



**National Children & Young People's
Diabetes Network**

**Implementation of dedicated
T2 diabetes clinics:
service experiences**

TYPE 2 DIABETES SERVICE UPDATE

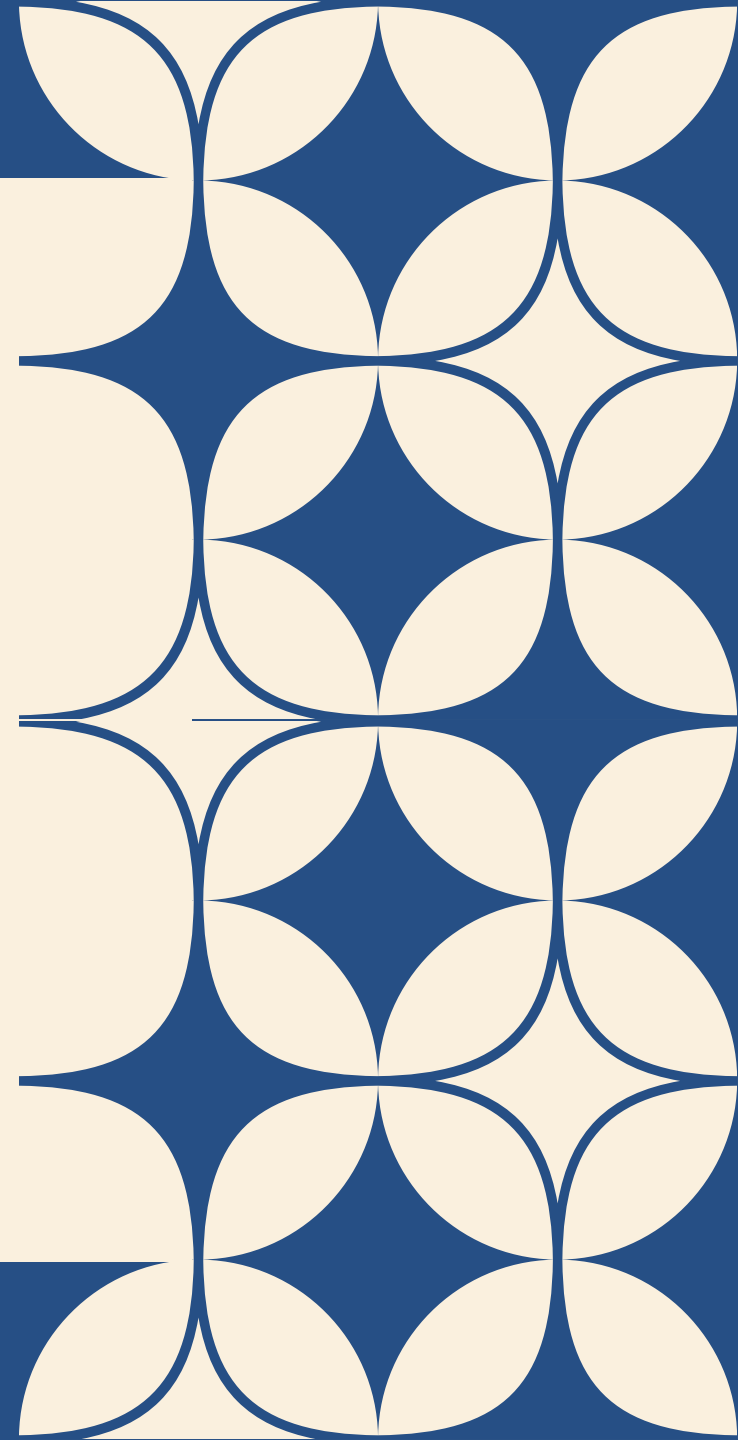
**ANJANEE KOHLI (RD)
HOLLY WOOD (PDSN)**

Initial Steps: OPEN DISCUSSION

- STRUCTURED EDUCATION
- FAME workbook
- Digibete
- School Care Plans
- Psychology support
- Admission at diagnosis – pathway
- condensing resources
- Outreach Service
- Access to new medicine
- Care processes – Annual review
- High HbA1c – Safeguarding
- GP letters
- Moodle



WHAT HAVE WE
DONE OVER THE
PAST YEAR?



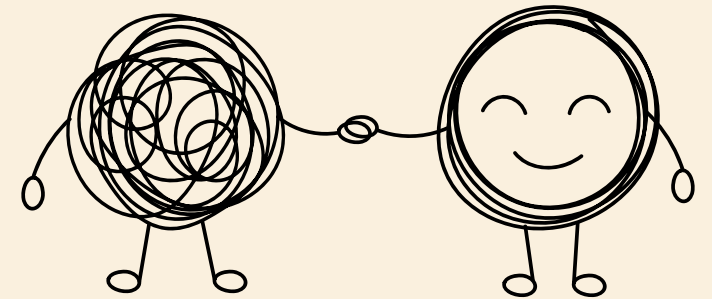
WE REVAMPED OUR STRUCTURED EDUCATION



INCORPORATED
DIGIBETE



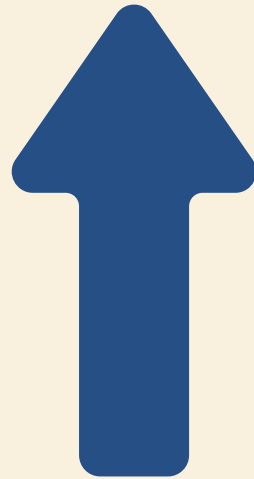
ADDING A SESSION WITH
YOUTH WORKER



SESSION WITH
PSYCHOLOGY (TBC)

UPTO DATE PATIENT DATABASE

17



High
Hba1c



Declining
weight

OR



Normal
Hba1c



Increasing
weight

STEPS 2 SUCCESS


NHS
Birmingham Women's
and Children's
NHS Foundation Trust

Type 2 Diabetes workbook for children and young people

FAME

Food / Activity / Medication / Education

This is my booklet



By your side



Steps 2 Success

Type 2

What is Type 2 Diabetes?

Type 2 diabetes is a condition where you have high blood sugar levels. This happens because your body doesn't respond well to a hormone called insulin, which helps glucose enter your cells to give them energy. Without enough insulin or if your body doesn't use it well, glucose builds up in your blood, causing high blood sugar levels.



Some signs of high blood glucose levels

- Feeling very tired and not being able to concentrate
- Feeling thirsty
- Getting stubborn infections or skin changes
- Needing to wee a lot
- Some people get no symptoms at all for a while

If high blood glucose is left untreated, it can start to affect other parts of your body over time like your eyes, feet, heart and kidneys.

Some signs of low blood glucose levels

- SWEATING
- SHAKING
- HUNGER
- BLURRY VISION
- DIFFICULTY CONCENTRATING
- DIZZINESS

Sick Day Rules

Keep one month's supply of all medication at home, and take more than you need with you, if you go away, just in case.

If you normally check your blood glucose levels at home, make sure your blood glucose meter is working and you have a one month supply of lancets and strips.

If you have been told to check ketones, your ketone meter with strips needs to be available and in date.

When you become unwell, the most likely thing is that your blood glucose levels will increase, even if you are eating less than usual. The opposite can happen though and your blood glucose levels can drop.

If you are on a medication like metformin or liraglutide, and if you start getting dehydrated for example if you are vomiting, then stop these medications until at least 24 hrs after your eating and drinking has returned to normal and you are passing urine as often as usual.

If you are on insulin, never stop it completely, but you may have to adjust the dose if you develop ketones or your blood glucose levels are falling.

Call Diabetes Homecare if you are unsure what to do

Treatment

A very important treatment for high blood glucose levels in type 2 diabetes is to lose weight if you have a high Body Mass Index (BMI). Research in adults has shown that weight loss can put Type 2 Diabetes into remission.

Metformin

This is usually the first choice of medication. It can be taken as a tablet, liquid or oral powder. It should be taken with or shortly after meals.

How much should I be taking?
Need to add it in-table?

Insulin

Insulin may be needed if a person is unwell at diagnosis, for example if their HbA1c is very high. It may also be considered if other treatments have not been suitable, not been tolerated or have not improved blood glucose levels sufficiently over time.

Insulin is given by injection (usually once daily), but sometimes rapid acting insulin may also need to be taken before food. If you are on insulin treatment, it is important to monitor glucose levels more often.

Liraglutide

Sometimes used as a medication option for those 10 years and older.

It is available in a pen and is given by injection once a day, starting at a low dose and increased if needed.

Common Side Effects: Stomach ache. Side effects should wear off after a few days. If they don't please contact your diabetes team.

It can help with weight loss by reducing appetite.

Diet and Activity

You might have been advised to make diet and lifestyle changes to reach a healthy weight.

Diet

- Eat a balanced diet
- Smaller portion sizes
- Change to healthier food and drink options

Lifestyle

- Get good sleep
- Increase physical activity

Some Tips:

- Aim for \dots g to \dots g carbohydrates per day. Usual meals should be \dots g to \dots g carbohydrate.
- Minimise high energy processed snacks such as biscuits, crisps, chocolate and sweets from the house
- Be active for 30-60minutes every day (anything that makes your heart beat faster)
- Get at least 8-12 hours of sleep every night - no phone or tablet screen time 1 hour before bed!

Adapted from Digibeta

Provided by the Diabetes Homecare team

NHS
Birmingham Women's and Children's NHS Foundation Trust

Diet resources

Goals to improve family health

Areas to focus on for the family:

- ①
- ②
- ③



 Birmingham Women's and Children's NHS Foundation Trust

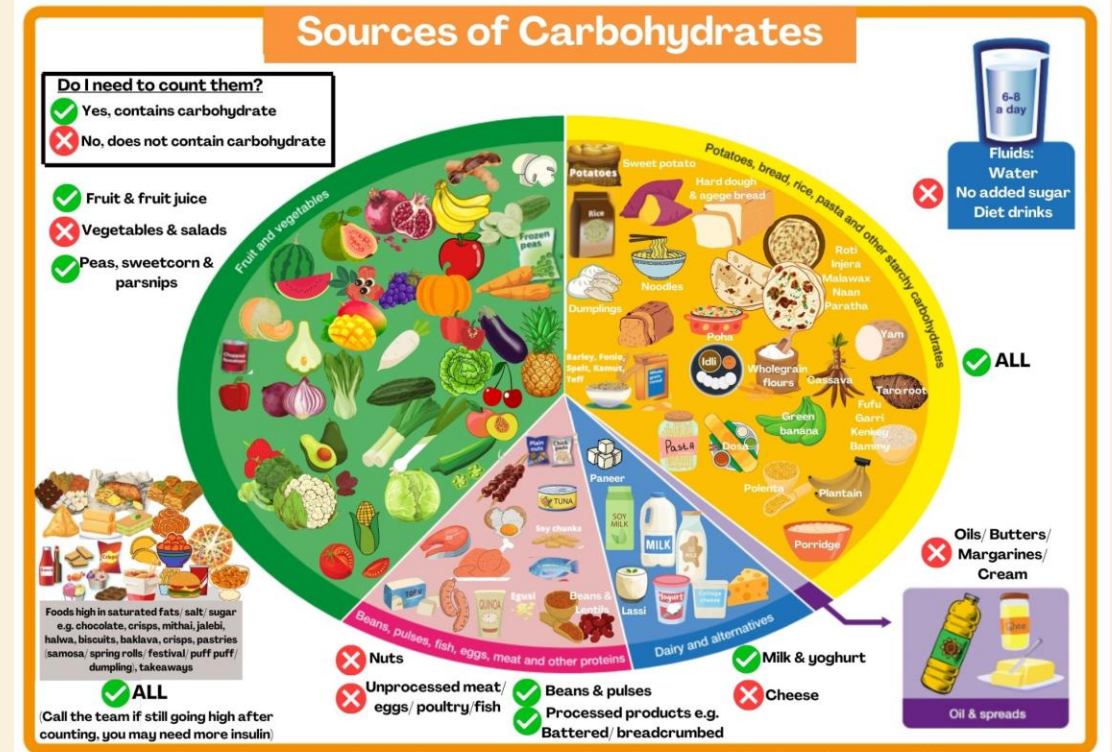
Provided by the Diabetes Homecare team

FAB Health: Family Approach to Better Health



- ✓ 3 meals and 1 snack per day
- ✓ Balanced meals and sensible portion sizes (see picture)

- ✓ Aim forg tog carbohydrates per day. Usual meals should beg tog carbohydrate.
- ✓ Avoid having takeaways or eating out more than once a week
- ✓ Replace all sugary drinks with sugar-free alternatives (this includes sugar added to hot drinks). Limit fruit juices or smoothies to no more than 1 glass a day.
- ✓ Don't eat after 7pm on most days of the week 
- ✓ Minimise high energy processed snacks such as biscuits, crisps, chocolate and sweets from the house
- ✓ Be active for 30-60minutes every day (anything that makes your heart beat faster)
- ✓ Get at least 8-12 hours of sleep every night - no phone or tablet screen time 1 hour before bed! 



Adapted from: African and Caribbean Eatwell Guide, Diverse Nutrition Association (2022); The Eatwell Guide, Public Health England (2018); South Asian Eatwell Guide, Fareeha Jay (2021)

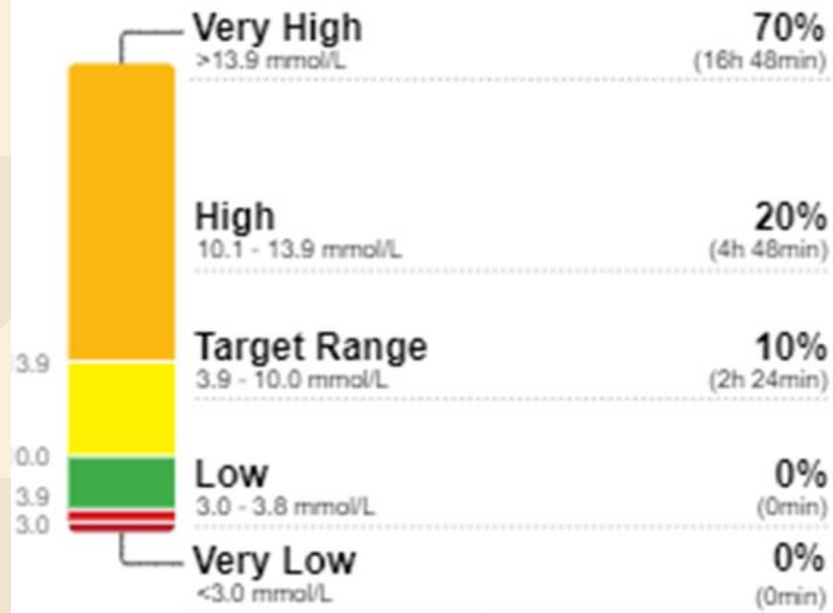
PRIORITISED OUR OUTREACH SERVICE



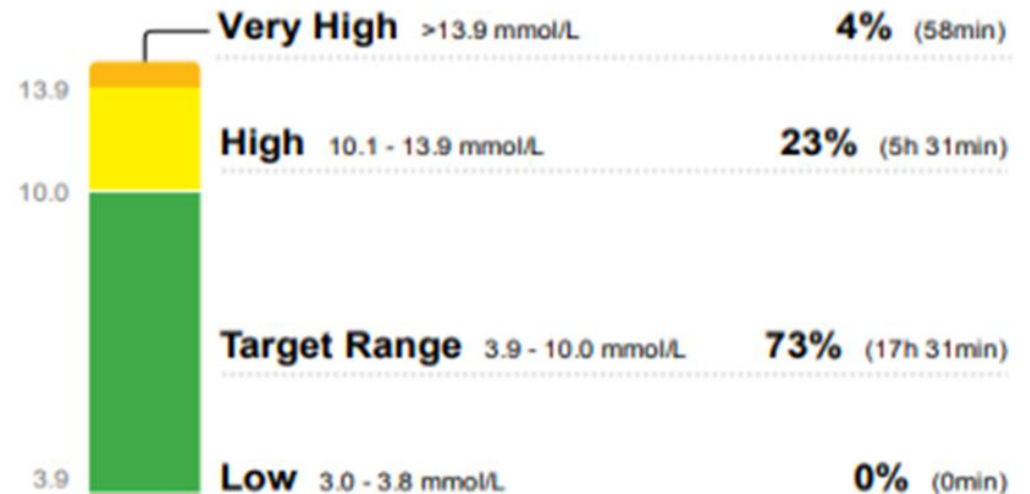
- **Type 2 protected time - Home Visits are key**
 - **Better engagement**
 - **Honesty**
- **Extra support for those patients with a High HbA1c**
 - **Medicine management**
- **Opportunity to optimise education**

POOR COMPLIANCE > ADMISSION > EMPAGLIFLOZIN

TIME IN RANGES



TIME IN RANGES



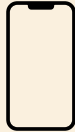


WHAT WILL BE OUR UPCOMING PRIORITIES?



**Admission
at diagnosis**

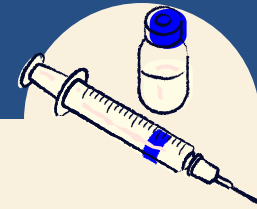
**Access to new
medication**



**Getting patients to
actually download and
use Digibete!
Could do this with the
Youth Worker
session?**



- Education – optimised
- Medicine Management
 - Diet and Lifestyle
 - Psychosocial factors
 - Psychology

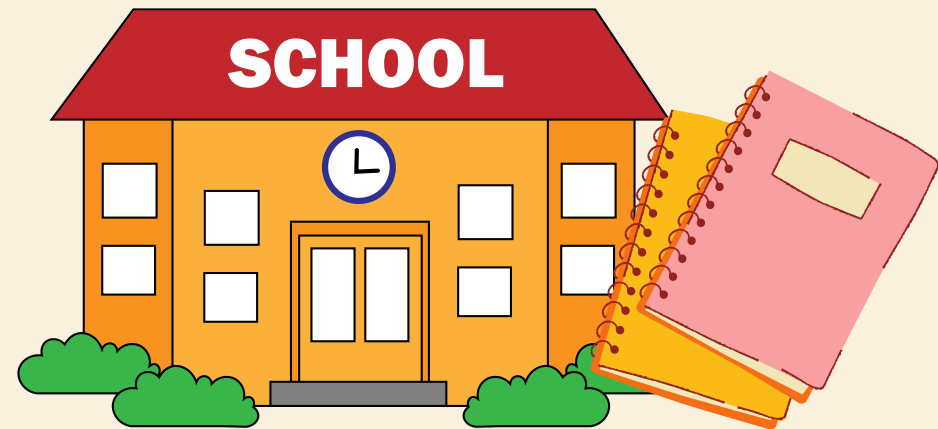


**Focus on adding
SGLT2s and GLP-1s to
our formulary**

ANYTHING ELSE?



legend study



school care plans

THANK YOU

*There will be an opportunity for Q&A
after both teams have presented*

