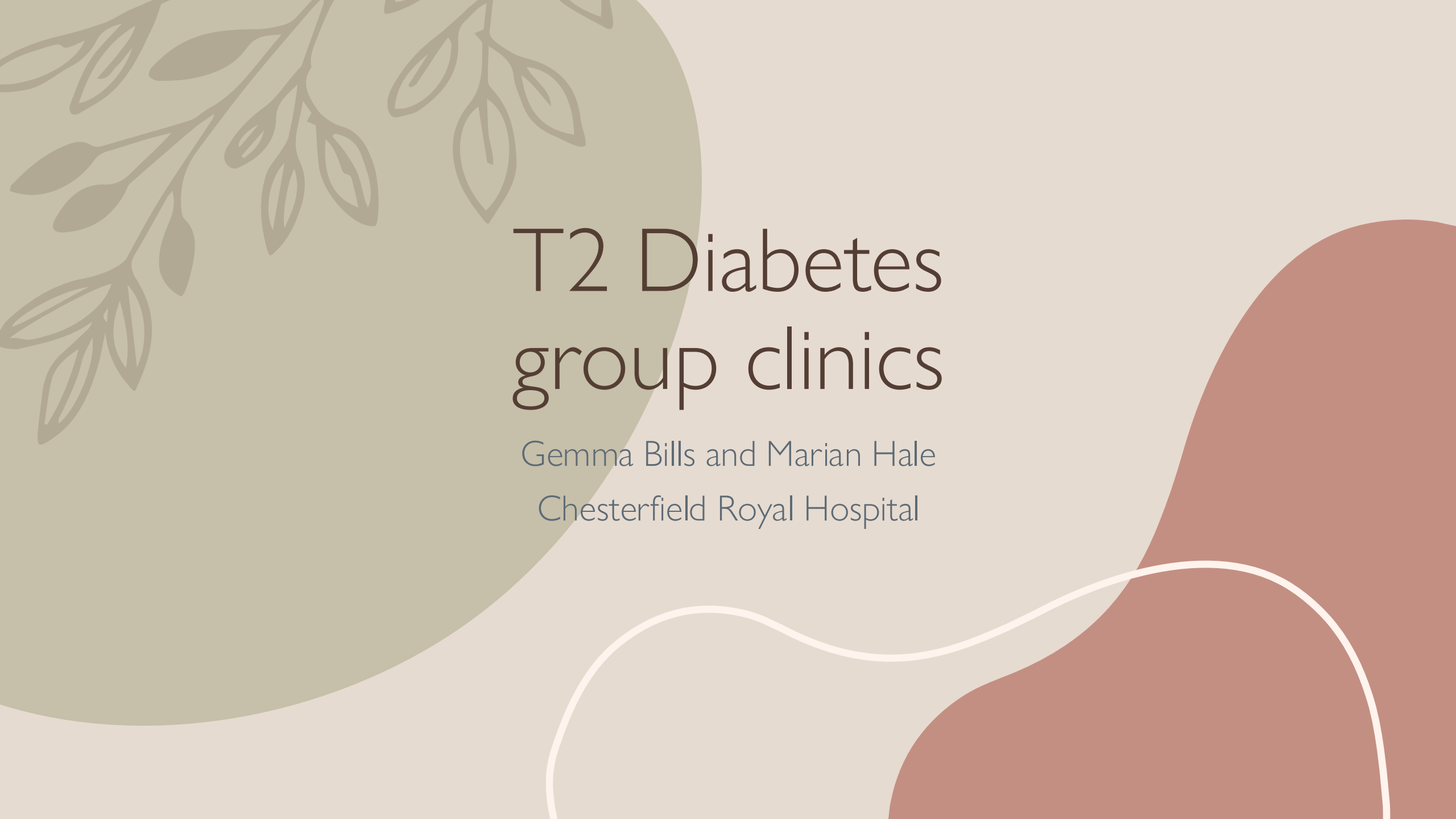




**National Children & Young People's
Diabetes Network**

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



T2 Diabetes group clinics

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Chesterfield Royal Hospital



Agenda

Introduction to the service

Reasoning behind the change

The Plan

Clinic Structure

Topics Covered

Results

Introduction to the service

Total current patients: 171

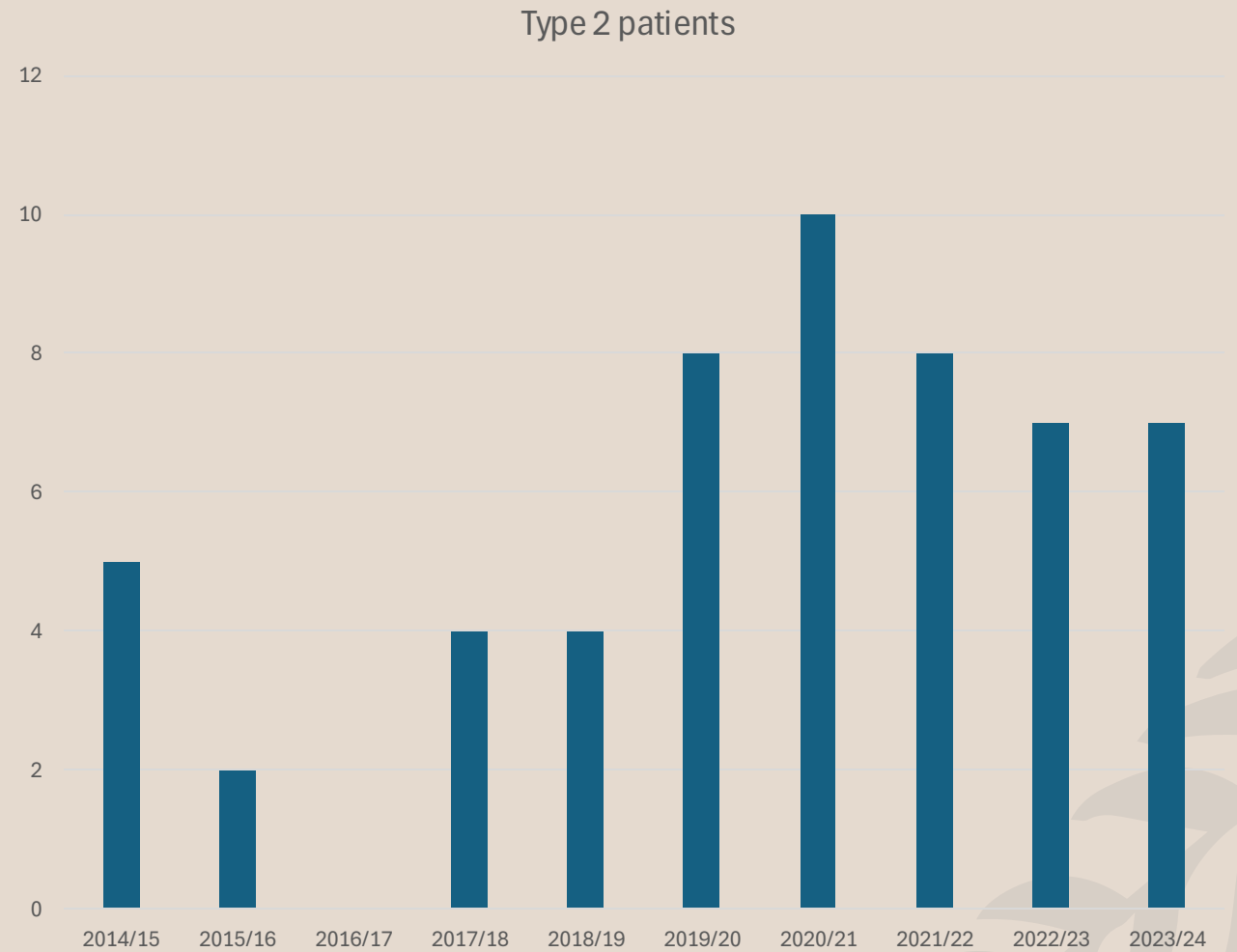
Type 2 patients: 7

2 consultants

3 PDSNs

2 Dietitians

1 clinical psychologist



Reasoning behind the change

- Started to see increase in T2 numbers around 2019/2020 but unable to implement any change at that time due to COVID.
- T2 patients were being seen at that point as part of MDT clinics alongside T1 patients every 3 months.
- Very little support was given in between clinics.
- Very little improvement was seen in terms of weight loss/HbA1c.
- Started to feel like we were doing this group of patients a disservice.

The plan!

- Discussed in MDT meetings as to whether we could group these patients together and have a focussed type 2 clinic incorporating some education and group work rather than just 'talking at them'
- Needed to have a focus on promoting healthy diet and activity without directly talking about weight.
- Needed core diabetes team present (consultant, dietetics, psychology and nursing)
- Needed separate rooms to be able to do group work and have space for private consultations
- Needed a plan for those young people who would not be able to cope in a group situation (currently 1 young man with autism)
- Needed to be interesting and relevant to them to keep them attending

Clinic structure

- 9.20 patient 1 with cons then 9.40 with psychology
- 9.40 patient 2 with cons then 10.00 with psychology
- 10.00 patient 3 with cons then 11.30 with psychology
- 10.30-11.30 group session
- 11.30 patient 4 with cons and 11.50 with psychology
- 11.50 patient 5 with cons then 12.10 with psychology
- 12.10 patient 6 with cons then 12.30 with psychology

Pre clinic planning meeting

- Meet 2 weeks prior to clinic to look at feedback from last clinic and plan what topic we want to cover
- Split topic between each staff member and have our own element of the session to plan and lead on

Topics covered

Ready Steady Cook session

Exercise and walk around the hospital

Mindful eating and snack ideas

Metformin and motivation

Eating away from home

Planning for change

Christmas Treasure hunt

Blood Pressure and heart health

Food scanner apps, why do we eat?, managing why we eat when not hungry

Planning a pregnancy and healthy relationships

Follow up after clinic

- Each patient to have 4-6 weekly follow up calls between clinics
- Each staff member has 2 patients to contact
- Step challenge between clinics with the most steps winning a fruit basket

(consent obtained for use of photograph)



Name	Weight and HbA1c at diagnosis	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
		21.4.22	14.7.22	27.10.22	2.2.23	11.5.23	28.9.23	7.12.23	14/03/24	20/06/24	10/10/24	
		T2 clinic 1	T2 clinic 2	T2 clinic 3	T2 clinic 4	T2 clinic 5	T2 clinic 6	T2 clinic 7	T2 Clinic 8	T2 Clinic 9	T2 Clinic 10	
Pt 1	Dx July 2019											
Currently 18 yrs												
Weight	102.1kg	109.95kg	110.45kg	108.9kg	105.6kg	108kg	108.7kg	107.2kg	106.8kg	108.1kg	107.3kg	
BMI	34.35	36.3	36.9	36.2	35.5	36.5	36.3	35.6	35.77	35.91	35.44	
HbA1c	57 mmol	53 mmol	55mmol	47mmol	43mmol	51mmol	42mmol	50mmol	47mmol	54mmol	55mmol	
Pt 2	Dx jan 2022											
Currently 18 yrs												
Weight	134.6kg	135.1kg	135.5kg	128kg	127.2kg	125.9kg	UTA	123.2kg	126kg	120.85kg	UTA	
BMI	43.3	43.9	43.9	41.6	41.3	40.2	UTA	39.3	40.22	37.93	UTA	
HbA1c	55mmol	47mmol	37mmol	33 mmol	32mmol	34mmol	UTA	34mmol	32mmol	34mmol	UTA	
Pt 3	Transferre d in aug 2020											
Currently 16 yrs												
Weight	103.2kg	UTA	112.6kg	110.2kg	107.6kg	101.9kg	92.8kg	92.8kg	UTA	103.8kg	103.1kg	
BMI	38.84	UTA	39.05	38.6	37.7	36.7	33.2	32.9	UTA	36.69	36.4	
HbA1c	52mmol	UTA	41mmol	42mmol	37.7mmol	39mmol	34mmol	39mmol	UTA	37mmol	38mmol	
Patient 4	Dx aug 2022											
Currently 17 yrs												
Weight	129.3kg			130.1kg	129.6kg	UTA	127kg	127kg	128.15kg	126.4kg	130kg	
BMI	43.3			43.3	44.1	UTA	42.6	42.4	42.38	42.18	43.69	
Hba1c	47mmol			41mmol	42mmol	UTA	41mmol	40mmol	42mmol	43mmol	43mmol	
Patient 5	Dx may 2023											
Currently 18yrs												
Weight	72.4kg						67kg	64.5kg	66.25kg	67.5kg	66.15kg	
BMI	30.89						28.6	27.2	27.93	28.54	28.07	
Hba1c	51mmol						42mmol	40mmol	48mmol	43mmol	42mmol	

Future plans

- Social events specifically for Type 2 patients
- Encourage the use of Digibete T2 app
- Continue to vary topics based on what clinic feedback is
- Future session ideas:
 - Resilience and managing stress
 - Preventing burn out
 - Building habits

The background features a light grey base with several abstract elements: a large, solid reddish-brown shape on the left; a large, solid olive-green shape on the right; a white outline of a leaf or branch in the top left; and a white wavy line on the right side.

Thank you

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