

City and Hackney Newly Diagnosed, requiring urgent intervention (symptomatic)



Suspected Type 1, Type 2 or other types of diabetes where patient is symptomatic.

PATIENT PRESENTS IN PRIMARY CARE

- Newly diagnosed (Random glucose>11 mmol/l)
- Symptomatic (polyuria, polydipsia, weight loss)

INVESTIGATION

GP to check for ketones

MANAGEMENT

If clinically unwell (nausea, vomiting, abdominal pain)

- Urine ketones ++ or more
- Blood ketones> 2.5 mmol/l

REFERRAL

Send to A&E

MANAGEMENT

Confirm Diabetes diagnosis with endocrine registrar/diabetologist

MANAGEMENT

If clinically relatively well AND

- Urine ketones + or ++
- Blood ketones<2.5 mmol/l

REFERRAL

- GP to refer the patient calling the Hackney Diabetes Centre (HDC) and leaving a message on 020 8510 5005 between 8 am – 4 pm.
- DSN will triage referral and ring back patient the same day to agree date and time to come in for appointment.

TREATMENT PATHWAY - APPT 1

Referral to Diabetes Specialist Nurse (DSN) at HDC

Assess patient and initiate treatment as per NICE guidance for Diabetes

First appointment

- What is Diabetes (Type 1, Type 2, LADA etc)
- What care to expect
- Treatment initiation or review
- Glucometer teaching if applicable
- Hypoglycaemia management
- Teaching on insulin and review to support insulin initiation
- Driving (advise to inform DVLA if on insulin or meet criteria)
- Email admin to add patient to Type 1 register

Before discharge

DSN to update GP via email/letter

REFERRAL

- EDDI if English literate and new Type 2 Diabetes confirmed
- Diabetes Specialist Dietitian (DSD) at GP practice if cannot attend EDDI or starting insulin therapy or if non-English speaker
- If commencing OHA, referral to be seen by DSD at GP clinic
- Sign post to HDC Type 1 app and support groups
- Assess eligibility for CGM
- Retinal screening (automatic monthly extraction of everyone with diabetes, no referral required)
- Psychology/Talking Changes
- If Type 1 121 with DSN/DSD at HDC. DAFNE (after 6 months of diagnosis) and or CHO counting workshops. Sign post to HDC Type 1 app and support groups

FOLLOW UP

- Follow up appointment with DSN/DSD
- Either at HDC OR GP clinic
- If starting on insulin OR Sulphonylurea follow up to be given in 1 week

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