Passport for Diabetes in Care Settings

November 2013
About us

- The InDependent Diabetes Trust is a charity based in the UK listening to people with diabetes and their carers and supporting their needs.

- The Institute of Diabetes for Older People (IDOP) is a non-profit making, research and academic institution dedicated to enhancing the health and well-being of all older people with diabetes and related metabolic illness.
The challenge

- Up to 27% of care home residents have diabetes
- Increasing ageing population
- More people with Type 2 amid a spiralling rate of diagnoses
- Greater emphasis on care home diabetes
- Care Home residents often lack comprehensive assessment, monitoring and specialist care
- Diabetes can lead to various vascular and metabolic complications and lowers quality of life
Over a third of residents (35.17%) do not know about the signs and symptoms of Hypoglycaemia

17.3% (203) Homes have no system to check whether those who self medicate for diabetes have taken their medication

64.5% (969) of care homes have no policy on screening for diabetes as opposed to 35.5% (534) who do

36.7% (546) Do not have a written policy for managing hypoglycaemia as opposed to 63.3% (941) who do
63.2% (962) Of homes do not have a designated member of staff with responsibility for diabetes management as opposed to 36.8% (559) that do

Only 34.3% (517) of homes were able to confirm that they received an annual review report for each of their residents with diabetes as opposed to 65.7% (989) who said no or ‘don’t know’

Only 43.9% (654) of home keep documented evidence of the latest HbA1C estimation from the GP as opposed to 56.1% who don’t (802) or don’t know (32)

Only 40.1% (597) of homes keep documented evidence of the latest test of kidney function carried out by the GP compare
The mood for change

Diabetes and geriatric specialist Professor Alan Sinclair has called for urgent support for the ‘silent minority’ in care homes to avoid unnecessary suffering and even premature deaths.

The calls come ahead of World Diabetes Day, November 14th.

Enabling healthcare professionals to better manage diabetes

High-quality diabetes education for healthcare professionals working in the UK – register for free-to-face events, access journal content, watch videos and participate in online CPD from leading professional societies.
More than 45,000 have been sent out since it was launched in 2011 in response to a series of reports which exposed poor diabetes care in hospital.
Already available
No policy

- Trusts requesting passport for diabetes
- No formal structure in place
- Providing the answer before proper policy is introduced
- Filling the void
Our approach

- Make existing Diabetes UK care home passport more accessible
- Build on experiences gained from IDDT Hospital passport
- Create a simple passport for older people with diabetes (and their carers/relatives) residing in or entering care homes
PASSPORT FOR DIABETES
IN CARE SETTINGS

This passport is to assist carers in meeting my diabetes needs

IT IS MY PERSONALISED, CONFIDENTIAL
INFORMATION AND SHOULD BE AVAILABLE
TO EVERYONE RESPONSIBLE FOR MY CARE

IMPORTANT!
I need to have my diabetes medication_______
minutes before/after (delete as applicable) I have a meal.

Blood Testing (where applicable)
I test my blood sugar levels on a regular basis. I would like
this to be done by:
☐ Myself wherever possible
☐ Myself with the support of carers whenever required
☐ By carers at all times
☐ Other (please state)

The times I normally test are:

☐ If I am ill or unwell, I will need to
increase the amount of insulin
to maintain my blood sugar level. Under these circumstances please
seek medical advice.

www.idiinternational.org

Actions need to be completed for each area.

<table>
<thead>
<tr>
<th>Skin Tears</th>
<th>Areas of Redness (Which can develop into pressure sores)</th>
<th>Candida (Thrush)</th>
<th>Pressure Sores</th>
<th>Urinary Tract Infections (UTI)</th>
</tr>
</thead>
</table>

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Content

- Personal details
- Healthcare professional contacts
- Diabetes targets – weight, diet
- Dietary preferences
- Warning signs
Listed below are the contact details of other health professionals involved in my diabetes care, for example Practice Nurses, Diabetes Specialist Nurses, Consultants, Chiropodists:

Other:
Tel No:

Other:
Tel No:

Other:
Tel No:

My Diabetes Targets

I have targets in certain areas of my diabetes care. These areas are listed below and details of how I want to achieve them can be found in the respective care plan. These care plans are located in:

<table>
<thead>
<tr>
<th>Weight</th>
<th>Foot care</th>
<th>Mobility</th>
<th>Skincare</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
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</tr>
</tbody>
</table>

Name: 
I like to be known as: 
Address: 

Postcode: 
Tel No: 

Date of Birth: [ ]/ [ ]/ [ ]
G.P. Name: 
Address: 

Postcode: 
Tel No: 

Registered Service Manager: 
Tel No: 

Keyworker: 
Tel No: 

Next of Kin: 
Tel No: 

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Dietary Preferences
This section tells you about the foods that I like and those I don't. It also tells you about any food allergies or intolerances I may have.

<table>
<thead>
<tr>
<th>Likes</th>
<th>Dislikes</th>
</tr>
</thead>
<tbody>
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</table>

Allergies/Intolerances

My Warning Signs
At times my blood sugar levels may run too low (called a Hypo) or too high (called Hyper). If either of these happens then I have the following warning signs:

<table>
<thead>
<tr>
<th>Hypo Warnings</th>
<th>“Hyper” Warnings</th>
</tr>
</thead>
<tbody>
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</table>

This is what to do:
- 
- 
- 
- 

This is what to do:
- 
- 
- 
- 

If I am found unconscious or lose consciousness then call 999 immediately.
Managing My Diabetes

I have type _______ diabetes. This is managed by:

☐ Insulin and Diet
☐ Insulin, Tablets and Diet
☐ Diet and Tablets
☐ Diet Only
☐ Other (please state)

Please refer to my Medication Administration Record (MAR) Sheet for further details of medications, dosages, timings, etc. This is located

Allergies:

I would like my medication kept and administered by:

☐ Myself wherever possible
☐ Myself with the support of carers when required
☐ By carers at all times
☐ Other (please state)

IMPORTANT!
I need to have my diabetes medication _______ minutes before/after (delete as applicable) I have a meal.

Blood Testing (where applicable)
I test my blood sugar levels on a regular basis. I would like to do this by:

☐ Myself wherever possible
☐ Myself with the support of carers when required
☐ By carers at all times
☐ Other (please state)

The times I normally test are:

If I am ill or unwell, I will need to increase the amount of times I test my blood sugar level. Under these circumstances please seek medical advice.
Diet
I have to have meals and/or snacks on a regular basis in order to manage my diabetes correctly. These times are:

Health Checks
I am entitled to 9 health tests a year. These are weight, blood pressure, smoking status, HbA1c, urinary albumin, serum creatinine, cholesterol, eyes and feet. There is a record of these results kept alongside my daily notes/records.

When I attend the tests, I would like to do it:
- Myself wherever possible
- Myself with the support of carers when required
- With carers at all times
- Other (please state)
The most important issues for me are:

Notes:

Signed: Date:

This passport MUST be reviewed 6 months from the above date or following any change in care needs.
Tailored versions

- Each care home provider can have a branded version of the new passport for older people with diabetes
Feedback

- Extremely positive response
- Long-awaited document
- 16,000 sent out over the last six months
Discussion

- Feedback on passport
- Your challenges and needs
- Ways to improve care
Ordering the passport

- Telephone – 01604 622837

- Use the order form – also available online at: www.iddtinternational.org
To find out more about IDOP visit:
http://instituteofdiabetes.org/
Or contact julian.backhouse@beds.ac.uk

To find out more about IDDT visit:
www.iddtinternational.org
Or contact martin@iddtinternational.org