IMPROVING DIABETES CARE IN SCOTLAND 2018
UNDERSTANDING THE PRESENT AND SHAPING THE FUTURE
Derek N Hastings CEng, FI Mech E

Director of Projects and Operational Support,
SSE Enterprise
Derek Hastings
Type 1 Diabetes Patient
Treated by Forth Valley NHS
27th October 2017

The first day of the rest of my life....
With Latent Autoimmune Diabetes of Adulthood
The Programme

• 5 week programme
• Clear programme, with a lot of information, but a graduated reveal, ie:
  • Week 1: Basic Insulin Doses, Basal Dose, injection sites, Meter Use, overview of underlying mechanism, diet and hypos, driving and employment
  • Week 2: Carbohydrate Counting, Dose adjustment according to activities, awareness of complications
  • All weeks: ability to ask questions; know when next appointment is
Key Points

• 2 weeks to “get it sorted”
• Clear communication
• Excellent back-up from team: Consultants, Nurses, Dieticians
  • Phone, e-mail, message service
• Integrated programme: coherent and easy to follow
• You have to try the "Spin Class", but don’t try to keep up with Chris Kelly....
• "If you have worries or questions about your diabetes you do not need to wait until your next appointment. There is a whole team of people to help you!"
Excellent Guidance

**Adult Type 1 Diabetes: Know the Numbers**

Every person with Type 1 diabetes has to manage their condition to live a healthy, happy life. This quick guide shows the blood glucose readings that you should be aiming for.

**Blood Glucose Guidance for Type 1 Diabetes**

<table>
<thead>
<tr>
<th><strong>HbA1c</strong> (Shows control over 3 months)</th>
<th><strong>7 Day Average</strong> (of daily blood glucose checks)</th>
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<tbody>
<tr>
<td>Less than 58 mmol/mol</td>
<td>Aim for 8 mmol/mol</td>
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**What to Aim For During the Day**

- **Before Breakfast:** 5-7 mmol/l
- **Before Meals:** 4-7 mmol/l
- **2 Hours After Meals:** 5-9 mmol/l
- **Bedtime:** 6-8 mmol/l

**Top 3 Tips for Managing Blood Glucose**

1. Give insulin 5-15 minutes before meal times
2. Check your blood at least 5 times a day
3. Improve your carb counting skills...

Remember, a lot of things can affect your blood glucose readings such as shift work, exercise and illness. Do you need a little help? Is there something you’re struggling with? Keep talking to your Diabetes Team about how to improve your self-management.

**HbA1c - How Are You Doing?**

- **Excellent diabetes control**: HbA1c < 48 mmol/mol
- **You’re doing really great!**: 48 ≤ HbA1c < 53 mmol/mol
- **Need a little bit of help?**: 53 ≤ HbA1c < 57 mmol/mol
- **It’s time to make changes**: 57 ≤ HbA1c < 64 mmol/mol
- **You’re at risk of DKA, let us help you now!**: HbA1c ≥ 64 mmol/mol

**Risk Rating of Complications**

- **Low**: 7.0-7.8
- **Med**: 8.6-9.2
- **High**: 10.2-18.1

**Things to remember:**

Your HbA1c is a measure of your blood glucose over the last 8-12 weeks. The target HbA1c for people with Type 1 diabetes is less than 58 mmol/mol. Very high blood glucose levels will put you at risk of developing Diabetic Ketoacidosis (DKA) which if left untreated could cause you to become seriously ill and need an emergency hospital admission.

Lowering your HbA1c by just 10 mmol/mol reduces your risk of complications by 20%

**Date:**

**Current HbA1c:**

**Last HbA1c:**

**Discussions:**

**Next steps:**
Current Status: 3 months in

• Last month I ran 31 miles in total
• I feel empowered to do what I have to do – I know enough and have the confidence in the back up if I don't
• I am happy to "experiment"
• I have had ups and downs emotionally, but the support is there
• The Freestyle Libre is transformative
### Logbook/Table

**Period:** 15/01/2018 - 28/01/2018, 14 days

- **Include manually entered records**

**mmol/L**

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**Number of values:** 51

- **Values per day:** 3.6
- **Period average (mmol/L):** 6.9
- **Values above goal (10 mmol/L):** 6
- **Values within goal (4-10 mmol/L):** 43
- **Values below goal (4 mmol/L):** 2
- **Highest value (mmol/L):** 13.5
- **Lowest value (mmol/L):** 2.0
- **Standard deviation:** 2.3

*Comments (Show)*
Tell me more about AGP

Number of values: 735
Values per day: 105
Period average (mmol/L): 7.6

Values above goal (10 mmol/L): 118
Values within goal (4-10 mmol/L): 592
Values below goal (4 mmol/L): 25

Highest value (mmol/L): 15.7 (27/01/2018 22:08)
Lowest value (mmol/L): 2.4 (22/01/2018 22:15)
Standard deviation: 2.5
The Future?

• I don’t know
• The support continues, the access is there and I am confident of positive outcomes
• I believe that this programme has given me the opportunity to get the most out of life and to continue being productive for as long as possible
• The philosophy is not I can't, it's I can if
Thanks

• To the whole team, especially Linda Macintosh, Chris Kelly, Linda Buchanan