

Nutrition and Dietetic Service for Adults with Diabetes

Nutrition management is recommended as part of an integrated package of education and clinical care for all people with diabetes. It is recommended that structured education is offered to all with diabetes at the time of diagnosis and this should include an annual follow up. Family members, partners and carers should be included in the education process as appropriate. An ongoing, person centred approach to nutritional advice should also be guided by a registered dietitian (Evidence-based nutrition guidelines for the prevention and management of diabetes, Diabetes UK 2018).

Studies have shown that for Type 1 and Type 2 diabetes dietetic intervention resulted in an additional 8mmol/mol and 5 to 21mmols/mol reduction in HbA1c respectively. These reductions prove to be cost effective, and are associated with fewer visits to the GP and secondary care services (Diabetes UK, 2018) See DAFNE/ Expert programme details. STOPGAP booklet.

Dietary Modification

Dietary and lifestyle modification is the first line treatment for all patients diagnosed with diabetes. It is an equally important part of treatment for those requiring oral hypoglycaemic agents and/or insulin as for those using only lifestyle modification to manage their diabetes.

Addressing dietary and lifestyle is proven to support individuals achieve;

- ✓ Weight loss, healthy BMI and waist measurements
- ✓ Improved blood glucose
- ✓ Improved blood lipids and blood pressure
- ✓ Minimised risk of long term macro and microvascular complications
- ✓ Reduction in prescribed diabetes medications and insulin

When considering a 'healthy' dietary approach for the management of diabetes most studies use similar dietary approaches comprising of the following characteristics;

- If the individual is overweight and energy restriction to induce 5-7% weight loss
- Dietary modification including;
- Moderate total fat intake (<35% total energy intake)
- Reduced saturated intake (<10% total energy intake)
- Increased dietary fibre intake (>15g/1000Kcal)
- Increased physical activity, aiming for at least 30minutes/day or 150minutes/week of moderate to vigorous activity

However the latest evidence suggests there is no one single approach proven to be superior. There are a variety of dietary strategies proven to be effective. Evidence suggests that it is the degree of adherence that predicts outcomes and this presents the opportunity to increase flexibility in dietary approaches for people with diabetes.

More information and support for providing first line dietary advice can be found on the Diabetes UK website (www.diabetes.org.uk) This information should be provided to all newly diagnosed patients and re-enforced as required at each annual review with their practice.

The Stop Gap booklet is a local resource to give to patients which can help to support patients in starting to taking steps towards a healthier diet and lifestyle whilst waiting to attend group or 1:1.

Referring to a diabetes dietitian

Dietitians provide a person centred approach to care, assessing the individuals willingness and readiness to change, tailoring recommendations to their personal preferences and joint decision making.

What service users can expect from seeing a dietitian

- ✓ High quality, up to date evidence based dietary advice
- ✓ Tailored and specialist support for carbohydrate counting in Type 1 Diabetes
- ✓ Tailored and specialist advice for various evidence based dietary approaches in the management of diabetes including; calorie controlled diets, low fat, low carbohydrate, Mediterranean and intermittent fasting.
- ✓ Specialist support for Type 2 Diabetes Remission- Total diet replacement and very low energy diets
- ✓ Anthropometric measurements- height, weight, BMI, Waist circumference
- ✓ Interpretation and clear explanation of biochemistry results
- ✓ Detailed assessment of current dietary intake
- ✓ Care planning and personalised dietary goals
- ✓ The dietitian will communicate with referrer and other key health professionals. Including referral on to supporting services such as the diabetes specialist nursing team, the health referral scheme, tier 3 weight management and the mental health access team.
- ✓ Review appointments are agreed with the service user at the end of each appointment as needed

People who will benefit from a referral to a dietitian include:

- Type 1 diabetes as they transition from Paediatric care to Adult Services (19+ years)
- Newly diagnosed or existing type 1 or type 2 diabetes requiring structured education
- Type 1 diabetes using an insulin pump
- Type 1 or type 2 diabetes for pre-conceptual care and in the Ante-Natal Clinic
- Gestational diabetes in the Ante-Natal Clinic
- Existing Type 1 or Type 2 diabetes requiring a dietary update or review due to a change in medication or with a deterioration in glycaemic control
- Coeliac disease and diabetes
- Issues around weight management affecting glycaemic control
- Those who are housebound and unable to attend a clinic appointment

Dietetic Services are provided by:

South West Yorkshire Partnership NHS Foundation Trust and Barnsley Hospital NHS Foundation Trust

The Community Specialist Dietitian for Diabetes is based at the Cudworth Centre.

The Community Nutrition & Dietetic Service

Cudworth Centre,
Carlton Street,
Cudworth,
Barnsley S72 8ST

Lead Dietitian

Jennifer Thawley

Jennifer.thawley@nhs.net

01226 438818

Services provided by South West Yorkshire Partnership Foundation Trust:

- ✓ Clinics are delivered in several different locations (GP Surgeries) across Barnsley on a monthly, and in some locations fortnightly basis.
- ✓ Home visits for those who are housebound
- ✓ The service supports the Diabetes Specialist Nursing Team to deliver structured education: XPERT Health Programme (Type 2 Diabetes), DAFNE and DAFNE Pump (Type 1 Diabetes)
- ✓ Specialist dietary and lifestyle advice for newly diagnosed and existing Type 1 and Type 2 Diabetes who require specific one to one consultation (those unable to attend structured education)
- ✓ Dietary and lifestyle advice for those with learning disabilities and diabetes
- ✓ Dietary and lifestyle advice for those with mental health issues and diabetes

Referrals are accepted via the Diabetes Single Point of Access only, where they will be triaged appropriately by a Diabetes Specialist Nurse.