

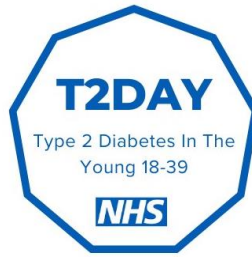


Improving care and outcomes of patients with early onset type 2 diabetes (EOT2D) in Barnsley.

Katie Whitehead – Practice Nurse Educator SYICB and Practice Nurse - Hollies Medical Centre.



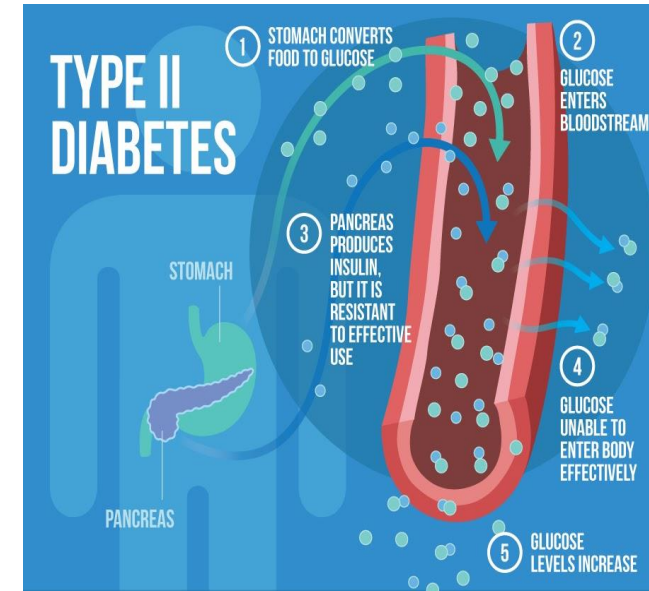
Key Facts



- T2DAY is the **Type 2 Diabetes in the Young** programme, an NHSE 2-year initiative to improve care for people with Early Onset Type 2 Diabetes (EOT2D) affecting those aged between 18-39 yrs.
- Early onset Type 2 diabetes (EOT2D) is defined as the development of Type 2 diabetes **below the age of 40 years**.
- It is more common in people from **ethnic minorities** (particularly in people with South Asian ethnicity) and people living in the most **socio-economically deprived** areas.
- A high proportion of people with EOT2D are living with **obesity** and may also have concurrent **unmet psychological and social needs**.

Early Onset T2D (OET2D) is associated with:

1. **More aggressive diabetes** phenotype than older-onset Type 2 diabetes.
2. More **rapid progression** of glycaemia.
3. Early development of diabetes-related microvascular and macrovascular **complications and premature mortality**.
4. Significant **reduction in life expectancy**
5. Increased risk of **adverse maternal and neonatal outcomes** in the cohort that are not prepared for pregnancy.



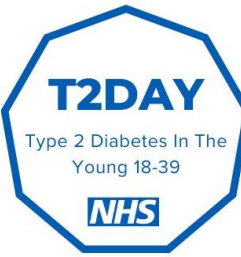
Despite all the risks, people with EOT2D are:

- ***less likely to receive all NICE-recommended care processes***
- ***tend to have higher HbA1c***

....than older people with Type 2 diabetes.



9 Key Care Processes



HbA1c your average blood sugar levels for the past three months



Cholesterol levels how much fat is in your blood



Kidney function how well your kidneys are working.



You should be asked to provide a urine sample that is sent to the lab to check for signs of kidney disease.



Retinal Eye Screening



Your healthcare professional will also check your feet to make sure blood is flowing to your feet properly and to check for nerve damage



Your weight and height are measured to work out your Body Mass Index ([BMI](#))



Your [blood pressure](#) is measured.



Smoking Status



Urine Albumin
Creatinine



Smoking Status



Blood Pressure



HbA1c



Serum
Creatinine



Serum
Cholesterol



Weight & BMI



Foot Check



Eye Screening

Place Name	T2(18-39) Type 2 diabetes aged 18-39	T2(18-39) All 8 of 8 KCP last 12 months	T2(18-39) % All 8 of 8 KCP	T2(18-39) All 9 of 9 KCP last 12 months	T2(18-39) % All 9 of 9 KCP
BARNSELEY	642	240	37%	101	16%
DONCASTER	871	279	32%	150	17%
ROTHERHAM	802	230	29%	114	14%
SHEFFIELD	1613	621	38%	384	24%
SOUTH YORKSHIRE SUBTOTAL	3928	1370	35%	749	19%

Barnsley	Total T2 (18–39)	Completed 8 of 8 KCP	% 8 of 8 KCP	Completed 9 of 9 KCP	% 9 of 9 KCP
Central	157	76	48%	18	11%
Dearne	101	23	23%	15	15%
North	92	27	29%	16	17%
North East	80	37	46%	22	28%
Penistone	84	32	38%	10	12%
South	128	55	43%	20	16%
Barnsley Total	642	240	37%	101	16%

South Yorkshire T2DAY Clinical searches data 30th September 2025 – last 12 months

Pregnancy



- 54% of pregnancies in people with diabetes in 2020 related to those affected by Type 2 diabetes, representing a **doubling in proportion since 2002.**
- Attaining HbA1c < 48 mmol/mol is associated with better neonatal outcomes; however, in 2020 ***only 11% of women with Type 2 diabetes who became pregnant had evidence of adequate preparation for pregnancy,*** reducing to only ***6%*** of those living in the ***most deprived*** areas.

Concerns of Diabetes & Pregnancy

Risk to Mum:

- Existing condition and symptoms worsening
- Pre-eclampsia in pregnancy
- Polyhydramnios – increased water around baby.
- Increased risk of DKA in 3rd trimester or after steroid use. [diabetic ketoacidosis - nhs](#)
- Hypoglycaemia unawareness (low blood sugars)
- Perineal trauma – tears, bruising and grazes.
- Early induction of labour / lscs

Risk to Baby:

- Increased chance of SCBU admission
- Heart defects
- Spinal Defects
- Miscarriage
- Macrosomia / Large for gestational age
- Birth injury related to shoulder dystocia
- Still birth
- Hypoglycaemia
- Obesity and diabetes later in life

How to prepare for pregnancy. How does this differ from routine care?

Routine 9 Key care processes

- Hba1c (< or 48mmol/mol ideal)
- Cholesterol
- Creatine
- Kidney Function (Urine) ACR
- Blood Pressure 140/90mmhg
- Foot Check
- BMI
- Smoking Status
- Diabetic Eye Check/Retinal Screening

Pre Conception-Checks

- All 9 Key care processes
- Monthly Hba1c
- Contraception advice and initiation
- **5MG Folic Acid** - this is to reduce the risk of neural tube defects and to assist with the baby's development in the early weeks of pregnancy.
- Vitamin D
- Offer Glucose Monitoring

Previous GDMs

- Women who have been diagnosed with Gestational Diabetes Mellitus (GDM) are at **higher risk of developing Type 2 Diabetes** within 5 years of diagnosis.
- Check **discharge letters for GDM diagnosis** at postnatal appointments and ask at baby's 8-week immunisations appointments.
- Check for **correct coding** to facilitate ongoing care pathways such as **annual hba1c checks**, referral to the **diabetes prevention program**, and early identification of diabetes should this occur.

RESOURCES FOR CLINICIANS AND PATIENTS:

- SYICB guidelines for EOT2D :

[SY ICB guideline for young adults with Type 2 Diabetes 18-39 years V1.0.pdf](#)



- SYICB guidelines for supporting women with Type 2 diabetes:

[SY Guidance for supporting women with type 2 diabetes to prepare for pregnancy V1.0.pdf](#)



- “Your diabetes your journey” Resource Hub, designed specifically for those under 40 living with Early-Onset Type 2 diabetes:

[Your Diabetes Your Journey :: South Yorkshire I.C.B](#)

- GP toolkit from Your Diabetes Your Journey:

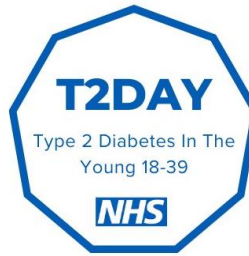
Click here https://syics.co.uk/download_file/6056/0



Visit the online resource hub
today here to support you.



RESOURCES CONTINUED:



- **Bite-sized online diabetes training, at 4 levels of expertise, core to expert**– free access for 12mths paid by SYICB using code “SOUTH YORKSHIRE” on registration:

[Cambridge Diabetes Education Programme | competency-based platform](#)

- **Online course in managing EOT2D:**

[EDEN: Early Onset Type 2 Diabetes](#)

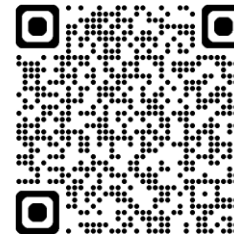


- **T2Digibete - App based education and information T2D for younger people** -free access using clinic code DVIKG:

[YoungType2](#)

- How to register and best use the app:

<https://www.youngtype2.org/type-2-information/app-training-and-support>



Service name	Website	Cancer Specific Exercise	General Exercise
Active Together (Current tumour groups - LGI, Lung, UGI, Urology inc. bladder exc prostate, Gynae and HPB)	https://www.yorkshirecancerresearch.org.uk/active-together/about/our-locations/barnsley-centre	✓	
BPL (Barnsley Premier Leisure)	https://bpl.org.uk/our-venues/	✓	✓
Live Well Barnsley	https://www.livewellbarnsley.co.uk/		✓
Barnsley What's Your Move	https://www.barnsley.gov.uk/whats-your-move/		✓
Barnsley FC	https://barnsleyfccommunity.co.uk/health-and-wellbeing/fit-reds/		✓

Diabetes SharePoint!

**SY 12 Monthly T2DAY Lunch and Learns all
recorded**

Type 2 Diabetes Online Training

South Yorkshire Diabetes Newsletter

T2DAY Resources and GP Campaign Toolkit

Would you like to be a T2DAY Champion?

Patient Urine ACR Video

Diabetes SharePoint!



Please give us a follow!

[Diabetes](#)

Ardens template - diabetes

SystemOne GP: Mrs K

Diabetes

Home | Diagnosis | Review: Assessment | Review: Plan | Hypo/Hyper | Key Care | Young Onset T2DM | Online | Education | Re...

Diabetes - Young Onset Type 2 (T2DaY)

This page details specific considerations for patients who have diabetes and are young.
For the purposes of the T2DaY programme, this is age 18 -39 and usually takes the form of an additional 30 minute review.
Please ensure all key care processes are complete prior to this review.

T2DaY review invitation

Review

★ T2Day review completed

Diagnosis reviewed and possible misclassification considered

Key care processes reviewed and up to date

Contraceptive advice

Pre-conception & pregnancy

★ Shared decision making regarding individualised target HbA1c

Target HbA1c

Current HbA1c

Cardiovascular disease risk assessment

Holistic needs assessment (inc. psychological and social needs)

Discussion about weight and review of weight management plan

Weight management referral

Remission programme referral

★ Structured education referral

Review of goals

Plan

Review

Diagnosis

Key Care

Contraception

Preconception +

Women of Childbearing Age + LTC

Shared Decision ...

Tighter targets in younger patients

Diabetes Type 2 ...

CVD Prevention

Action

Obesity

ED Screening

LTC Wellbeing R

May be especially suitable for referral to
T2DM Path to Remission

Online Education**

Follow-Up

Next Event

Event Details

No problems

History

Examination

Diagnosis

Continue

Com

Reminders

Has Firearm Frightened

Recalls

18 Dec 2013 D

21 Nov 2017 P

26 Feb 2020 L

11 Feb 2022 B

07 Jun 2022 D

07 Mar 2023 A

Sensitivities

SEPTRIN (all c

AMOXICILLIN

PENICILLIN G

Wheat Allergy:

Allergic reaction

Not allergic

Search features

Event Details

Information

Print

Suspend

Ok

Cancel

Show Incomplete Fields

9 (85 y) M

Standard, Dispensing

!!

2

6

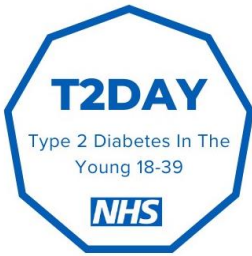
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19

09:19 02/09/2024 19

EMIS Template – diabetes:



Diabetes Review (v18.6) (Ardens) - Template Runner

TESTTRANSFER, Start (Mr)Born 01-Jan-1994 (30y)Gender MaleNHS No. ?35212

Template Runner

Pages«

National Contracts (QOF/IIF)
Review - CV Risk
Review - Glycemia
Review - Feet
Review - Mood/Memory/Frailty
Review - Kidneys
Review - Other
Review - Eyes
Management + Education
Injectables
Young Onset 18-39y (T2DaY)
Vaccinations
Review Completion and Recall
Resources
Template Info/Learning Points

Diabetes - Type 2 Diabetes in Younger patients (T2DaY)

This page details specific considerations for patients who have diabetes and are young. For the purposes of the T2DaY programme, this is age 18-39 and usually takes the form of an additional 30 minute review. Please ensure all key care processes are complete prior to this review.

Latest HbA1c No previous entry

☐ Diabetes type 2 review Text No previous entry

☐ Diagnosis reviewed and possible misclassification considered Text No previous entry

☐ Key Care Processes reviewed and up to date Text No previous entry

☐ Shared decision making regarding individualised target HbA1c Text No previous entry

☐ HbA1c target Text No previous entry

☐ Holistic needs assessment Text No previous entry

☐ Review of patient goals Text No previous entry

☐ Discussion about weight + review of weight management plan Text No previous entry

Weight management referral status No previous entry

Remission programme referral No previous entry

* Structured education referral (including exception reporting) No previous entry

Pre-conception, contraception + pregnancy advice No previous entry

Care plan No previous entry

Consider a lifetime risk tool (e.g. QRISK3-lifetime) to inform discussions on CVD risk and to motivate lifestyle changes, particularly for people with a 10-year score < 10%, and people < 40 who have CVD risk factors. (NHS AAC, 2024)

Please note that any risk score entered into the box below is not coded and will not be taken into account by our Ardens searches and reports.

☐ Assessment for risk of cardiovascular disease Text No previous entry

[QRISK lifetime](#)

QRISK lifetime score

Cancel

NHS Diabetes Prevention programme

What is it?

- 9 Month programme delivered over 13 sessions
- Can be delivered face to face, remote or digital via an app.

Who's Eligible?

- Adults aged 18+
- HbA1c between 42-47 mmol/mol in last 12m
- Previous diagnosis on GDM

How to refer

- Completing referral form and returning to healthieryou.syandb@nhs.net
- Previous GDM patients can self-refer online using the following link:

[Gestational Diabetes | Healthier You | Diabetes Prevention \(reedwellbeing.com\)](https://reedwellbeing.com)



NHS Type 2 Diabetes Path to Remission Programme

What is it?

- Three phases (not just 'soups and shakes'):
 - Total Diet Replacement (12 weeks) **Total Diet Replacement: For Diabetes Reversal & Weight Loss - Habitual (tryhabitual.com)**
 - Food Reintroduction (6 weeks)
 - Weight Maintenance (to 12 months, incl. Rescue packages)
- **FREE** for patients that are eligible
- Delivery format: participant choice of 1:1 in-person or digital

Who's Eligible?

- Adults aged 18-65
- Diagnosed with Type 2 diabetes in last 6 years
- In all cases, HbA1c must be ≤ 87 mmol/mol (10.1%)
- See link for full eligibility criteria
<https://momentanewcastle.com/hcp-t2dr-sy>



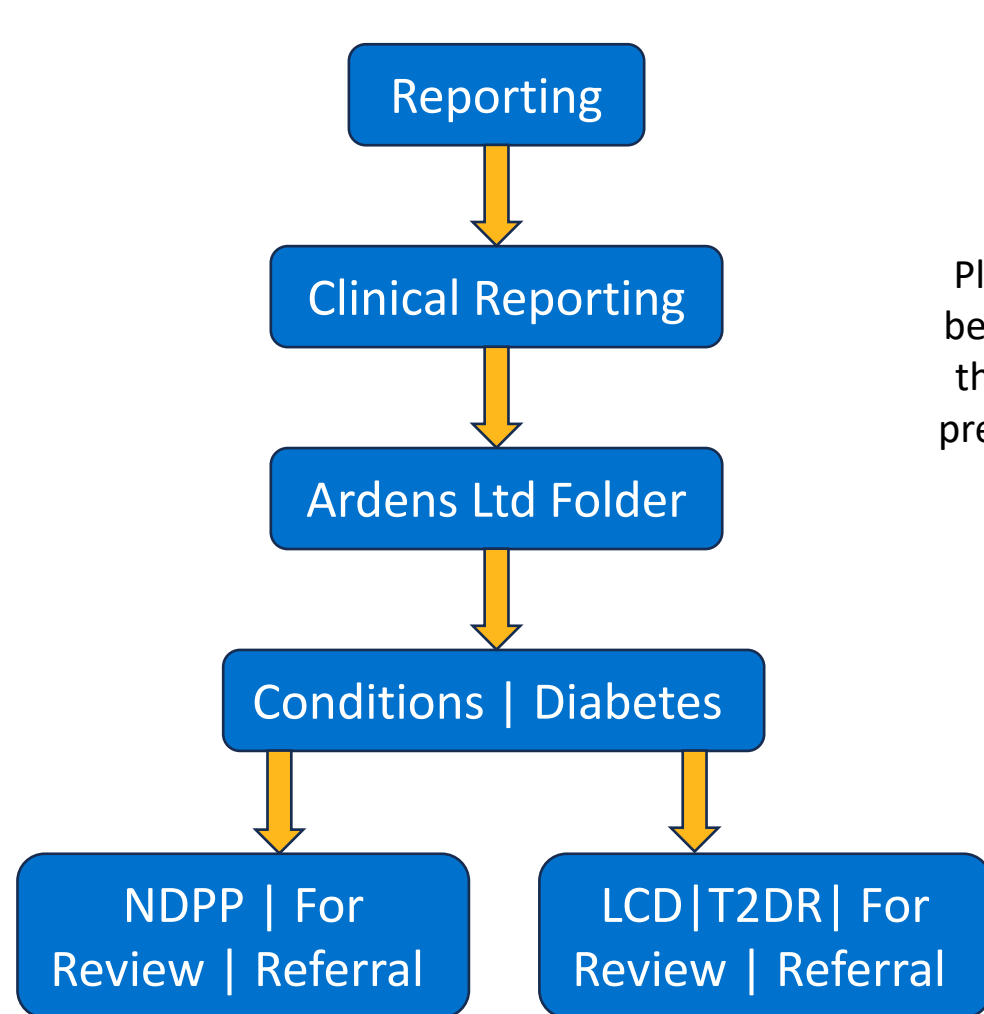
How to refer

- Completing referral form and signed off by a **prescriber/clinician** as the patient may need to stop certain medication. Email to:
momenta.t2dr-syks@nhs.net

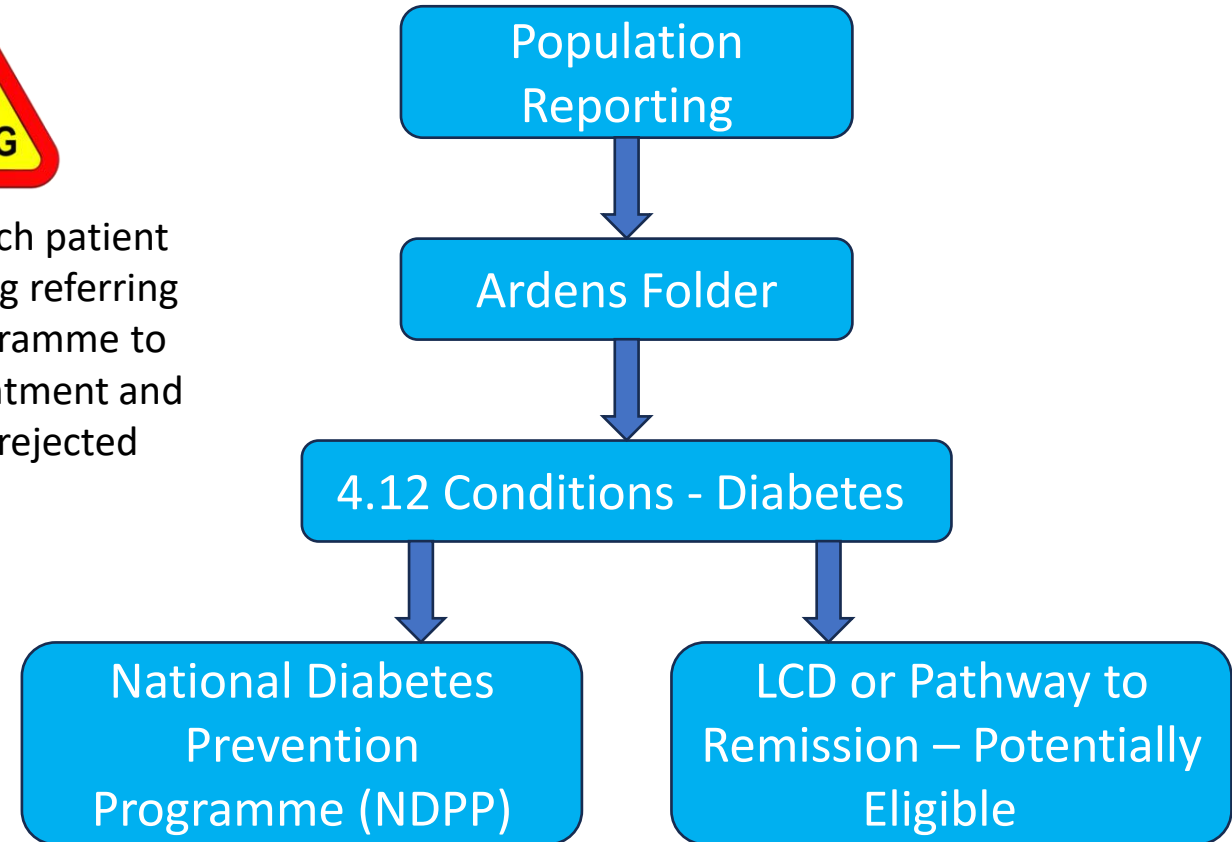
How to run a search?

systemone
ONEPATIENTONERECORD

 **emis**



Please review each patient before considering referring them into a programme to prevent disappointment and referrals being rejected



Florey Questionnaires

NHS Diabetes Prevention Programme Florey

<https://web accurx.com/import/gybd2x7mw8>

1. Would you like to be referred to the NHS Diabetes Prevention Programme?

For more information about the programme please click on the link

healthieryou.reedwellbeing.com/about-the-programme/ 

also please see link of a positive case study-
healthieryou.reedwellbeing.com/stories/small-changes-big-results-%E2%80%93-andrew%E2%80%99s-story/ 

Yes (Some of your personal details will be shared with the provider)

No

Maybe (Would like further Information)

Continue

NHS Diabetes Prevention Programme GDM Florey

<https://web accurx.com/import/8nmj6p62aw>

1. Would you like to be referred to the FREE Diabetes Prevention Programme Course?

Studies suggest that people who have had gestational diabetes are seven times more likely to develop type 2 diabetes later in life. The good news is that the risk of developing diabetes can be reduced, that's why we are offering you the programme for FREE. Please click the link for more information about the programme
healthieryou.reedwellbeing.com/gestational-diabetes/ 

☐ Yes - Please refer me to a local group

☐ Yes - Please refer me to the online group
(For women who have had diabetes in pregnancy)

☐ Yes I will self refer via the link above

☐ No Thank You

Continue

Type 2 Path To Remission Programme Florey

<https://web accurx.com/import/x4wc7wtvh8>

1. Would you like to be referred to the NHS Type 2 Diabetes Path to Remission Programme?

The NHS Type 2 Diabetes Path to Remission Programme, can put diabetes into remission (reversal). It isn't for everyone, and it means going on FREE total meal replacements of 800-900 calories a day of soups, shakes and bars for 12 weeks followed by gradual standard food re-introduction. This one-year programme helps you to lose weight, improve your blood sugar levels and reduce medication. For more details about the programme see
momentanewcastle.com/t2dr-sy 

Yes - Please ask a nurse to call me to talk over my referral.

No- Not at this current time

Continue

CHECKLIST/MEMORY AID FOR REVIEW OF EARLY ONSET TYPE 2 DIABETIC PATIENT

- Check all **Key Care Processes** completed within at least the last year. (hba1c, BMI, lipids, UE, BP, foot check, smoking status/support, retinal screening, urine ACR.).
- **Medications** appropriate/safe.
- **Diagnosis** secure? Further investigations needed? e.g. antibody blood testing.
- Individual **cardiovascular risk assessment** –QRISK tools can underestimate lifetime risk. [SY ICB guideline for young adults with Type 2 Diabetes 18-39 years V1.0.pdf](#)
- **Weight** management – consider referral to weight management/T2D Remission programme.
- Women of childbearing age – **contraception** advice/initiation. **Preconception** advice. Folic acid 5mg and vitamin D if considering pregnancy.
- Individualised **Hba1c target**. Tight control reduces risk of complications.
- **Mental health** – consider talking therapies as appropriate.
- **Dental health**- advise re registration with dentist and regular check-ups. Bidirectional relationship of oral health and metabolic health/inflammation.
- Consider ref to **structured education** or resources. E.g., DESMOND, Healthy Living with T2 Diabetes [Healthy Living](#), Carb Smart (if available from local diabetes team), Your diabetes Your journey [Your Diabetes Your Journey :: South Yorkshire I.C.B](#)
- Other outstanding **diabetes checks** as per diabetes templates including: insulin technique/kit/injection sites, sick day rules [Diabetes and being ill | Managing when you're sick | Diabetes UK](#) , this list not exhaustive, see clinical templates.

TAKE HOME MESSAGES:

Patients with early onset T2D are a distinct, high risk and growing cohort of patients.

Much higher risk of complications and early death than older T2D.

Women of child-bearing age at high risk of maternal and neonatal complications.

Less likely to present for routine reviews.

Additional care required to provide healthcare equity.

If in doubt, seek advice/refer.

WHAT CAN YOU DO THIS WEEK?



- WHEN CAN YOU SEARCH FOR THESE PATIENTS?
- WHO CAN HELP YOU?
- ARE THERE COLLEAGUES WHO SHOULD KNOW ABOUT THIS?
- WHEN COULD YOU SHARE THIS INFO WITH THEM?

(TEACHING SOMEONE ELSE IS ONE OF THE BEST WAYS TO EMBED IN YOUR MEMORY)

BECOME A T2DAY CHAMPION!

What do champions do?

- Promote T2DAY Programme in their clinical area.
- Signpost colleagues to resources and Your Diabetes Your Journey Campaign
- Share regular updates received from the diabetes programme team with colleagues.

EMAIL: Amy.moore56@nhs.net



T2DAY: Type 2 Diabetes in the Young (18-39) Training - Feedback

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