

An aerial photograph of a Scottish landscape. In the foreground, a large, ornate stone castle tower with multiple spires rises from a dense forest. The background shows a wide expanse of green fields, a winding river, and distant towns under a clear sky.

IMPROVING DIABETES CARE IN SCOTLAND 2018

UNDERSTANDING THE PRESENT AND SHAPING THE FUTURE



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2nd February 2018



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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 GUIDANCE 2016





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

HbA1c (SHOWS CONTROL OVER 3 MONTHS)	7 DAY AVERAGE (OF DAILY BLOOD GLUCOSE CHECKS)
Less than 58 MMOL/MOL	Aim for 8 MMOL/L

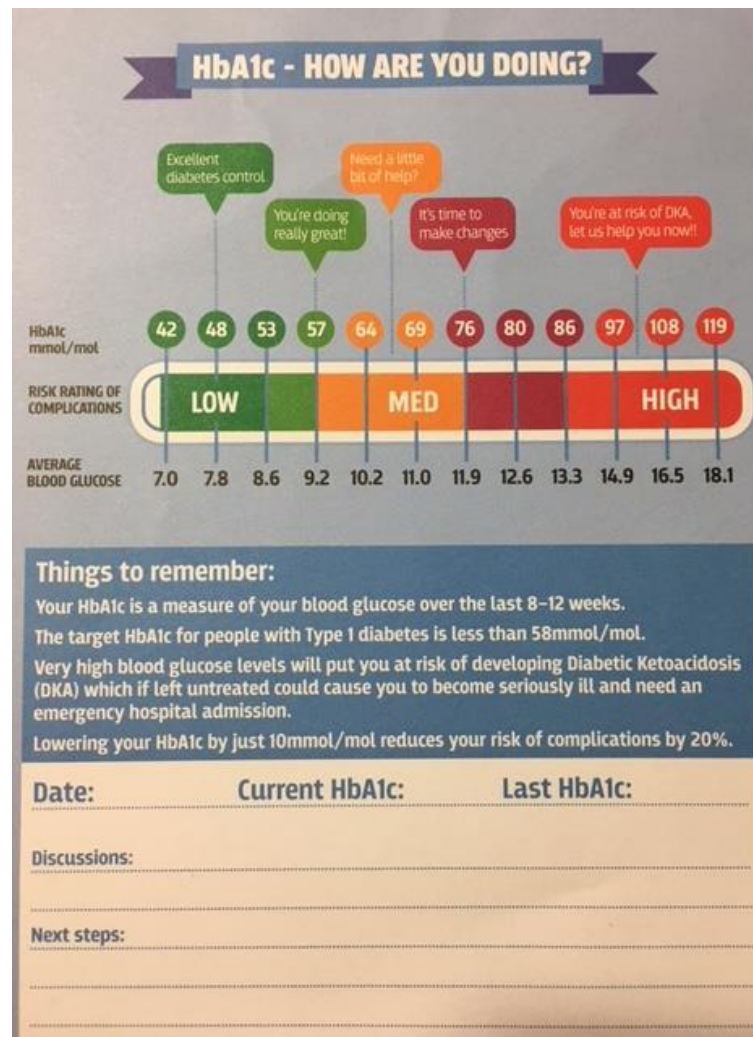
WHAT TO AIM FOR DURING THE DAY

BEFORE BREAKFAST	BEFORE MEALS	2 HRS AFTER MEALS	BEDTIME
 5-7 MMOL/L	 4-7 MMOL/L	 5-9 MMOL/L	 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... **1... 2... 3**

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.



Current Status: 3 months in

- Last month I ran 31miles 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

STANDARD DAY

TREND

DAY BY DAY

METER ALARMS

METER SETTINGS

A1C

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

Select time interval ▼

☒ Include manually entered records

mmol/L

Show / hide colour Expand / compress values

Print to PDF ▼

■ <4 mmol/L ■ within target area ■ > 10 mmol/L *m* tagged values were typed in manually by the patient *k* ketones (mmol/L)

	00:00	01:00	02:00	03:00	04:00	05:00	06:00	07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00	22:00	23:00	Daily totals
Mo 15/1								7.3			6.7			6.1			8.9		6.3				4.3		Average (6): 6.6mmol/L
Tu 16/1							5.2				6.5		11.3					5.9				9.1			Average (5): 7.6mmol/L
We 17/1							5.7				9.5			6.9			5.7			13.5			3.2		Average (8): 7.7mmol/L
Th 18/1							5.2				5.4		5.2			4.2			6.7		4.1				Average (6): 5.1mmol/L
Fr 19/1							8.2					4.9					8.9		4.3			4.4			Average (5): 6.1mmol/L
Sa 20/1									8.7			5.7							11.5						Average (3): 8.6mmol/L
Su 21/1																				11.3					Average (1): 11.3mmol/L
Mo 22/1							6.6												6.0				2.0		Average (3): 4.9mmol/L
Tu 23/1								5.4										5.5							Average (2): 5.5mmol/L
We 24/1								6.6											7.0						Average (2): 6.8mmol/L
Th 25/1									7.3				6.6	10.0	7.9										Average (7): 7.9mmol/L
														9.8	7.1										
															6.4										
Fr 26/1																			5.6						Average (1): 5.6mmol/L
Sa 27/1									7.1																Average (1): 7.1mmol/L
Su 28/1											4.9														Average (1): 4.9mmol/L

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

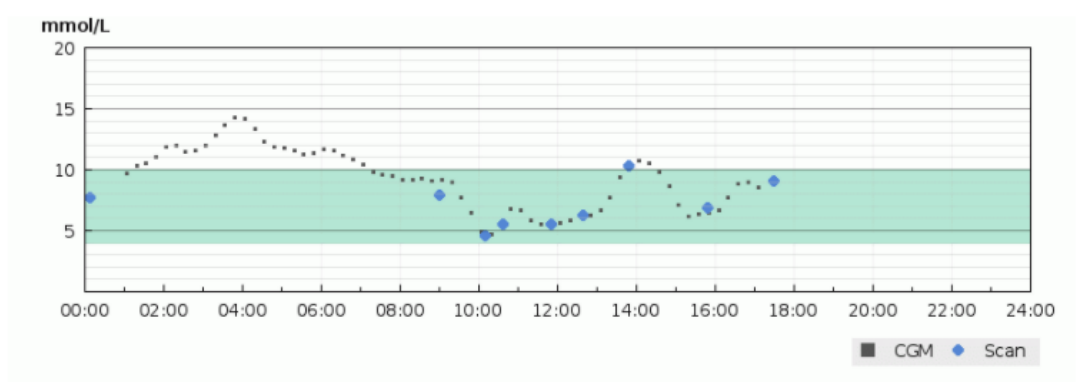
(17/01/2018 20:06)

Lowest value (mmol/L): 2.0

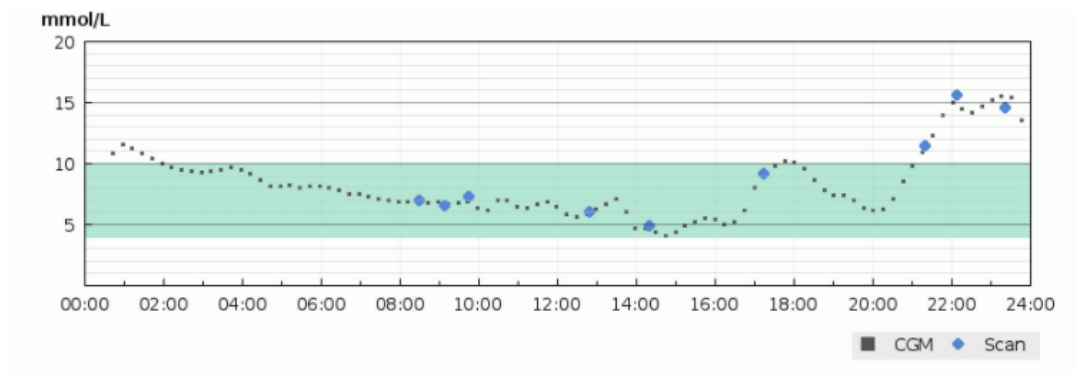
(22/01/2018 22:00)

Standard deviation: 2.3

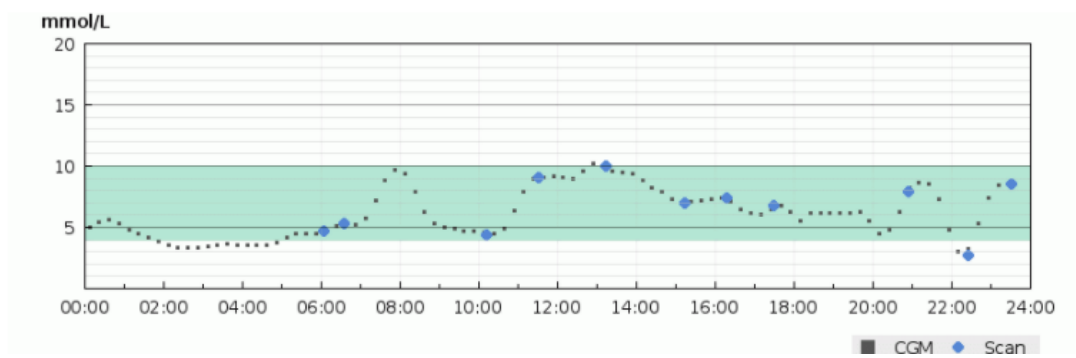
Comments (show)



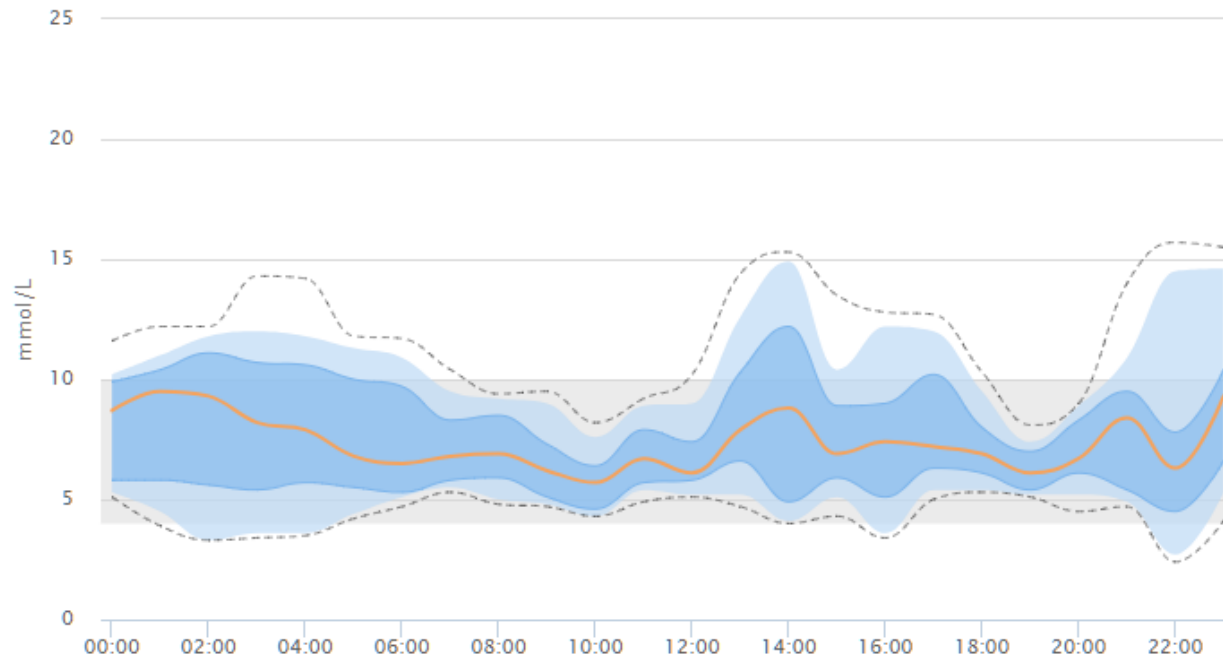
Saturday 27/1



Friday 26/1



Tell me more about AGP



Show active basal profile

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 22:13)
 Standard deviation: **2.5**

Period: 27/10/2017 - 28/01/2018, 94 days

Select time interval

☒ Include manually entered records

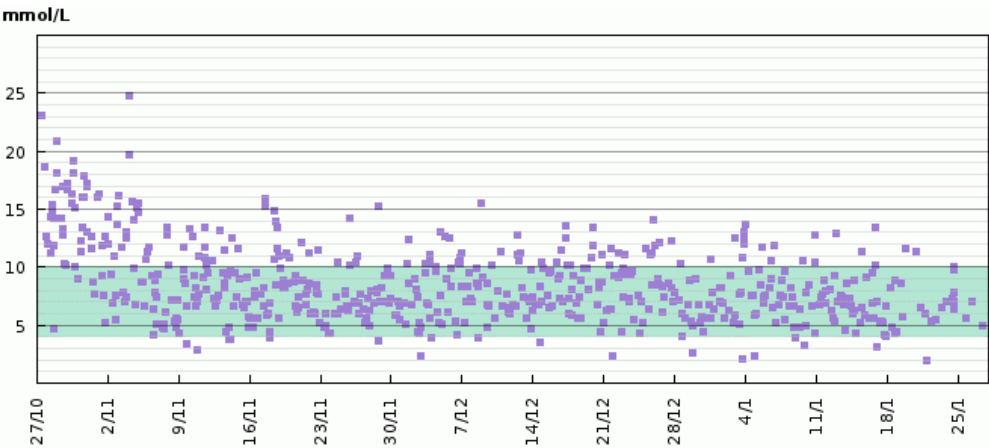
All values

No values

Show selected periods

Show lines

Print to PDF



Number of values: 584
Values per day: 6.2
Period average (mmol/L): 8.6

Values above goal (10 mmol/L): 163
Values within goal (4-10 mmol/L): 403
Values below goal (4 mmol/L): 18

Highest value (mmol/L): 24.8 (05/11/2017 00:13)
Lowest value (mmol/L): 2.0 (22/01/2018 22:00)
Standard deviation: 3.3

Comments (show)

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