

An aerial photograph of a Scottish landscape. In the foreground, a large, ornate stone castle tower with multiple spires and turrets rises from a dense forest. The tower is made of light-colored stone and has a complex, gothic-like design. Behind the tower, the landscape opens up into a wide, flat area with green fields, a winding river, and some small buildings. In the far distance, a city or town is visible on the horizon under a clear sky.

# IMPROVING DIABETES CARE IN SCOTLAND 2018

UNDERSTANDING THE PRESENT AND SHAPING THE FUTURE

# Improving Diabetes Care In Scotland 2018

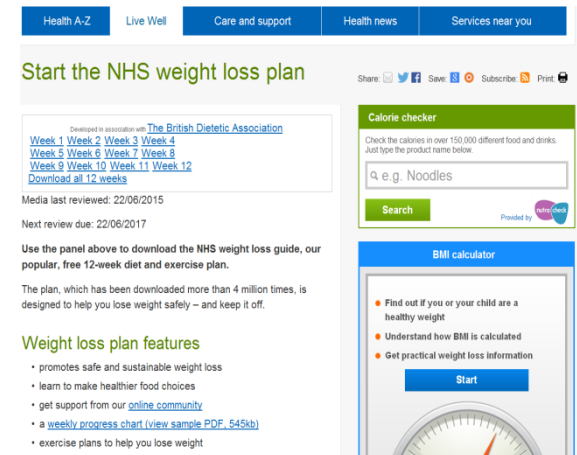
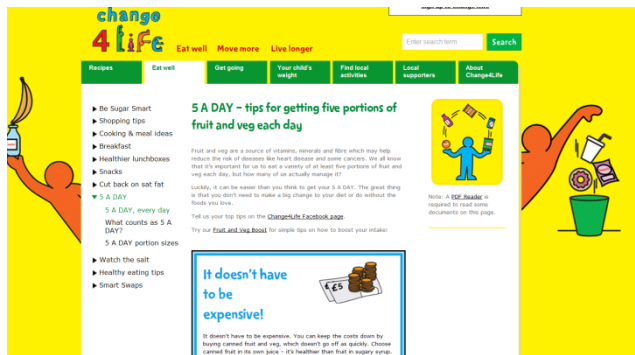
## Prevention, Early Detection & Early Intervention

Alison Diamond

Chair of Prevention SLWG, Diabetes Dietitian SDG and  
Lead, NHS Lothian Weight Management Service

# What do we class as prevention ?

- ▶ Public health ?
- ▶ Weight management ?
- ▶ Education ?
- ▶ Targeting high risk groups ?



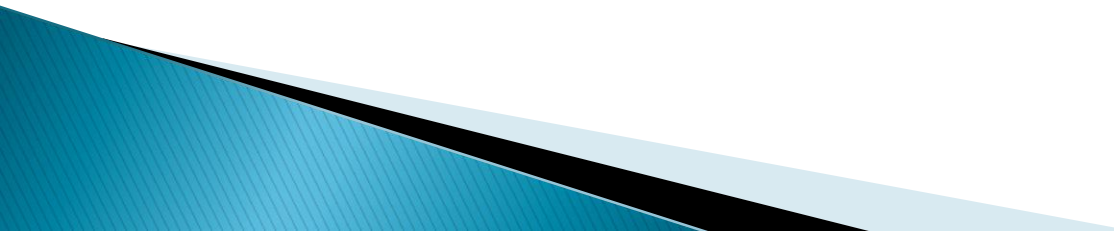
# What are we doing Nationally ?

- ▶ SDG – Diabetes Improvement Plan

  - Priority 1 – Prevention

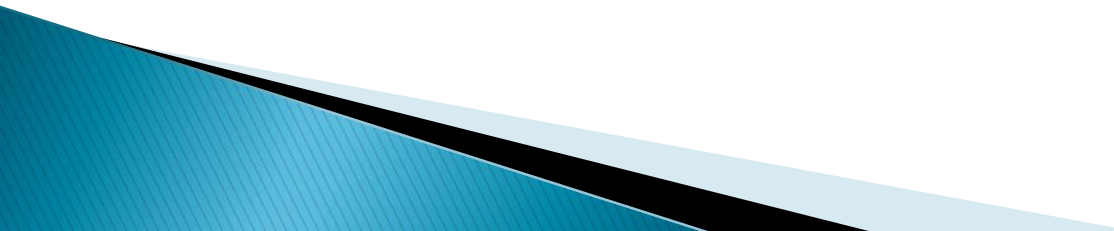
- ▶ Aim: To establish and implement approaches to support the prevention and early detection of type 2 diabetes, support rapid diagnosis of type 1 and to implement measures to promptly detect and prevent the complications of diabetes

# Short Life Working Group established


- ▶ Identified key representatives to contribute to the group bringing together Diabetes and Obesity HCP specialists and public health, education and research including DUK.
  - ▶ Established Terms of reference of group, our remit and review of evidence base for work stream
  - ▶ Scoping exercise of what Diabetes MCN's have in place for prevention and targeted interventions for GDM, Pre-diabetes and established T1 and T2 diabetes
  - ▶ Scoping exercise of weight management services across Scotland and how they link with Diabetes prevention and Diabetes care.
  - ▶ Began work on development of a framework to sit alongside Diet and Obesity Strategy for Scotland
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# Workplan

- ▶ Establish what prevention measures are currently in place in services across Scotland;
  - ▶ Establish collaborative and co-ordinated approach to prevention and early intervention between services, government and the third sector;
  - ▶ Ensure that within services there is free flow of information and appropriate data recording;
  - ▶ Identify risk assessment tools and outline appropriate interventions to support the prevention of diabetes and its complications;
  - ▶ Identify ways of engaging with people from hard to reach communities and socially deprived background;
  - ▶ Work alongside Diet and Obesity Strategy to develop a diabetes prevention framework
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# Prevention – Population Life cycle Approach

- ▶ Develop and implement a National awareness campaign
  - ▶ Agree national core messages around health and well being and diabetes prevention
  - ▶ Support self management
  - ▶ Focus on wellbeing
  - ▶ Identify inequalities
  - ▶ Adopt whole system, integrated working approach –across Community Planning Partnerships and Health .
  - ▶ People with lived experience as equal partners
  - ▶ All age learning
  - ▶ Link with all relevant National strategies
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# Early Identification

- ▶ Risk stratification
- ▶ Promotion of self assessment
- ▶ Targeted screening for moderate to high risk
- ▶ Type1 – DKA prevention at diagnosis





# DKA Prevention at Diagnosis



**DIABETES SCOTLAND**  
think. connect. change.

**NHS**  
SCOTLAND

**healthier scotland**  
SCOTTISH GOVERNMENT

**UNDIAGNOSED**  
**TYPE 1 DIABETES**  
**IN CHILDREN IS A**  
**MEDICAL EMERGENCY.**

1 IN EVERY 4 CHILDREN WITH TYPE 1 DIABETES  
IS DIAGNOSED IN DIABETIC KETOACIDOSIS (DKA).  
DELAYING THE DIAGNOSIS OF TYPE 1 DIABETES  
CAN BE FATAL.

**THINK. TEST. TELEPHONE. NOW.**

.....  
**THINK** about their symptoms...  
Thirsty? Tired? Thinner? Using the Toilet more?  
.....  
**TEST** their capillary blood glucose now.  
.....  
**TELEPHONE** the Diabetes Team immediately.  
.....

**UNDIAGNOSED**  
**TYPE 1 DIABETES**  
**THINK. TEST.**  
**TELEPHONE.**

Developed by:  
Childhood & Adolescent  
Diabetes Scotland

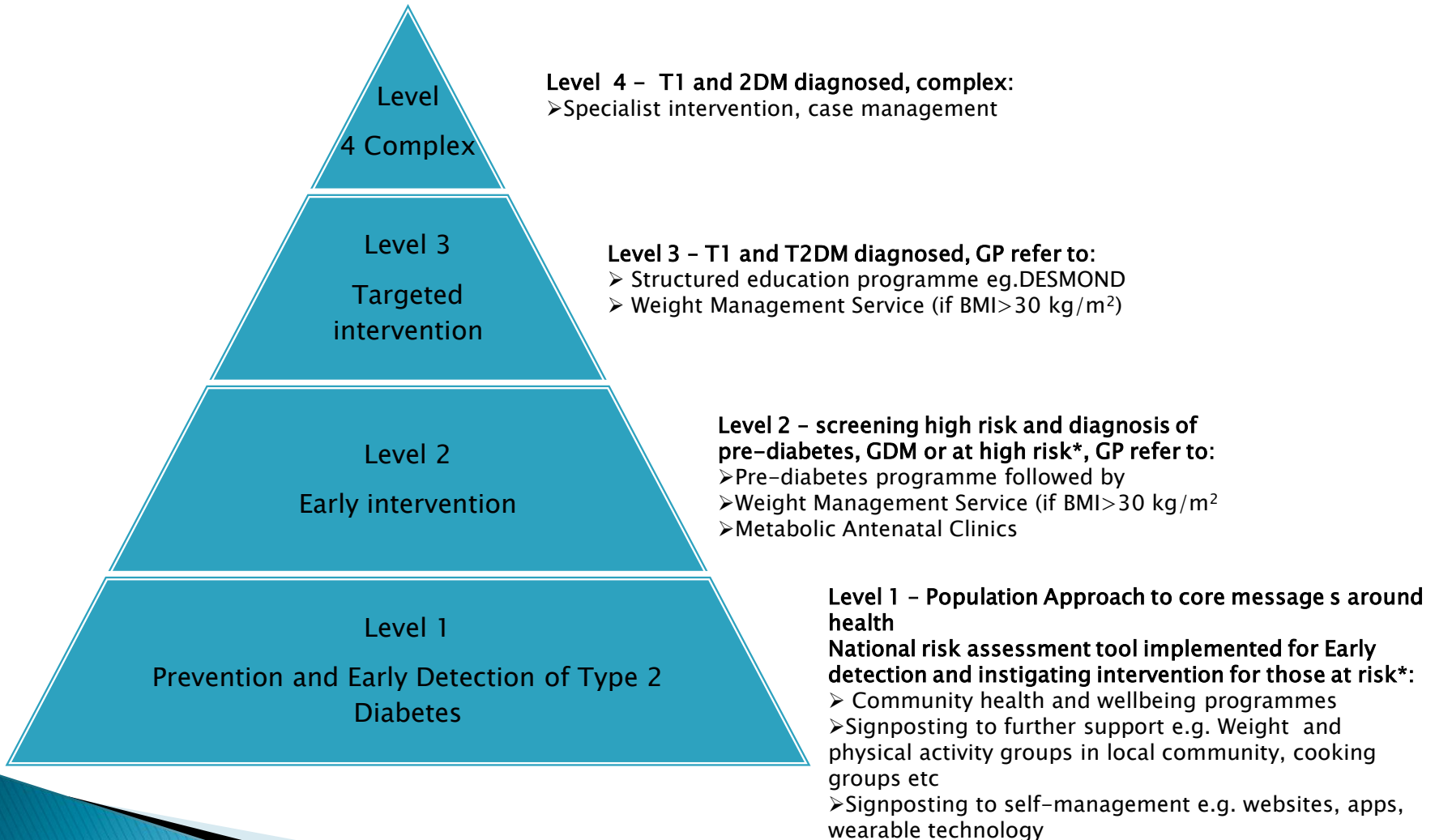
- ▶ Early T1 diagnosis
- ▶ Increase awareness
- ▶ Over 30% new T1 in Scotland Diagnosed in DKA.
- ▶ Rises to nearly 40% under 5 yrs
- ▶ Think – Symptoms Is it Diabetes?
- ▶ Test – Finger prick blood glucose
- ▶ Telephone – Same day review

# Early Intervention

- ▶ Access to evidence based information
- ▶ Timely access to structured education
- ▶ Equitable access to targeted interventions eg. Pre-diabetes courses, GDM education
- ▶ Refer to weight management services with range of programmes
- ▶ Access to specialist input eg. LCD's/ Bariatric surgery – potential remission of T2 DM




# Potential Model for Pathway



\*there is an absolute need to agree and ratify what is being considered in each risk category as this must be in keeping with nationally agreed guidelines.

# That is our vision ...

We have identified challenges – nationally and locally in implementing an all encompassing framework

- ▶ We have a need to improve interface between obesity and prevention metrics – GP and AHP systems (Trak etc) and Public Health and SCI-Diabetes
  - ▶ We need to better utilise Technology available and maximise self management
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Hopefully can be discussed in  
workshops this afternoon..

