



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



Structured Diabetes Education in Ireland

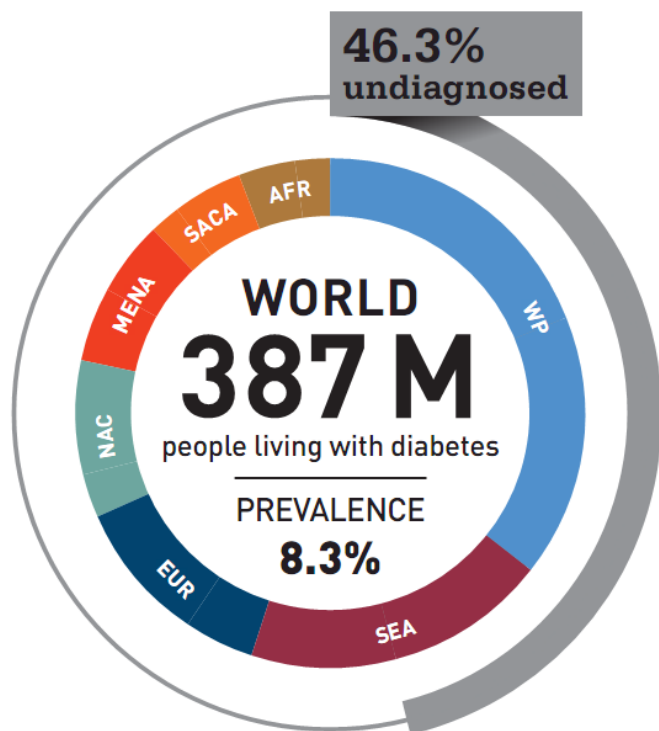
Margaret Humphreys National Diabetes Self-care Project
Coordinator

2nd NATIONAL CLINICAL PROGRAMME

DIABETES CONFERENCE 13/11/2015

Diabetes is a huge and growing problem...

2014



2035

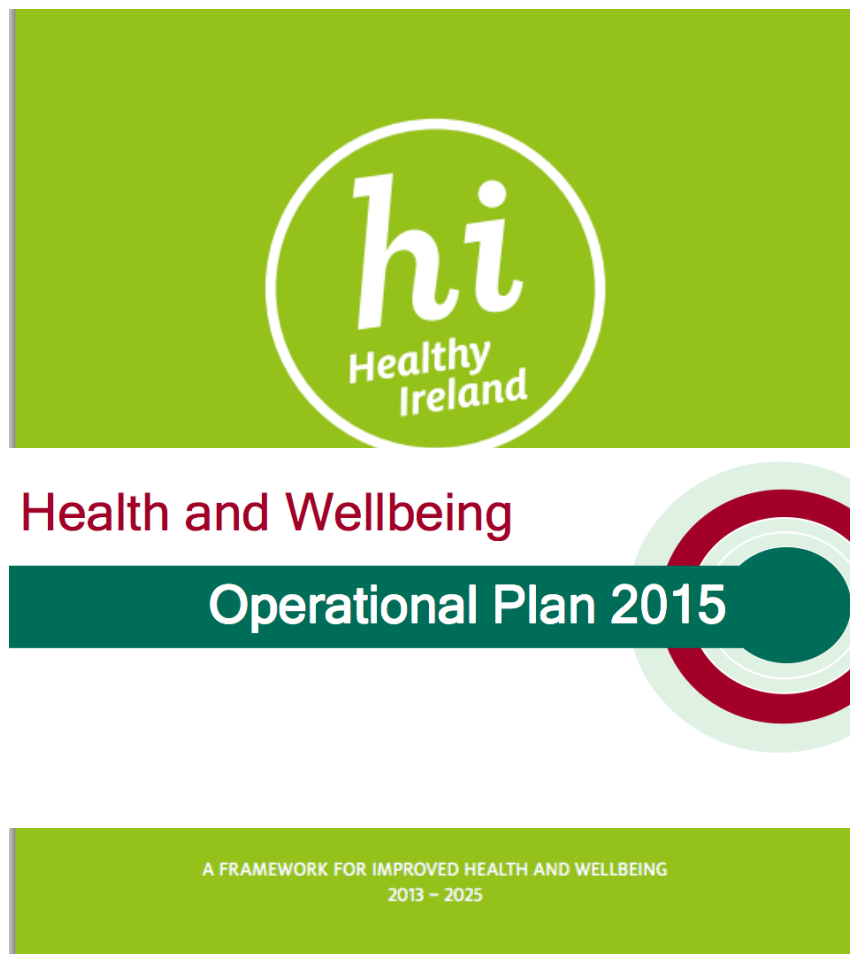




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Change for the better...



- Reduce levels of chronic disease by addressing modifiable risk factors
- Improve service delivery models across the different areas of care.



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Framework for self-management support,
long-term health conditions



Tús Áirde
Shábháilteacht
Patient Safety First

your service
your say

Quality and
Patient Safety
Excellence

Empower patients to make better use of consultations with professionals and to take a greater role in managing their own health conditions

Enable healthcare professionals to engage in more shared decision making and to provide better self-management support including personalised self-management care plans

Improve access to self-management supports including; information, technology, education, social supports and emergency healthcare.

**3 HOURS A YEAR WITH A HEALTHCARE PROFESSIONAL
8,757 HOURS MANAGING THEMSELVES.....**

Self Management.....



“the tasks that individuals must undertake to live with one or more chronic conditions. These tasks include having the confidence to deal with medical management, role management and emotional management of their conditions.”

•Adams K, Greiner AC, Corrigan JM, editors. *The 1st Annual Crossing the Quality Chasm Summit – A Focus on Communities*. Washington, DC: The National Academic Press; 2004. p. 57

Self Management Support (SMS) for long-term health conditions....



“the work of organisations, systems, health providers or carers in supporting individuals in managing their conditions.

It also includes the provision of information, education and other supportive interventions to improve individuals’ confidence and skills in managing”

(Reijekn et al, 2008: 120 WHO)



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Celebrating Diabetes Education in Scotland

Level 1

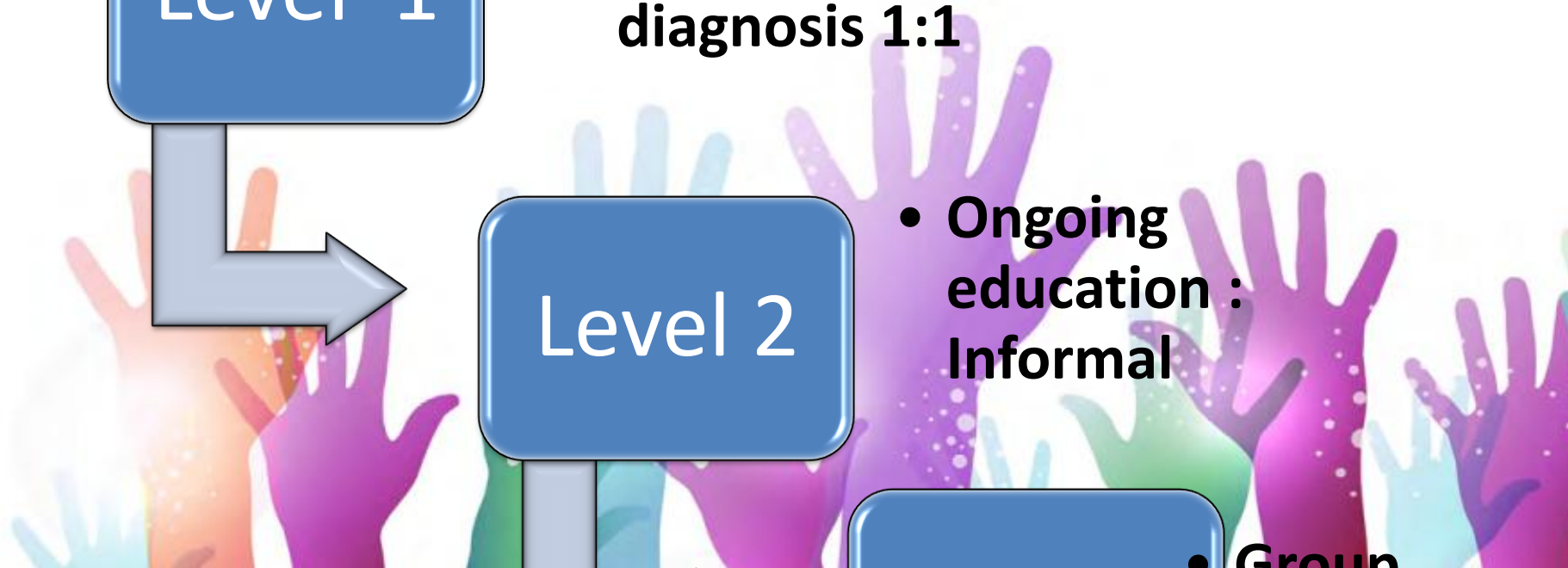
- Education at diagnosis 1:1

Level 2

- Ongoing education : Informal

Level 3

- Group Education



People with diabetes living in Ireland should...

'...be able to access diabetes care expertise and self-management education that is appropriate to their needs and in a location that is convenient and acceptable to them'



- Philosophy
- Curriculum
- Trained educators
- Quality assurance
- Audit

DOES IT WORK?

- Type 2 – 21 RTC
 - 21 RTC
 - Improves clinical, lifestyle and psychosocial outcomes
 - Significant improvements in:
 - FBG & Hba1c (0.46%)
 - Self-managment skills
 - Diabetes knowledge
 - Self – efficacy
 - Patient satisfaction
 - Body weight at 12 months
- Type 1 – DAFNE
 - Reductions in:
 - Risk severe hypo 67%
 - DKA 61%
 - HbA1c
 - 1% 6 months
 - 0.5% 1 year
 - 0.3% 7 years
 - Restore hypo awareness
 - Improved quality of life and perceived well being
 - Reduced anxiety and depression

Steinsbekk A, Rygg LO, Lisulo M et al (2012). Group based diabetes self-management education compared to routine treatment for people with Type 2 diabetes mellitus. A systematic review with meta-analysis. *BMC Health Services Research* 12; 213

Type 2 Courses 2014

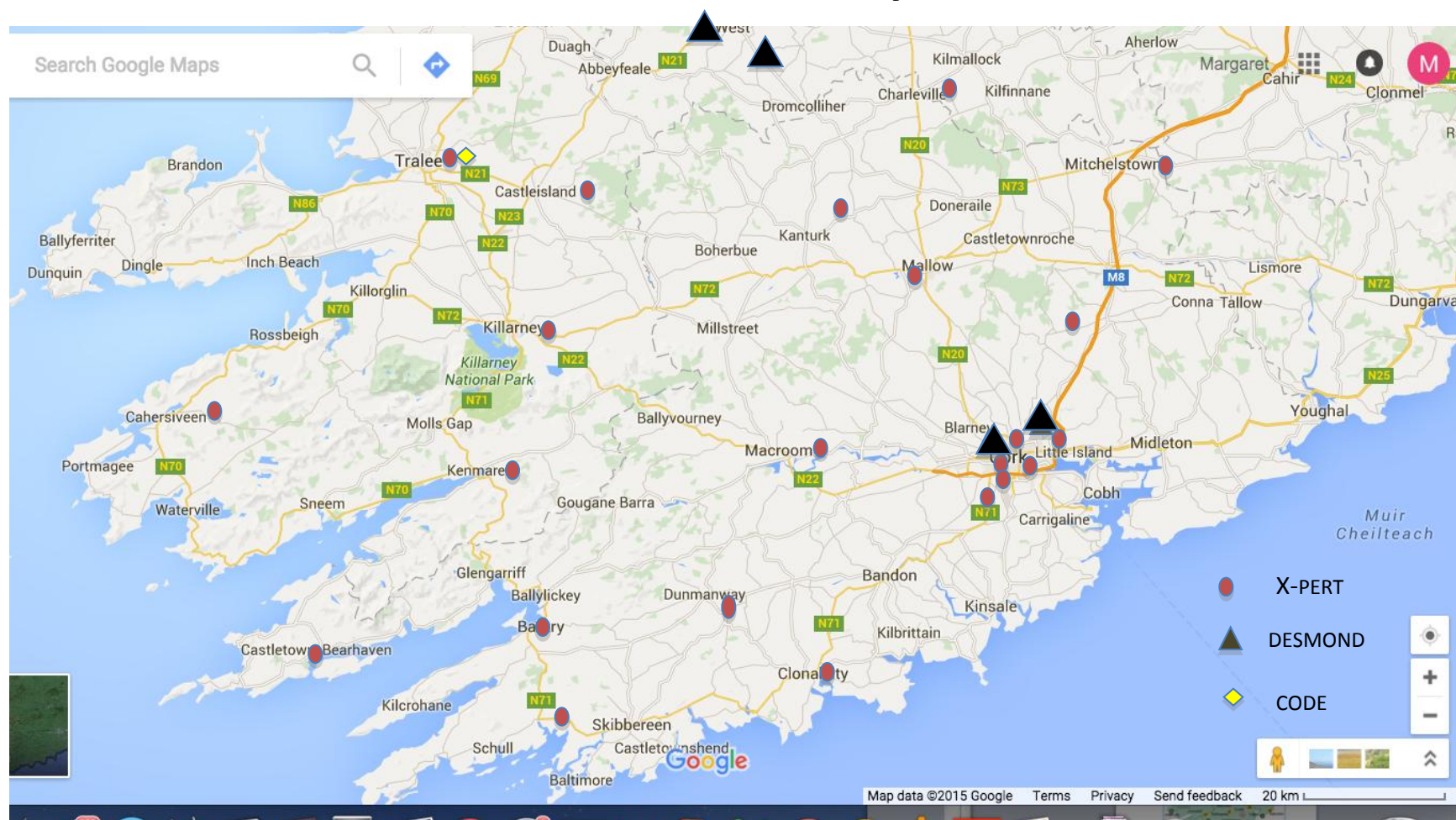
Republic of Ireland

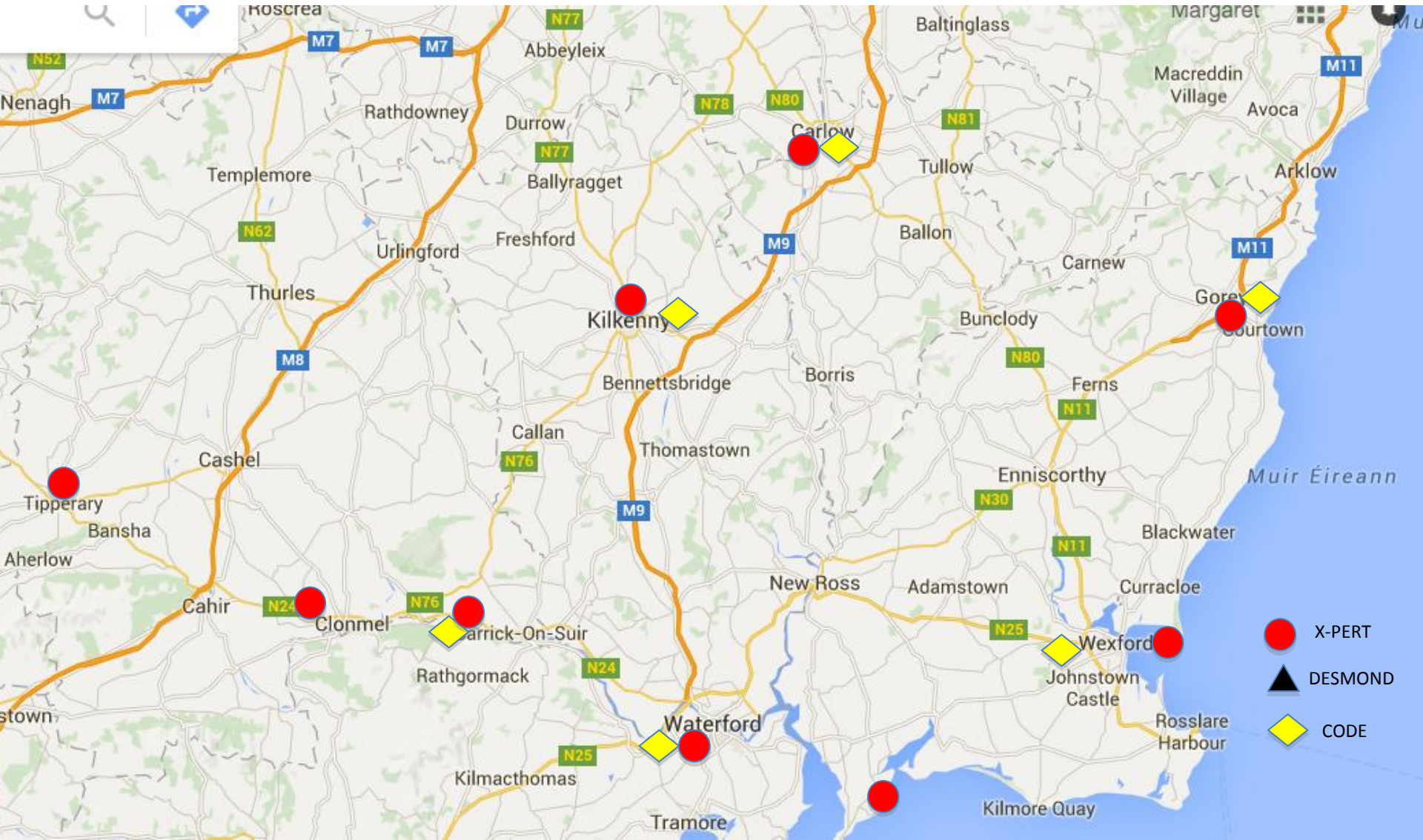
	CODE	DESMOND	X-PERT	TOTALS
Educators	11	50	59	120
Courses	39	123	103	265
Individuals seen	455	931	1369	2,755

(T2DM Estimated prevalence 225,000, incidence 12,000 in 2014)

Type 2 Diabetes Community Based Courses 2014

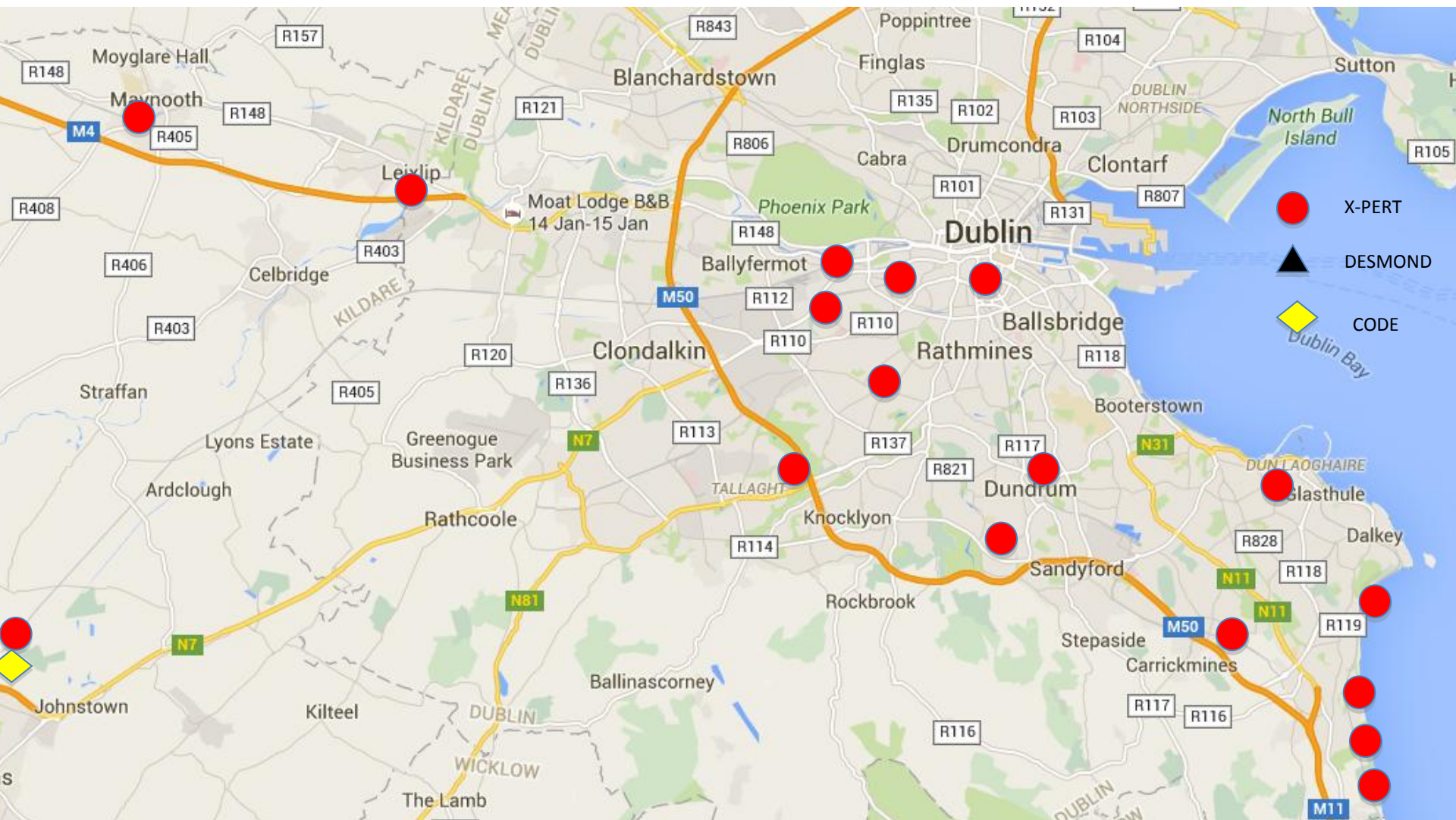
Cork & Kerry





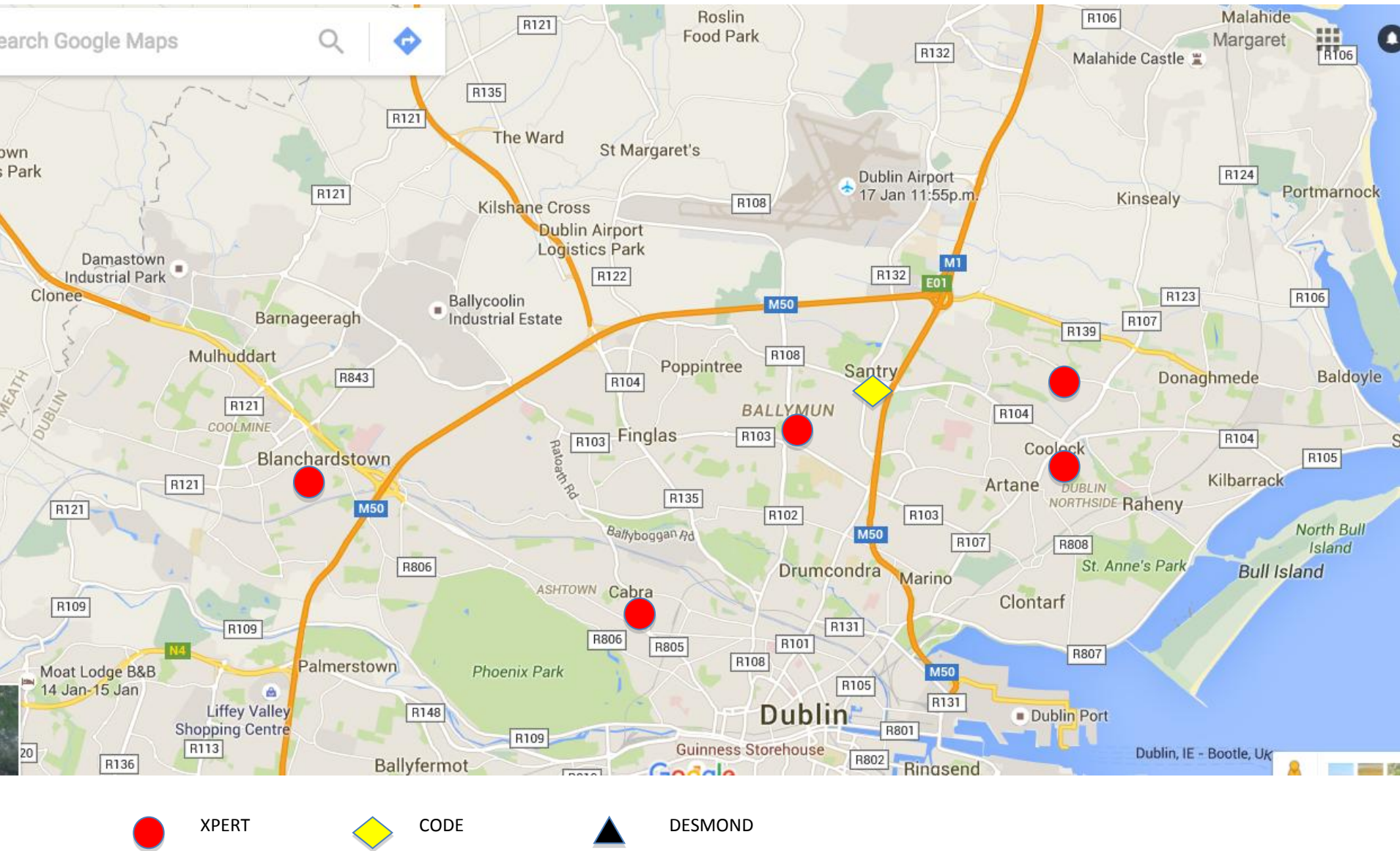
Type 2 Diabetes Community Based Courses 2014

Dublin South



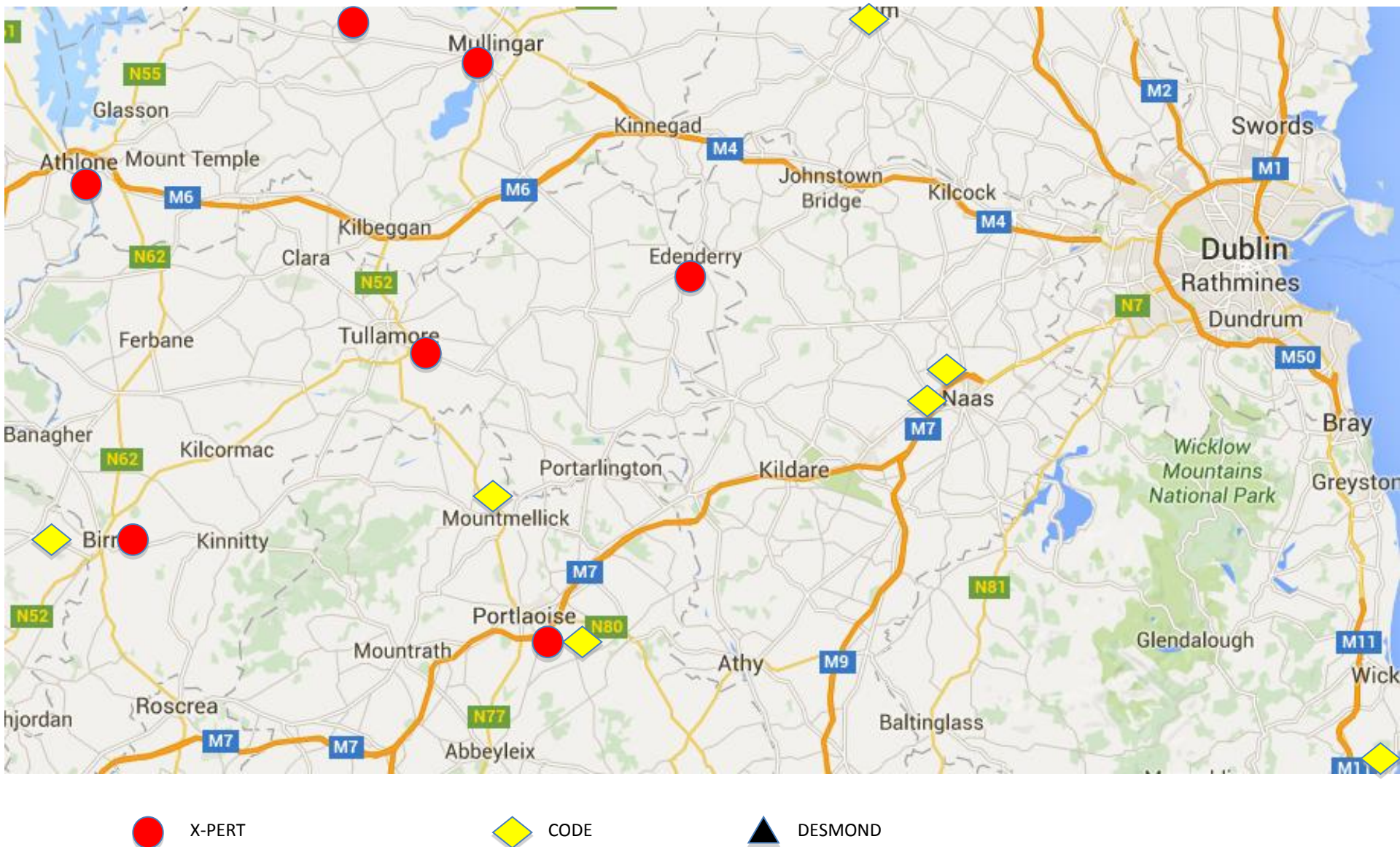
Type 2 Diabetes Community Based Courses 2014

Dublin North East



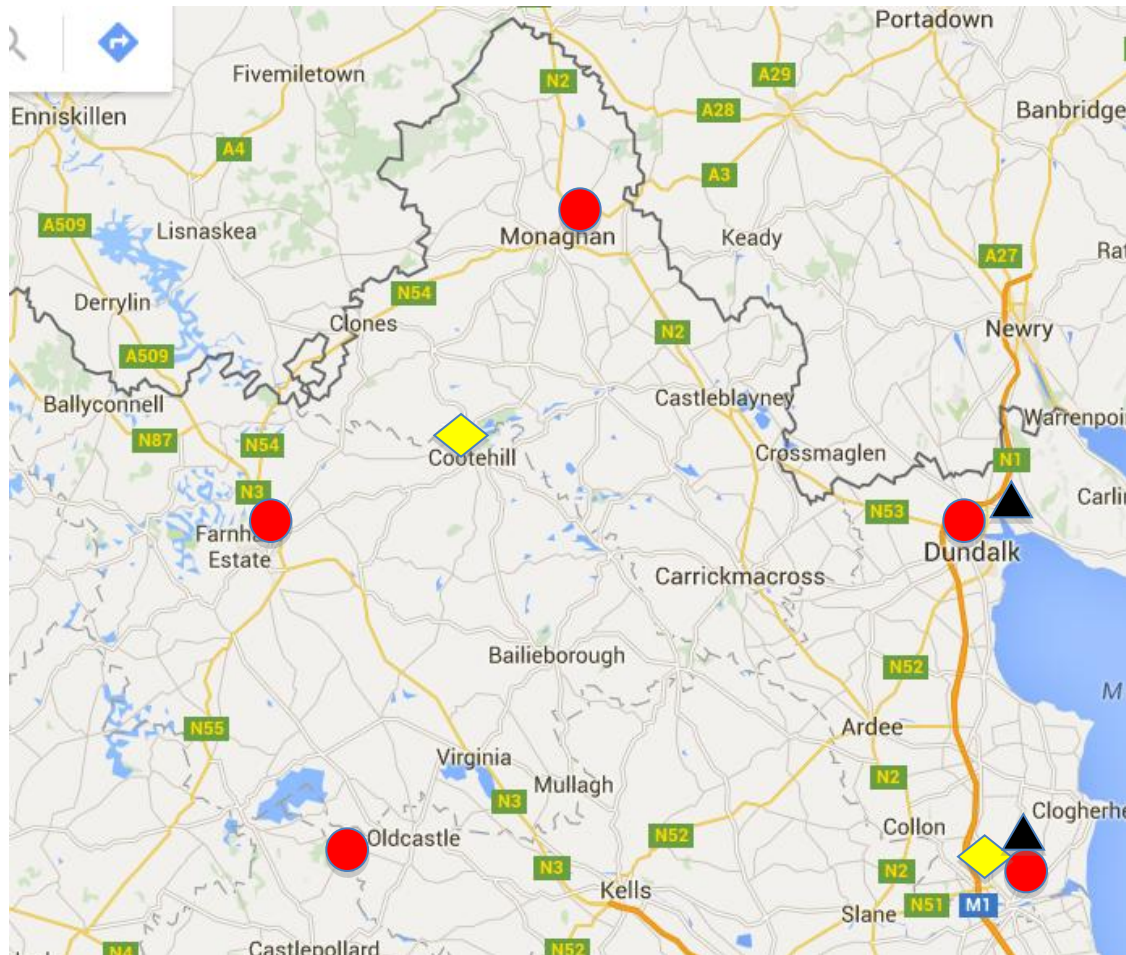
Type 2 Diabetes Community Based Courses 2014

Midlands



Type 2 Diabetes Community Based Courses 2014

NORTH EAST



XPERT

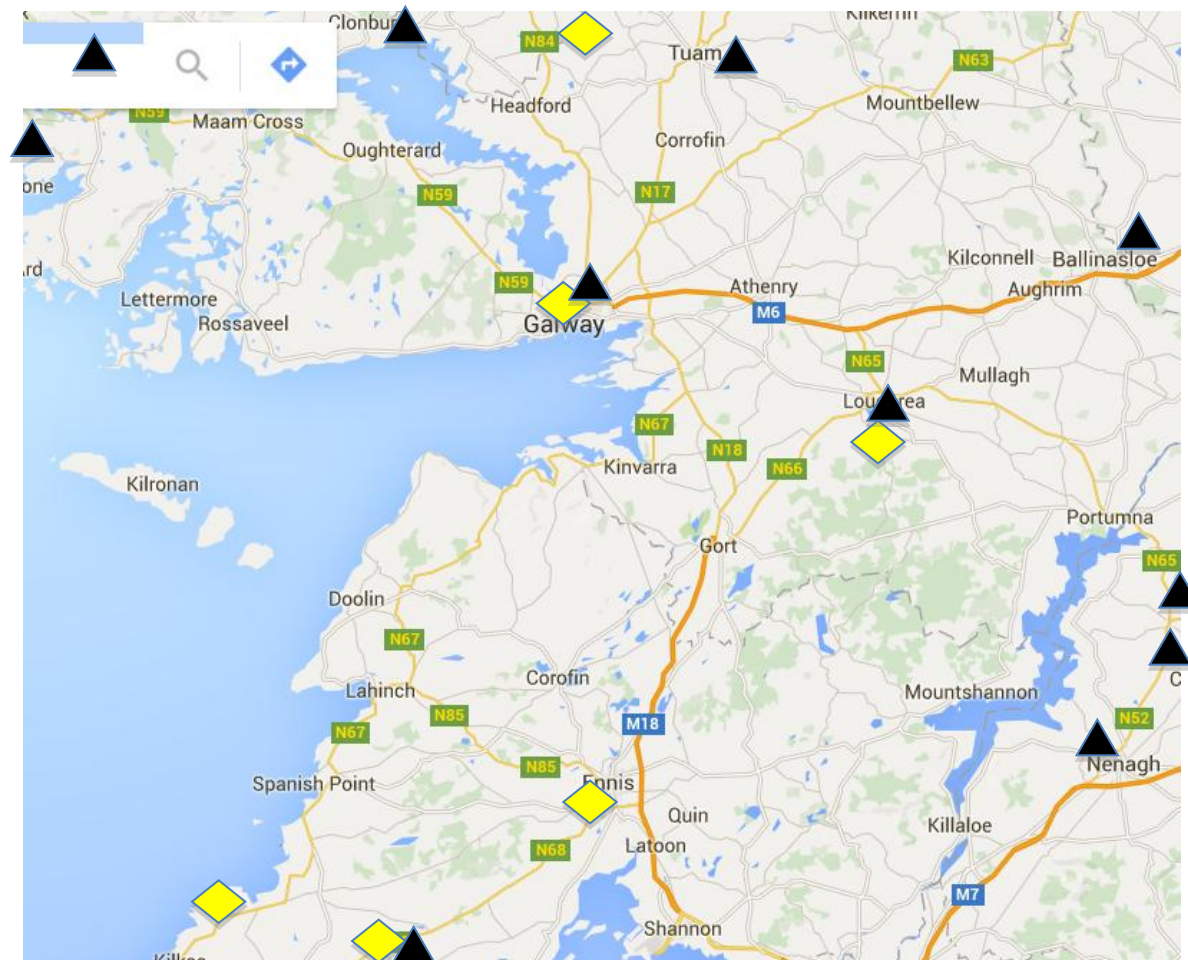


CODE



DESMOND

Type 2 Diabetes Community Based Courses 2014 South East HSE WEST



XPERT



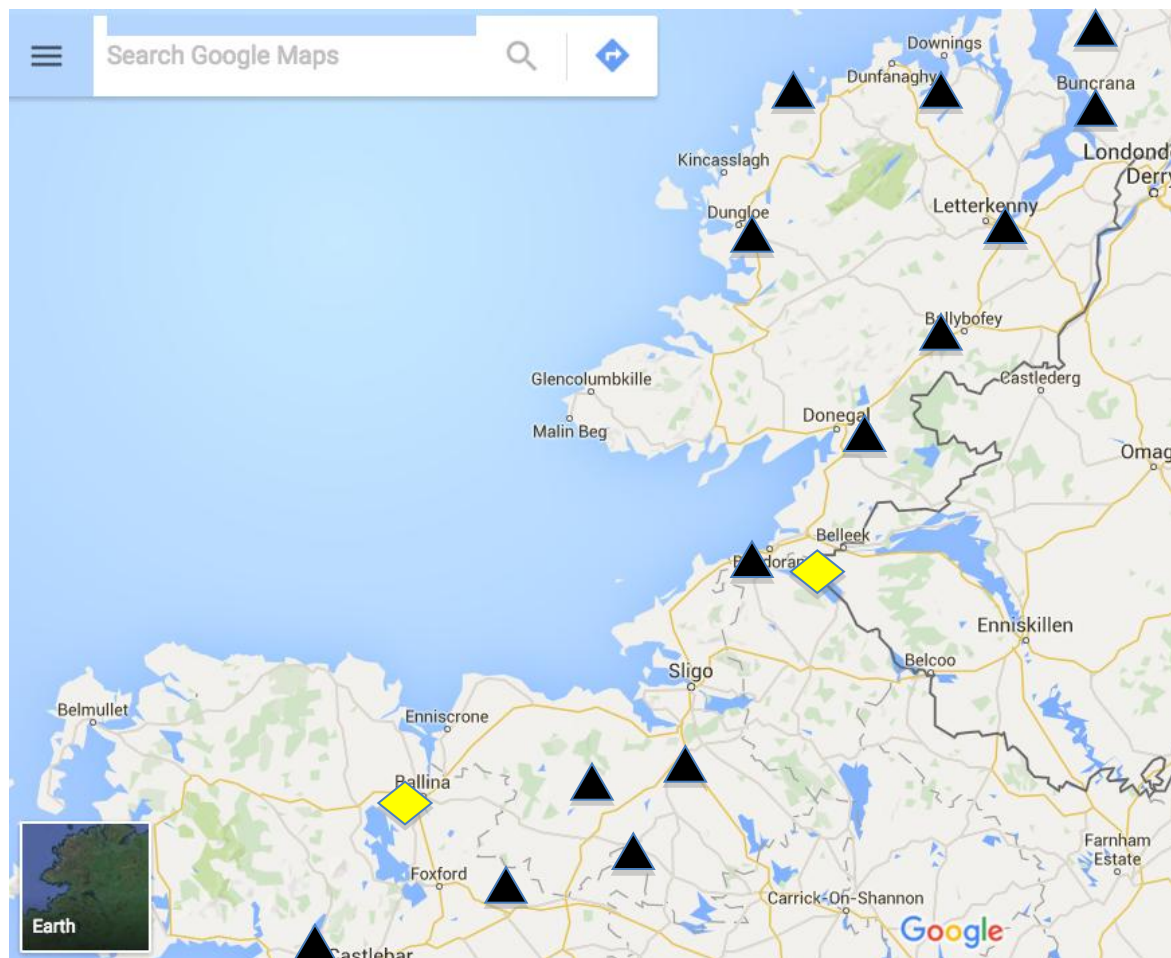
CODE



DESMOND

Type 2 Diabetes Community Based Courses 2014

HSE WEST



XPERT



CODE



DESMOND

DATA CODE

- Data from all CODE attendees 2007 – 2013 to be pooled and analysed
- Figures from 2014 show
 - Average duration 6.07 years
 - Improvements in knowledge, wellbeing and empowerment scores
 - Average wt loss 1.3kg
 - Further analysis of this pooled data needed.

X-PERT Ireland Pooled Audit Data – 10 year Summary

No. of Educators, (trained, active, on leave)	59/69 active in 2014. Leave reduces active educator/CDM team.
No. of Courses Ran in HSE	National tot: 662 , UK Audit Database: 510. N = 9097 (NT), 5683 (UK)
No. ATT 4 or more	HSE Meets Standard – 84% vs. 80%
Average pts./course	National tot: 14 , UK Database: 11.
Patient Satisfaction	HSE Meets Standard – 96.7% vs. 90%
Clinical Outcomes	<p>Weight Loss at Y1 – 5%, 4.6kg – greater than All centres, 4.2%, 3.8kg</p> <p>HbA1c reduction seen. At Y1 – 3.7mmol/mmol Less than All centres red. std of >6mmol/mol at Y1. Mean HbA1c 51.4 Y1 = good diabetes control.</p> <p>- To address poor data entry after baseline e.g. 6m, Y1</p>

New NICE TYPE 1 GUIDELINES August 2015

Key priorities for implementation



Next >

Education and information

Blood glucose management

Insulin therapy

Awareness and management of hypoglycaemia

Care of adults with type 1 diabetes in hospital

The following recommendations have been identified as priorities for implementation. The full list of recommendations is in [section 1](#).

Education and information

- Offer all adults with type 1 diabetes a structured education programme of proven benefit, for example the [DAFNE \(dose-adjustment for normal eating\) programme](#). Offer this programme 6–12 months after diagnosis. **[new 2015]**

Type 1

(Estimated 15,000 Type1, 2,750 < 20yrs)

	DAFNE	ACCUCHECK	CHOICE
Courses	25	43	15
Graduates	172	314	96
Educators to date	19		



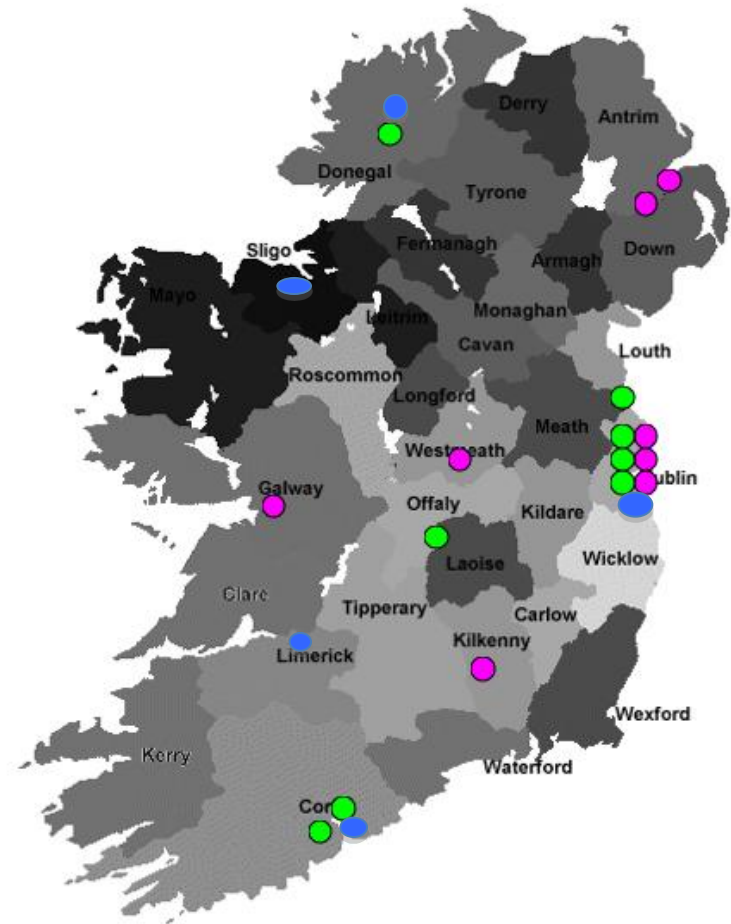
DAFNE



Accucheck



CHOICE



DAFNE

Means for all Irish centers grouped together that have matched baseline (n = 583) and 1 year follow-up (n = 293) data during the period 01/01/2013 to 31/10/2015:

	HbA1c	HbA1c <7.5%	Hypo Unable to self treat	Hypo requiring paramedic assistance	Hypo Requiri ng A&E	BMI	Admissio n due to DKA
BASELINE	8.8%	23.7%	17.4%	8.5%	4%	26.6kg/m ²	9.1%
1 YEAR FOLLOW UP	8.3%	33%	1.6%	0.7%	0.3%	26.8kg/m ²	0.8%

Economic evaluations

- Evidence shows is cost effective and can save health service money in the medium term
- Type 2 – XPERT & DEMOND
 - Both shown to be likely to be cost effective compared to usual care
 - Large Potential savings on medication
- DAFNE
 - Cost £308 –
 - Pay for itself in 4.5 years
 - Save £2,237 over 10 years

WHERE TO FROM HERE?

- Increase availability & uptake.....
- Improve audit and evaluation.....
- National database for Diabetes Structured Patient Education.....
- Type 1, Type 2, Pregnancy, Paeds, Prevention..



▶ [Healthy Ireland](#)

▶ [Fancy a change?](#)

[Living with....](#) ▼

▶ [Asthma](#)

▶ [COPD](#)

▶ [Diabetes](#) ▶

▶ [Xpert](#)

▶ [Heart Failure](#)

▶ [Voice Care](#)

▶ [Generic Medicines](#)

▶ [Infections and Antibiotics](#)

Diabetes Education Courses

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Living With diabetes? Let us help....

You are not alone if you are diagnosed with diabetes, currently there are about 225,000 people with diabetes in Ireland and the number is rising. Poorly controlled diabetes can cause serious short and long-term health problems if it is not looked after.

The HSE supports 3 interactive group courses for people with type 2 diabetes that help you manage your diabetes and live a healthy life. Courses are run in local community or hospital venues across Ireland.

The courses are packed with up to date information about many aspects of living with diabetes. You will have the opportunity to learn, freely ask questions and make plans to look after your diabetes.

These courses are:

- [A Dietitian led X-PERT](#) Course for type 2 diabetes

Find Health Services



▶ [by Topic](#)

▶ [by Location](#)

Conditions & Treatments



▶ [Explore 600+ conditions and treatments](#)



Need help?

Call our Infoline on **1850 24 1850**

Connect with us



1. Select a County

Cork

2. Please select one of the courses for Cork listed below:

[Select an answer]

Bantry – 03/9/2015 – XPert
Blackrock Hall – 08/09/2015 – XPert
Blackrock Hall – 29/09/2015 – XPert
Farranree – 15/10/2015 am – XPert
Fermoy – 24/09/2015 – XPert
Kinsale – 15/09/2015 – XPert
Mallow – 08/10/2015 – XPert
Mayfield – 22/09/2015 – XPert
Newmarket – 15/09/2015 – XPert
Cork City – 06/10/2015 – CODE

have chosen

- ☐ CODE
- ☐ DESMOND
- ☐ XPert

3. Contact Details *Essential information

Title*

Name*

Surname*

Email

Phone/Mobile*

Address Line 1 *

Address Line 2 *

National Diabetes SPE Database



1. Registration
2. Educator data
3. Clinical data



Gestational diabetes



- Groups in 5 locations
- Nursing and dietetic Working group established to develop curriculum
- In progress

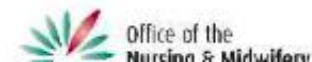
National Guidelines for Transition and Young adult Diabetes Care

- Aim is to develop a national structured curriculum for Paediatric diabetes education
- Build on current resources
- Dietetic & Nursing working groups

 DIABETES	National Clinical Programmes for Diabetes and Paediatrics	 PAEDIATRICS
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Model of Care for All Children and Young People with Type 1 Diabetes



MY DIABETES PACK

PAEDIATRIC NURSING AND
DIETETIC DEPARTMENTS
GALWAY

ALSO HAVE DEVELOPED
TRANSITION AND
SCHOOLS BOOKLET etc....

How to Get it Right! Paediatric Diabetes and Diet Pack



Paediatric Diabetes & Diet Pack



world diabetes day
14 November

DiABETES UK
CARE. CONNECT. CAMPAIGN.

Diabetes self-management education: A healthcare professional resource

People with diabetes spend **THREE** hours a year with a healthcare professional on average. For the remaining **8,757** hours they have to manage this complicated condition themselves¹.

Thank You



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Health Service Executive



world diabetes day

