

## Clinical Champions 2014-16 cohort – alumni

### Summary of impact, January 2019

#### Diabetes and other conditions

Dr Joan St John, GP in London has had her work on dietary resources for BAME communities recognised through winning two poster competitions, one at the Primary Care Diabetes Society and the other at the Primary Care Diabetes Europe conference. Joan is due to publish a book illustrating the carbohydrate, fat and calorie content of foods eaten by BAME communities and how this impacts on blood glucose levels in February.

#### Healthcare Professional training

Ruth Miller, Nurse Consultant in London, has developed six Diabetes 10 Point Training Programmes for inpatients, mental health workers, homeless workers, care homes, community nurses and haemodialysis centres. The Diabetes 10 Point Training Programme for mental health workers has been adopted by the Mental Health Trusts in North West London as well as in St Andrews Psychiatric Hospital in Northampton, the largest inpatient psychiatric resource in Europe. Ruth hopes this training will lead to an increase in patient safety and quality of care.

Healthcare professional training is currently being implemented in multiple sites London and England. Over 900 patient-facing staff have been trained and pre- and post-training confidence questionnaires demonstrate a significant improvement in confidence in providing diabetes care.

#### Inpatient care

Dr Satyan Rajbhandari (Raj), Consultant in Birmingham has developed an automated electronic alert to identify patients who have hypoglycaemia, hyperglycaemia or ketosis.

Claire Neely, Diabetes Specialist Nurse in Kingston has developed and implemented the 'Diabetes Clinical Ward Champions' inpatient programme and is leading on the quality improvement programme for inpatients. Claire has also presented the inpatient programme at Diabetes UK and other hospitals are now looking to implement it in their settings.

#### Service redesign

Raj has developed a number of specialist clinics for people with Type 1 diabetes, specifically a Libre Flash Glucose monitoring clinic to improve uptake of the device. Raj has also been heavily involved in the Primary Care diabetes hubs, and has opened two new GP hubs in the last year. This has helped reduce hospital referrals for uncomplicated Type 2 diabetes and has increased the discharge of suitable patients to primary care.

Dr Paru King, Consultant from Derby has redesigned the pregnancy service in Derby by starting a low-risk clinic for women with diet- or Metformin-controlled gestational diabetes to improve service efficiency and safety. This redesign in pregnancy service has resulted in 55% of women with Type 1 diabetes access pumps.

Paru was awarded the NHS England Outstanding Contribution award for services to diabetes, which has further raised the profile of the local diabetes service in Derby nationally as well as locally.