



Unite for **Diabetes**

# DIABETES EDUCATION UNIT

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# ROLE OF A DIABETES NURSE SPECIALIST

- To establish a holistic and developmental approach to diabetes care in all patients.
- Assess, plan, support, educate, and evaluate holistic specialist diabetes nursing care in the hospital and home settings.



## DUTIES CARRIED OUT AT DIABETES EDUCATION UNIT

- Individual education sessions to newly diagnosed patients and relatives with type 1 diabetes, patients with type 2 diabetes started on insulin therapy. Mothers diagnosed with gestational diabetes.
- Education is given both at clinic and ward level.
- Follow ups.
- Group education sessions for patients with type 2 diabetes either as lecture form or using conversation map tools for diabetes.



## METER EXCHANGE

- Blood glucose meter exchange for all hospitals, health centres, homes for the elderly, MMDNA, prison, school nurses and patients with Type 1 diabetes rounded up to a 1000 patients.
- Training by following the S.O.P done by the Point of Care Testing Committee on the use of the meter, performing quality control tests and correct technique regarding the uses of the blood glucose meter was given.
- Audits carried out by the POCT regarding the quality control tests.



## DUTIES CARRIED OUT

- Performing HbA1c test as a point of care test using the HbA1c analyser for the paediatric cases both in Malta and Gozo.
- Staff training on the management of diabetes.
- Training for endocrine patients using the Growth Hormone pen.
- Accompanying Dr John Torpiano and Prof Stephen Fava to Gozo General Hospital for education purposes.
- Trouble shooting.
- Organising activities for world Diabetes Day.



# C.G.M.S.

- Performing tests using continuous glucose monitoring system. Every patient is brought to the Diabetes Education Unit 3 times.



## DUTIES CARRIED OUT

- Education material.
- Drafting of guidelines together with the Insulin Working Group regarding Insulin and Meal Administration.
- Drafting of guidelines on Insulin injection techniques for syringes and pens.
- Recommendations on angle of injection according to needles length used.
- Guidelines on the storage of insulin.
- Nursing Clinical Guidelines.
- We help in the organisation and participate in the annual summer camp for children with Type 1 Diabetes.



## BREAK DOWN OF EDUCATION SERVICES

In the following table one can see the amount of patients seen by us from the year 2007 till today. The number of patient seen have increased and are still increasing.



Year	Individual Education	Lectures	HbA1c	CGMS	Growth Hormone Pen
2007	197 Patients	76 Patients			
2008	320 Patients	65 Patients			
2009	456 Patients	95 Patients			
2010	680 Patients	106 Patients			
2011	763 Patients	160 Patients			
2012 Started Full time Education.	1355 Patients	120 Patients	69 Patients	90 Patients	
2013	3245 Patients	80 Patients	298 Patients	70 Patients	38 Patients
2014 till end of June	1776 Patients	75 Patients	230 Patients	33 Patients	5 Patients



## RECOMMENDATIONS

- Children: According to 'Royal College of Nursing' recommendations for nursing services for children with diabetes should be a maximum caseload of 70 children per Diabetes nurse specialist.
- Adults: According to 'Diabetes UK task and Finish Group Report' recommended minimum core staffing levels for an area with a population of 400 000 average of 10 per cent prevalence of diabetes, is at least 10 Diabetes Specialist Nurses.
- In total at least 15 Diabetes Nurses are needed.



## OBJECTIVES

- Increasing awareness on diabetes not just organising free blood glucose monitoring more often but lectures targeting the general public by including local councils and media. Awareness and management of children with Type 1 Diabetes in schools (Seminars for Teachers).
- Organising structured courses with certification for Nurses and Health Care Professionals with an interest in Diabetes Education.



## PUMP THERAPY

- Initiation of insulin Pump Therapy. Drafting of guidelines and protocols on eligibility of patients to initiate Pump Therapy.
- Dedicated nurses on just insulin Pump Therapy (set up of a Pump school equipped with a kitchen, to learn proper carbohydrate counting) which will include full time nursing, full time dietician on diabetes only, consultants and psychologists.



# IMPLEMENTATION

- The implementation of the guidelines prioritizing meal and insulin administration and safe practices regarding insulin injection techniques.
- The scope of the guidelines is that through optimization and standardization of meals and insulin administration times across meals, patients with diabetes mellitus will have better control of blood glucose levels.



## CONCLUSIONS

- Due to the increase in the services being offered and the increase in newly diagnosed patients with Diabetes both Type 1 and Type 2 and the early initiation of insulin therapy, we need an increase in Human Resources and work space for all of our objectives to be implemented .

