

Summary

Better care, better outcomes – the needs of people with diabetes

The Five Year Forward Review

The Trust recommends:

- People who are already living with Type 1 and Type 2 diabetes are recognised as a priority in the Five Year Forward Review, separately from obesity.
- As over 3 million people in the UK have diabetes, diabetes should have its own place within the NHS system in a similar way to dementia, a condition with less than a million people and a third of the number of people with diabetes.
- The now non-existent NHS Diabetes should be reinstated to improve care, the outcomes for people with diabetes and the education of health professionals in order to achieve these aims.

Education

The Trust recommends:

- Clinical Commissioning Groups (CCGs) should be strongly encouraged to follow NICE guidance to commission convenient and high-quality structured education courses for all those who wish to attend. CCGs should also offer other learning opportunities about diabetes such as peer support, group learning and online courses.
- An estimated 2.5 million people may not have received high quality structured education courses, therefore to alleviate this problem, CCGs should provide basic hard copy information in non-medical language about diet, exercise, the differences between Type 1 and Type 2 diabetes and what medications are designed to do.

Dietary Recommendations

- As diet is part of the treatment for both Type 1 and Type 2 diabetes and the present dietary guidelines are over 30 years old, the Trust recommends a review to produce evidence-based dietary guidelines for diabetes and the general public.

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The 9 Key Health Checks

- The Trust recommends that resources are increased to improve the care of people with Type 1 and Type 2 diabetes by ensuring that they all receive the 9 key health checks recommended by NICE to prevent diabetes complications and reduce the long-term costs of treating complications.



Foot Care

The Trust recommends:

- Improvement in the knowledge of health professionals in primary care about foot problems and when referral is necessary, by further training.
- Increasing the numbers and availability of NHS podiatrists to provide greater access to people with diabetes and help to reduce the risk of serious foot problems.



Children and Young People with Type 1 Diabetes

Only 16.1% of children aged 12 years and older are receiving the 7 health checks recommended by NICE and less than half are receiving some form of structured education. Both of these are contributing to too many children with Type 1 diabetes showing early serious long-term complications.

The Trust recommends increasing resources to provide improvements in the care of children and young people with Type 1 diabetes who have to live their whole lives with the condition and therefore are at great risk of diabetic complications.



Older People with Diabetes in Residential Care

As 27% of people in residential care have diabetes, the Trust recommends:

- Good quality training for care home staff of all levels to avoid the health and quality of life of this vulnerable group suffering.
- Full national implementation of the standards recommended in the Diabetes UK 2010 report 'Good clinical practice for care home residents with diabetes.'
- Mandatory demonstration of this as a CQC requirement in a similar way to dementia care.
- CCGs to put plans in place to improve diabetes care for older people resident in care homes.
- The use of the Passport for People with Diabetes in Care Settings prepared jointly by the Trust and the Institute of Diabetes in Older People.