

Diabetes & Nutrition Service – Referral Criteria – For adults registered to a Bristol GP Practice

Problem	Referral Criteria
Type 1 Diabetes	<p>Diabetes Structured Education (see leaflet for further course information):</p> <ul style="list-style-type: none"> • Food Freedom (Carbohydrate Counting) – Dietitian / DSN facilitated 3 day course, patients will be expected to be seen for an appointment prior to commencing the course • Diabetes and You Type 1 – Rolling programme of sessions <p>Dietitian/Diabetes Specialist Nurse:</p> <ul style="list-style-type: none"> • Patients who are not achieving optimal diabetes control (despite support from their GP) • Patients requiring End of Life Support with diabetes management • Patients where insulin switch assessment is being considered • Patients requiring support/education around Carbohydrate Counting • Diabetes and weight reduction
Type 2 Diabetes	<p>Diabetes Structured Education (see leaflet for further course information):</p> <ul style="list-style-type: none"> • Eat Well session for new type 2 diabetes – Dietitian facilitated rapid access 2 hour small group • Living with Diabetes for new type 2 diabetes – Dietitian / DSN facilitated ½ day course • Diabetes & You Type 2 – rolling programme including sessions for patients with Type 2 Diabetes on insulin <p>Dietitian/Diabetes Specialist Nurse:</p> <ul style="list-style-type: none"> • Patients who are not achieving optimal diabetes control (despite support from their GP Practice) • Patients who are being considered for insulin/GLP1 starts where there is not a clinician in the GP Practice who can provide this support (i.e. not completed an injectable initiator course) • Patients where insulin switch assessment is being considered • Patients requiring End of Life Support with diabetes management • Diabetes and weight reduction • Patients newly diagnosed with type 2 diabetes who do not wish to attend Eat Well session • Patients with type 2 diabetes who would benefit from dietary and lifestyle support regarding behaviour change before starting on diabetes medications
Non-Diabetes	<p>Dietitian only:</p> <ul style="list-style-type: none"> • IBS First Line Advice (clinically diagnosed using NICE 2015) • Diagnosed Nutritional deficiencies such as Iron deficiency anaemia, Vitamin D and Calcium • Nutritional support “MUST” screening tool score >2 • Cardiovascular disease – 10yr CVD risk 20% or greater (despite support from their GP practice and unable to tolerate or refused a statin) • Pre diabetes with BMI<28 (HbA1c 42-47mmol/mol) who have declined or not suitable for the NDPP programme
Inappropriate Referrals	<ul style="list-style-type: none"> • Children (under 18) • Patients with insulin infusion pumps • Patients with Eating disorders/disordered eating • Patients with diabetes for pre pregnancy counselling or pregnancy support • Patients with acute/complex foot problems who are under the acute services • Patients being considered for bariatric surgery • Home Enteral feeding tube in situ unless requiring diabetes support from DSN • Patients with suspected or diagnosed coeliac disease (NICE 2016) • Patients with suspected allergy/food intolerance

Domiciliary Access Criteria

Access to the Diabetes and Nutrition Domiciliary services is restricted to patients who have been referred to DANS following the service referral criteria, and who are housebound and unable to attend a community clinic. The domiciliary service is for the following patient cohort:

- Diabetes Specialist Nurses - Patients with complex Type 1 or Type 2 Diabetes - that require specialist support and guidance by Diabetes Specialist Nurses (DSN) and meet the above referral criteria.
- Dietitians - Patients who have been assessed by the BCH Diabetes Specialist Nurses (DSN) and it is felt further support and intervention by the DANS Dietitians would improve potential outcomes, such as increased quality of life, reduction in complications such as hypoglycaemia and support individualised target setting for HbA1c/BP/Lipids and lifestyle advice
- Dietitians - Patients referred for Nutritional Support, who have been assessed in the Nutrition Support telephone consultation clinic for triage and first line advice. Patients who then require further support and are not able to attend community clinic will be offered a further telephone consultation and/or domiciliary visit as appropriate.

Diabetes Structured Education Courses

Type 1 Diabetes Structured Education

Diabetes and You for Type 1 Diabetes

People with type 1 diabetes, regardless of duration, who would like to learn more about how to self-manage their condition. This is a rolling programme of 2-3 sessions each quarter and will include sessions on:

- **Carbohydrate awareness/refresher** - – a 3hr session about the role of carbohydrate and insulin in managing their type 1 diabetes, or for those that wish a refresher session on the subject.
- **Every day with type 1 diabetes** - a 3hr session with topics including, managing type 1 diabetes every day, hypoglycaemia, illness and diabetes

Attendees can attend any combination of the programme, dependent on need. Details of sessions can be found on the BCH website - <https://briscohealth.org.uk/our-services/diabetes-nutrition-service/>

Food Freedom (akin to Bournemouth BERTIE course)

This three day education course will aim to address how to adjust insulin dose according to food intake. One day a week for three weeks with a Dietitian and Diabetes Specialist Nurse, the course will provide information to help self-management of type 1 diabetes through carbohydrate counting.

People referred for this course will be contacted prior to the course by a DANS clinician to discuss current insulin regimes, and expectations of the course including being able to attend all three days.

Type 2 Diabetes Structured Education

Eatwell Sessions:

2hr small group sessions for people newly diagnosed with type 2 diabetes, providing rapid access to a Dietitian, whilst waiting to attend the Living with Diabetes session. This session focuses on FAQs around lifestyle, diet and behaviour changes.

Living with Diabetes:

This ½ day education course is for people who have been diagnosed with Type 2 diabetes within the last 18 months. It is facilitated by trained educators including a Dietitian and Diabetes Specialist Nurses.

Living with Diabetes – Drop in Sessions – 1st Thurs at Charlotte Keel Health Centre with interpreters.

Diabetes and You for Type 2 Diabetes:

For anyone with type 2 diabetes regardless of duration who would like to meet other people with type 2 diabetes and learn more about how to self-manage their condition. This is a rolling programme of 2-4hr sessions each quarter on topics such as:

- **Understanding Insulin** - This is a ½ day education course for people with type 2 diabetes that use insulin as part of their treatment for type 2 diabetes.
- **Every day with type 2 diabetes** - 3hr session with topics including: Living your life with type 2 diabetes, dispelling myths and chance for Q&A with clinicians.
- **Mood and Food** – this is a 3hr session that aims to explore the relationship between mood and how it can impact what, when and how much we eat, to further support weight management in those people with type 2 diabetes who emotionally eat.

Attendees can attend any combination of the programme, dependent on need. Details of sessions can be found on the BCH website - <https://briscohealth.org.uk/our-services/diabetes-nutrition-service>