



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

**Update from the National CYP Diabetes
Network Psychology Leads group and
National Psychology Projects**

Psychological Screening Task and Finish Group

Started by Sarah Cook – pilot reported on October 2024

Evidence based assessment

Data driven service planning / development

Variation nationally- helps new starters and wider teams

Compendium of assessments –

Freely available

For whole team (not just psychology)

Choice points –

Who, where, why, how (not prescriptive)

Vignettes and case studies

Next steps –

Volunteers for editing for sense/content – reviewers to be identified

Also, opinions for clinical relevance – first step, reviewers identified

Aim for reviewing to begin is end of 2025

Diabetes technology: resource for teams

What is it?

- A practical resource (not a framework) developed by psychologists working nationally across paediatric diabetes services.
- It aims to support multidisciplinary teams in addressing the psychological, behavioural and emotional aspects of helping families transition to and thrive with HCL systems.

Developed by:

- A group of psychologists working nationally in paediatric diabetes, drawing on research, shared expertise and clinical experience.

How it helps MDT clinicians:

- Promotes holistic care – integrates psychological understanding with medical and educational support.
- Guides preparation for HCL – assessing readiness, confidence, and family context.
- Guidance for supporting emotional adjustment – normalising anxiety, perfectionism, and body image concerns.
- Encourages inclusive education – recommendations for considerations and adjustments in teaching approaches.
- Consideration around building trust and confidence (in teams and technology) and strengthening collaboration (with teams, families and schools)

Next steps:

- Final editing and formatting of the draft resource.
- National dissemination to psychology colleagues for feedback and planning.
- Exploration of best ways to share with MDTs supporting children, young people & families using HCL systems.





Type 1 Diabetes and Difficulties/Disorders of Eating Network— A National Network Response

Simon Chapman, Consultant paediatrician, King's College Hospital

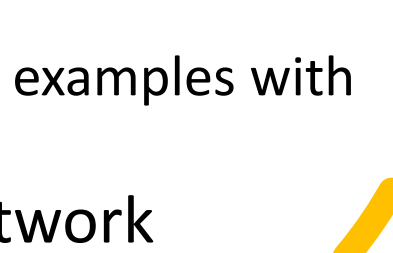
Emma Savage, Network Manager, Yorkshire & Humber

Jonathan Maiden, Network Manager, North West

Fiona Campbell, Consultant paediatrician, National Network Children's Diabetes Lead, Leeds

We remember, Margot Carson, Children & Young People's Diabetes Network Manager - North West

Type 1 Diabetes and Difficulties/ Disorders of Eating Network

- Data
 - Gather prevalence through NPDA
 - Gather patient experience data from those with lived experience
 - Education and Training
 - Digibete E-Learning modules
 - National study day
 - Identification and Screening
 - Gather data and best practice on screening for eating difficulties
 - Clinical advisory group
 - Toolkit resource for HCPs – case study examples with considerations
 - Report to National CYP diabetes network
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National Survey



- National survey to all paediatric diabetes teams and eating disorder services – 408 responses (376 HCPs from PDUs and 32 HCPs from ED).
- Survey split into sections to cover all elements of the task and finish groups
- Survey analysis in progress and being used to inform future projects and education events

Key updates from task
and finish groups

Identification and Screening group: Draft document

- Who should be screened for eating disorders/eating difficulties in paediatric diabetes?
- How often should this take place?
- What screening tools or approaches are recommended?
- Which professionals should be responsible for completing T1DE screening?



Education & Training group

- Working in conjunction with Digibete on developing E-learning modules for T1DE for use by paediatric and adult HCPs
- 5 modules including, an overview/introduction to T1DE, psychology, communication and wellbeing, strengthening care in T1DE management/services and filming with lived experienced young people and adults
- Diverse group of HCPs for the writing groups for 5 modules – both paediatric and adult colleagues



Clinical Advisory Group

- Working on writing the following document:
- Guideline: Management of Eating Disorders in Children and Young People with Type 1 Diabetes:
 - Section 1 - Background and context
 - Section 2 – Principles of management
 - Section 3 – Clinical guidance for Diabetes MDTs
 - Section 4 – Practical application

Diabetes and Neurodivergence Resources Group

Launched following last year's conference, following on from Dr Hayley Thompson's Parents Group presentation

All welcome

Meet quarterly online via MS Teams, with agenda to:

- 1) Share/Develop Resources relevant to Diabetes and Neurodivergence
- 2) Form a Community of Practice to learn from each other/discuss working with neurodivergence in diabetes context

Currently store all shared resources on MS Teams Channel
(currently seeking another way to do this as Irish colleagues can't join)

Next meeting:

Wednesday 3rd December, 10am-12pm, MS Teams

Email cheryl.hunter2@nhs.net for meeting invite before Thursday 20 November

Thanks to all those who've attended and shared resources so far

The image features a central blue rectangle containing white text. The text is arranged in two lines: the first line contains the acronym 'NPDA' in a large, bold, sans-serif font, and the second line contains the full name 'National Paediatric Diabetes Audit' in a smaller, bold, sans-serif font. The background is white, and there are decorative blue geometric shapes in the corners: a square in the top-left, a triangle in the top-right, and a triangle in the bottom-right.

NPDA

**National Paediatric
Diabetes Audit**

Background

Feedback from services highlighted challenges:

- Psychological screening questions are difficult to answer and may not reflect care accurately
- Definition of 'annual psychological screening' misaligned with Best Practice Tariff (BPT)

Commissioners' needs:

- Evidence of need for psychological support, and positive impacts of psychology input

New data collection priorities:

- Prevalence of ASD, ADHD, and learning disabilities

Updated - Psychological Screening

No.	Data item
47	Date of Annual Psychological Screening Assessment
48	Following annual psychological screening, was the patient assessed as requiring additional psychological support outside of routine care?

Aims to capture whether an annual psychological screening was performed by the MDT

- Assessment for '**need of additional psychological support**' beyond that which might be routinely provided within clinic
- Assessments can be performed **by any member of the paediatric diabetes MDT**
- Services can interpret based on their context.

New questions

No.	Data item
6	Has the patient had a diagnosis of ADHD or ASD?
7	Does the patient have a diagnosis of a learning disability?

- Only **confirmed diagnoses** made by a qualified healthcare professional

No.	Data item
49	Was the patient offered an additional appointment with a mental health professional as part of the diabetes MDT?

- Includes appointments offered to **family members**.
- You can indicate that support was **offered but not attended/declined**
- You can also indicate if they are **accessing mental health support elsewhere**

DigiBete Emotional Wellbeing resources

Emotional Wellbeing

Welcome to our Emotional Wellbeing page. This page is dedicated to resources for emotional wellbeing and we hope you find them useful. If there are any issues that are affecting you then talk to your local diabetes team so that they can help you get the right support.



[Emotional Wellbeing - DigiBete](#)

Looking ahead...

Are there any areas you think the National Psychology Group could work on in the coming 12-24months?

There is an opportunity to contribute your ideas on the Conference Evaluation form.

Please be thinking about this during the Conference.

