



The need for a dietetic pathway for patients who are newly diagnosed with Type 1 Diabetes attending Beaumont Hospital for their care

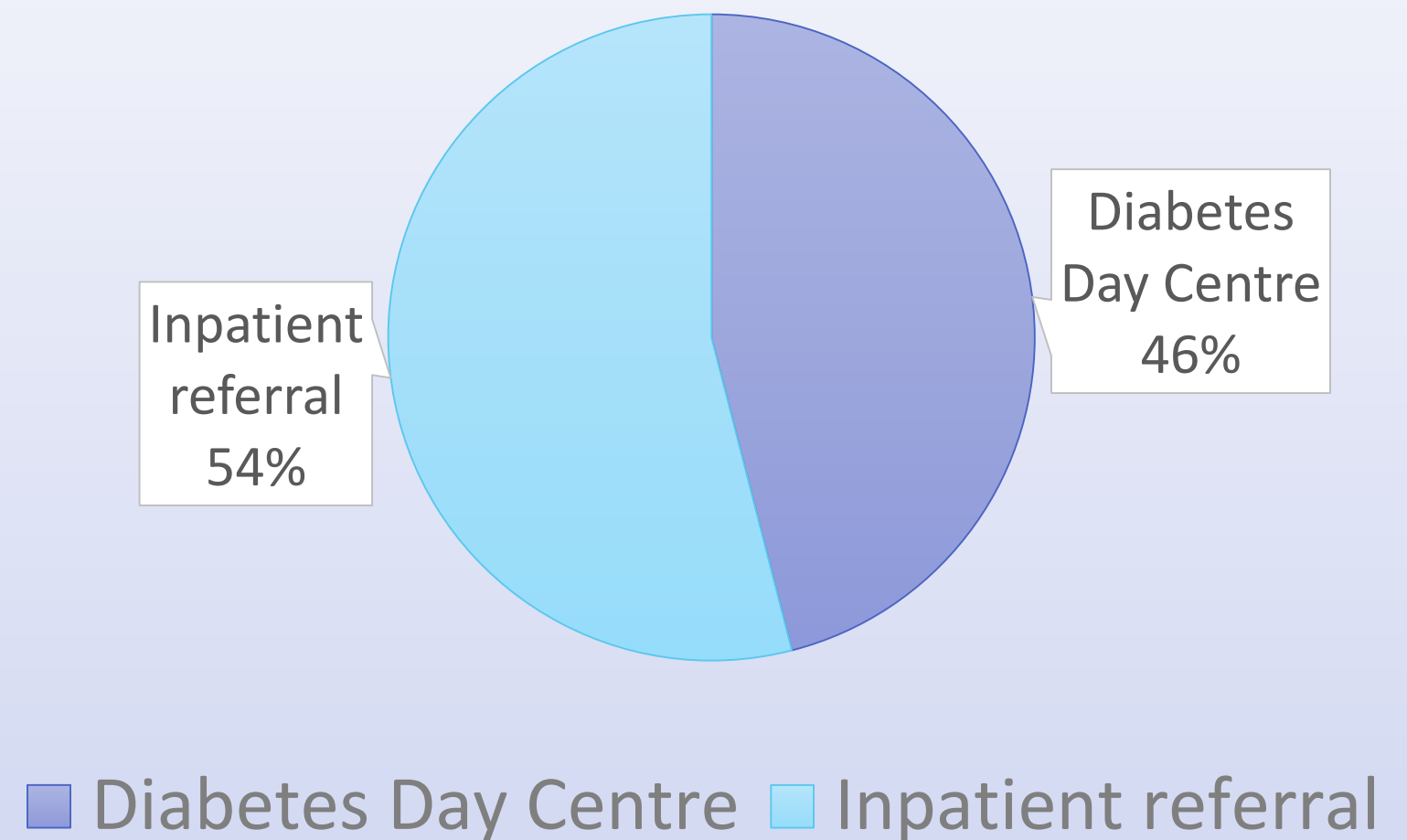
Moira O'Connell

Department of Nutrition and Dietetics, Beaumont Hospital

Background

- As part of the National Clinical Effectiveness Committee national clinical guidelines 2018, all patients who are newly diagnosed with Type 1 Diabetes should receive advice from a CORU registered dietitian
- They should be offered opportunities to receive nutritional advice at intervals agreed between adults with Type 1 Diabetes and their advising healthcare professionals
- The aim of this audit is to highlight the need for a dietetic pathway in Type 1 Diabetes which addresses review time intervals and topics covered at each review

Where referrals come from



Method

- A record of patients who were referred to the dietetic department as new diagnoses were tracked over 4 months, between September 2022 and January 2023
- These patients were either referred as inpatients or as outpatients

Results

- A total of 13 patients with newly diagnosed Type 1 Diabetes were referred between 19/09/22 and 25/01/23



1st Review

- Carbohydrate awareness
- Alcohol
- Hypoglycaemia treatments
- Blood glucose management



2nd Review

- Exercise
- Snacking
- Insulin timing
- Honeymoon phase



Planned follow up

- 69% of patients for planned follow up
- DAFNE vs 1:1

Out of 13 patients, only 1 patient was reviewed on the ward by the dietitian

Average of 15 days to see a patient (range of 0-48 days)

Approx 2 dietitian reviews within 6 months of diagnosis (range of 1-4)

69% of patients required an admission on diagnosis

Conclusion and Future Recommendations

- This audit highlights the need for a formal pathway for the management of patients with newly diagnosed Type 1 Diabetes
- It is clear that there is a large variation in timelines each patient is reviewed and a range of topics are covered at each appointment. It would be useful to have a guideline to standardise this
- Once a pathway is established, it will be audited to demonstrate effectiveness