

Bridging the Gap: Piloting integrated Clinical Health Psychology and Young Adult Diabetes services in Wrexham

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This paper details the service design and outcomes of a pilot project within a Young Adult Type 1 Diabetes service, where a Clinical Psychologist worked as an embedded team member for two years. Key components of the project included the use of psychosocial screening measures for all patients, fully integrated multi-disciplinary clinics, a rapid assessment and intervention model for patients aged 18-30, complex case risk formulation and staff training. Psychosocial screening data was collected on 101 patients and indicated that 18% of patients experienced clinical levels of depression, and 24% of patients experienced clinical levels of diabetes distress (primarily emotional burden). Screening on a smaller sample of patients (N=60) indicated that 20% experienced clinically concerning levels of eating problems. Pre-post self-report measures indicate that patients who attended for therapy appointments with the Psychologist reported significant improvements in depression and diabetes distress. Data from unscheduled care usage shows that in the duration of the pilot project the Diabetic Ketoacidosis (DKA) admission rate for the age group covered by the project reduced by over 40%, and the number of repeat DKA admissions dropped to zero.