Building Confidence and Awareness of Undiagnosed Type 1 Diabetes in Children for All Healthcare Staff

LYNDA MCCOLL-LEAD NURSE, SHERRINGTON PARK MEDICAL PRACTICE

The problem

- 25%-35% of children are in DKA by the time they are diagnosed
- 16% of children are misdiagnosed at first presentation
- Clinicians report fear and lack of confidence with T1D
- Lack of equipment/lack of knowledge in using the equipment
- Uncertainty about diagnostic guidelines- incorrect processes being followed
- Higher likelihood of further DKA and poorer

Aims

- To increase staff knowledge and confidence when dealing with undiagnosed T1D
- Staff to understand the signs and symptoms of T1D
- To understand what to do if suspecting T1D (what are the guidelines?)
- All clinical staff to feel confident using the glucometer and know where it is located

Feedback from staff post intervention

"Really useful and informative presentation"

"I will be asking more in-depth questions about the 4 Ts"

"Be more aware/vigilant"

"I feel confident that if a patient calls explaining those symptoms that my staff will treat them with urgency"

"I am more aware of potential symptoms including constipation/excessive hunger so I will be more vigilant"

"Really informative and easy for non-clinicians to understand"

Future work in this area

- Annual updates for staff in the PCN (PLT)
- Ensure all surgeries in the PCN have glucometers
- Awareness campaign for parents
- Potential >£1m cost saving nationally on unnecessary admissions

Interventions

- Surveys
- Power point presentation for all clinical and non-clinical staff
- Practical demonstration of the glucometer
- Posters in clinical rooms of the 4 Ts
- Laminated sign in clinical rooms explaining the location of the glucometer
- Ensuring systems are in place to calibrate glucometer and ensure test strips are stocked and in

Results

11 staff members attended the presentation
16 staff members completed the initial survey and 10 completed the post intervention survey
Confidence levels increased for clinical and non-clinical staff
Clincal- **Pre interventions** 4.43/10 and 2.6/10 for under 5s
Admin- **Pre interventions** 5.56/10

Post intervention's- 7.8/10 for all staff
80% of staff said they would