</li> <li>• Connect with SEREN to develop some resources around emotion wellbeing and disordered eating.</li> <li>• HCP resources in development conjunction Bournemouth and DigiBete. SA asked for volunteers to help with this.</li> <li>• Rebecca Waldron in Leeds (On steering group for T1DE), provides SEREN connect education.</li> <li>• Language needs adapting to bring in line for CYP audience and develop a resource package that can be shared as part of unit's education.</li> <li>• Suggested the need to split patient education into various groups, eg. under 12's, 12-18, and parents. This group covers 0-25y so need to consider the best split.</li> </ul> <p><b>HCP education</b></p> <ul style="list-style-type: none"> <li>• Network website can be utilised to add any resources and material for sharing. <b>Action: All to send HCP resources and materials through to ES &amp; JM for sharing.</b></li> <li>• Discussion around providing regular education events. F2F and virtual suggested by group. Logistics discussed. BEAT could help with co-ordination of speakers. JM suggested virtual event which can be recorded and shared as digital resources following the event. <ul style="list-style-type: none"> <li>○ NW network hold annual webinars with talks and slides shared afterwards: <a href="https://www.cypdiabetesnetwork.nhs.uk/north-west/cyp-diabetes-and-eating-disorders-a-holistic-approach-11th-may-2023/">https://www.cypdiabetesnetwork.nhs.uk/north-west/cyp-diabetes-and-eating-disorders-a-holistic-approach-11th-may-2023/</a></li> </ul> </li> <li>• <b>Action: Send a short survey to gain some feedback on what paediatric teams identify as missing / a need, that may steer what HCP education is developed and how it is delivered?</b> <ul style="list-style-type: none"> <li>○ HP share ComPASSION survey to adapt questions.</li> </ul> </li> <li>• <b>Action: Anyone interested in co-chairing the group to contact SA</b></li> </ul>
<b>Actions</b>	<ul style="list-style-type: none"> <li>❖ <b>Action: SA to contact priority trial team to speak at next meeting.</b></li> <li>❖ <b>Action: Send a short survey to gain some feedback on what paediatric teams identify as missing / a need, that may steer what HCP education is developed and how it is delivered?</b></li> <li>❖ <b>Action: Anyone interested in co-chairing the group to contact SA</b></li> <li>❖ <b>Action: All to send HCP resources and materials through to ES &amp; JM for sharing.</b></li> </ul>
<b>Minutes:</b>	Minutes kindly taken by Jonathan Maiden and signed off by the Aim 1 Core Group Members
<b>Date and time of next Meeting</b>	<b>Time:</b> 10am-11pm hours <b>Date:</b> 29 <sup>th</sup> February 2024 <b>Venue:</b> Virtually - via MStTeams