

Type 2 Diabetes

Type 2 diabetes has significant morbidity and requires good, systematic care at diagnosis. It is symptomatic and progressive and diagnosis is often only made after complications have developed.

Many patients already have or are at high risk of developing microvascular and/or macrovascular complications. There is a very high mortality from coronary artery disease.

Suggested Initial Management in Generalist (Primary) Care

- Good history to obtain cardinal features
 - (including polyuria, polydipsia, nocturia, weight loss, lethargy, cramps, pruritus vulvae/balanitis, visual disturbance)
- FBC, urea and electrolytes, liver function tests, blood glucose, HbA1c
- Urinalysis (to look specifically for ketonuria and proteinuria)
- TSH (if indicated clinically)
- Initiate diabetic education and monitoring
- Dietary measures and physical activity [Dietary Recommendations](#)
- If hyperglycaemia is sustained consider medication [Treatment of Hyperglycaemia](#)
- Referral for structured education using [DSN referral form](#)
- Referral for retinal screening

Referral to Specialist (Secondary) Care is not usually necessary

The Barnsley Local Diabetes Service Advisory Group does **NOT** recommend referral of patients with **uncomplicated** newly diagnosed type 2 diabetes.

Patients require intensive glycaemic control.

The majority of patients can be controlled with dietary measures alone or in combination with an oral hypoglycaemic agent and urgent referral is not usually required (even if blood glucose high, providing the patient is well and not ketotic). Some will require insulin. If unsure refer to Diabetes Specialist Nurses.

It is expected that initial diagnosis and management, including education, dietary advice and monitoring will be undertaken within generalist care, supported by these management guidelines. Note that individualised and ongoing nutritional advice should be provided by a healthcare professional with specific expertise and competencies in nutrition (ie Specialist Dietitian for Diabetes) [NICE 2015 \(NG19, 28\)](#).

Education

Type 2 Diabetes Structured Patient Education

Self-management is key to good diabetes care and patient education should be at the heart of any service (Diabetes UK, 2003).

Education can be delivered in groups or on an individual basis but it is important to individualise to patient needs and requirements. A useful [Education checklist](#) is attached.

There are 2 structured education programmes available to people with type 2 diabetes who are not on insulin held at various locations around Barnsley. These courses are available to people with newly diagnosed type 2 diabetes and to those with existing diabetes who would benefit from further diabetes education.

The sessions cover a range of useful topics such as healthy eating, medication, monitoring and foot care and are delivered by trained educators. They offer the chance to receive advice from a Specialist Dietitian for Diabetes and DSNs.

X-PERT

- The X-PERT Diabetes Programme is a nationally-accredited, structured education programme for people newly-diagnosed with type 2 diabetes and is jointly run with the diabetes specialist nurses.
- It runs over 6 weeks with a 3-month follow up.
- It has proven to be
 - clinically effective (participants demonstrate improved diabetes control and self-management skills, improved quality of life and a reduced need for medication)
 - empowering (the programme supports self-management of diabetes using a patient empowerment model and participants show improved health and well-being)
- Biochemical parameters are checked before and 12 weeks after the course

The X-PERT programme supports self-management of diabetes using a patient empowerment model.

Local Education Programme

- Available to all patients with newly-diagnosed or existing type 2 diabetes, who may not wish to attend the more intensive education offered by X-PERT
- This programme consists of two 3-hour sessions run over consecutive weeks, the first led by a Diabetes Specialist Nurse and the second by a Specialist Dietitian for Diabetes

Held at:

- Roundhouse Medical Centre, New Lodge, Monday evening (4.30-7.30pm)
- Oaks Park Centre, Kendray, Friday afternoon (2-5pm)
- Thurnscoe Centre, Wednesday afternoon (2-5pm)

Referral for Education

Referral for education should be made via the Diabetes Specialist Nurse referral form.

Further information and referral forms are available via the intranet or from the Administrator, Diabetes Specialist Nursing Office, Apollo Court (01226 209884).