

TYA Project....

Results & Challenges

Kyla Howard YP DSN & Chris Bolland YW

Stockport NHS Trust

Introduction

Anyone who is familiar with working with young people (YP) know the challenges this age group can bring. Not only are they having to adapt and navigate the world as an adult but also YP have the added stresses and burden of trying to self manage their T1D.

Historically this age group (16 – 25 yrs) is when :-

- Contact starts to reduce with their teams,
- DNA numbers in clinics increase,
- HbA1c figures increase,
- TIR decreases,
- DKA admissions increase.

At Stockport, we were set the challenge as one of NHS Englands pilot schemes to find new and innovative ways to change the way we care for YP with diabetes....



...And this is exactly what we did!

Background of the team

Kyla

- A&E nurse for over 20 years.
- Daughter was diagnosed with T1D when she was 7. Changed my life and career path.
- Came from a previous permanent contract to a fixed term contract to work with young people.

Chris

- Transferred from a social work background with children & families in Stockport
- T1D since he was 11 years old
- Joined the team on a 12-month fixed contract, since extended for a further 12 months.

Projects Agenda

Increase engagement

Increase TIR

Decrease DNA rates

Decrease HbA1cs

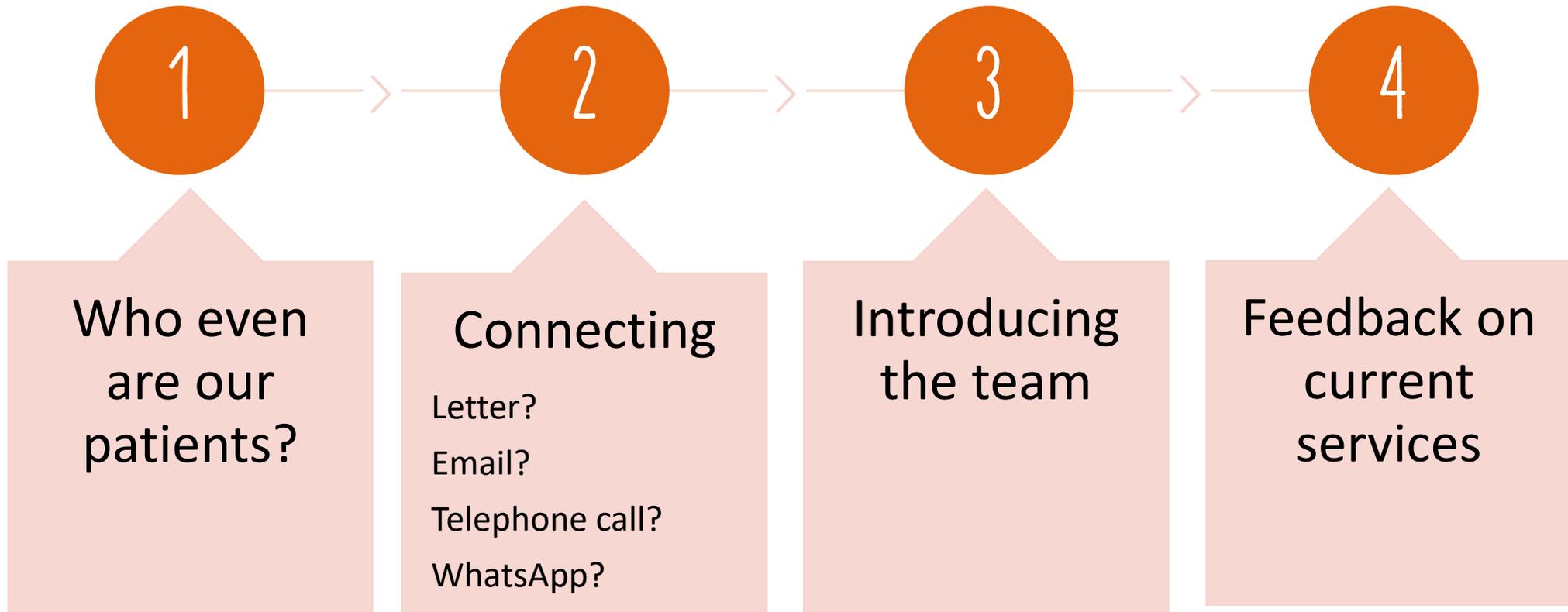
Decrease DKA admissions

... Easy to measure, data driven

Our Agenda

Get them
through the
front door!

The beginning



Feedback from our YP



Be quick to respond

Don't make me feel awkward

Listen to my concerns

Show I am a person not just a textbook case to treat

Involve us in discussions about our care!

Offer personalised treatment plans

back-to-basics refresher course

Be supportive

Maintain open dialog

Don't patronise

Use social media

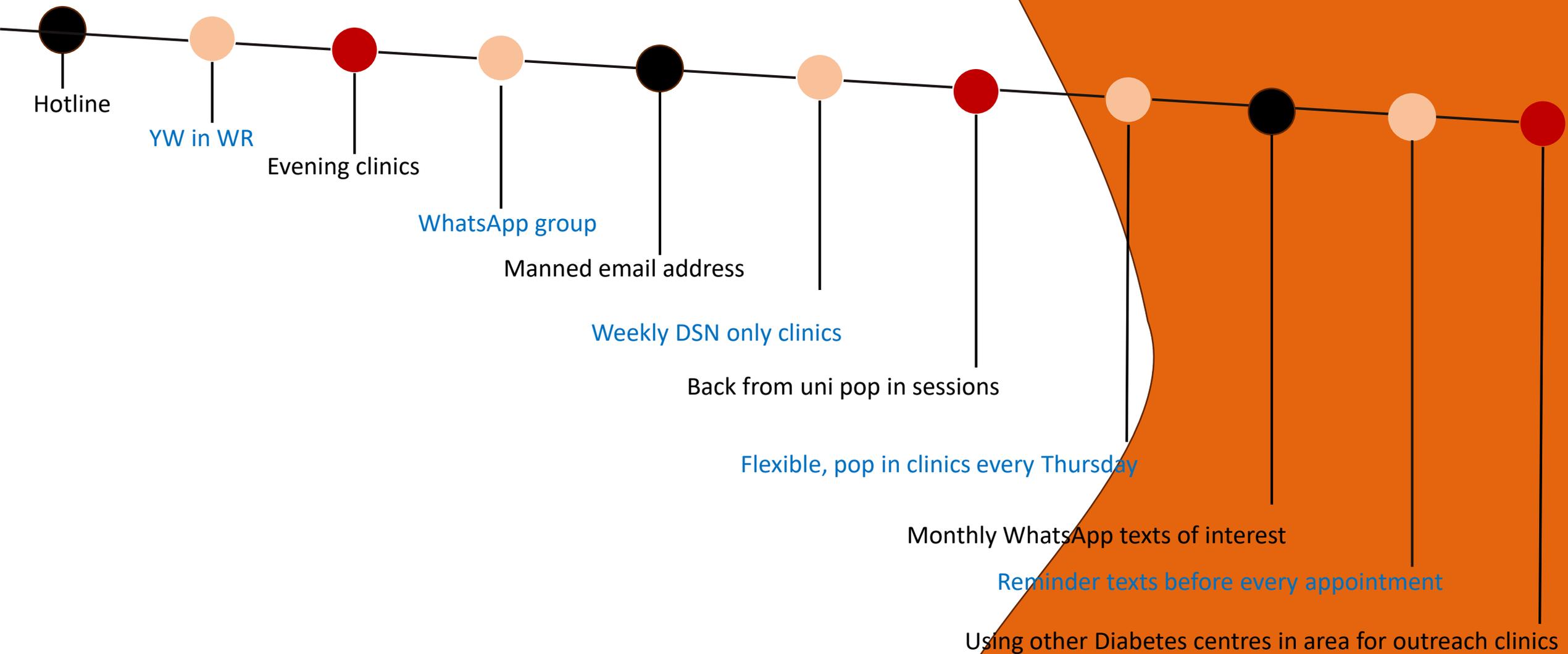
Be informed of background circumstances

Be Kind

Up-to-date info on self management

Consider my desire for a work life balance

Small changes make a difference ...



Other ideas we have implemented...

T1D running club

T1D football team – Diabetico Madrid!

'Just saying hello' postcards

Adhoc Blood clinics twice a month for pop in sessions

Regular Education sessions in an evening / after work.. T1D & exercise, Ladies night

Regular social events, bowling, girls night, newly dx get together, board games night, Stockport county days

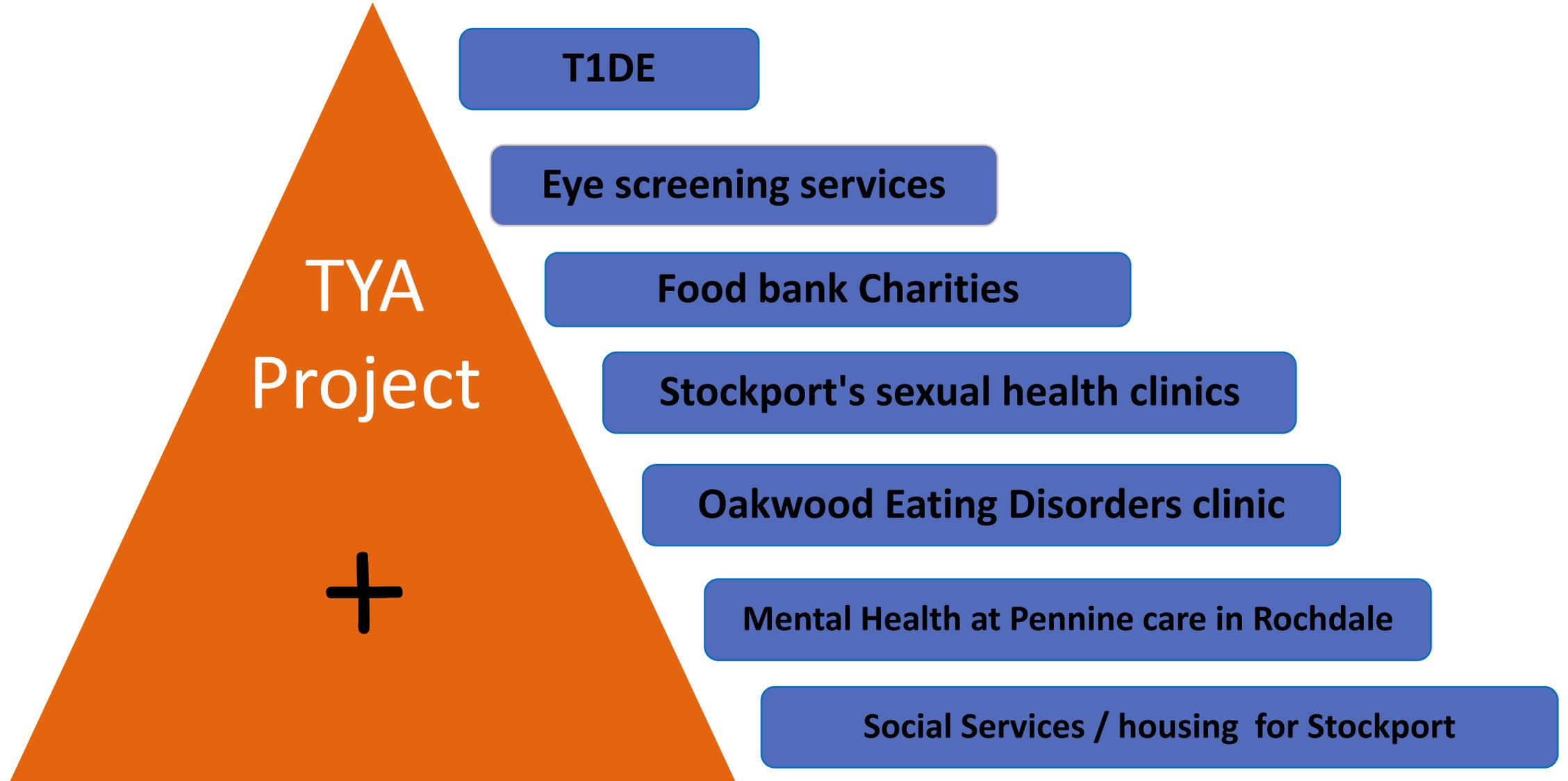
Christmas cards & vouchers

Home visits with MDT

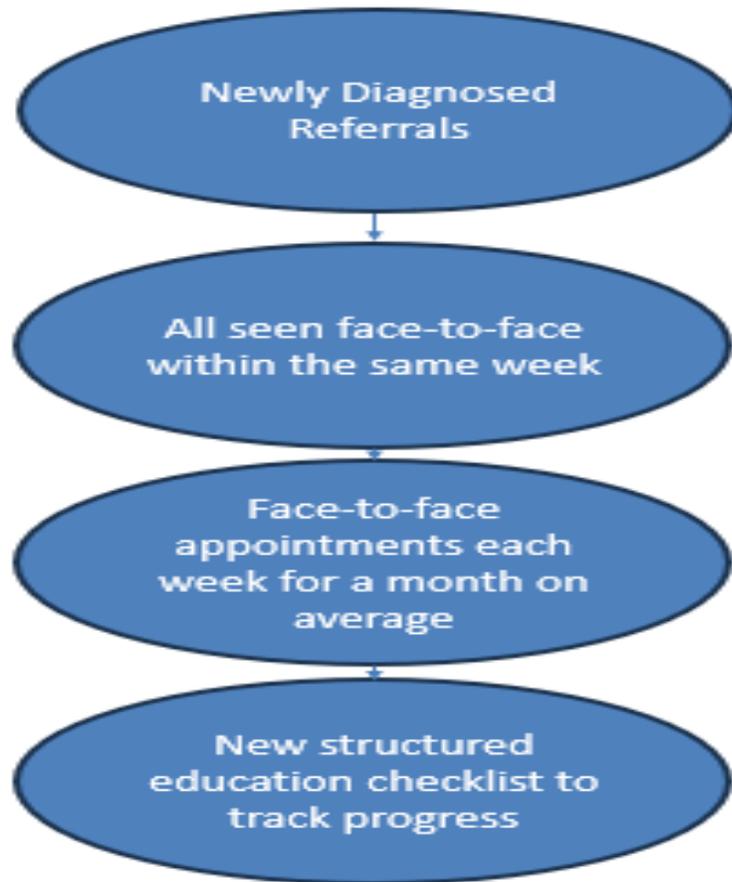
Info / advice booklets on...

- Basal testing
- Timing it right
- Spikes & gliders
- T1 & tech
- T1D tips & tricks

Collaborating with other services



Developed pathway for newly DX T1D

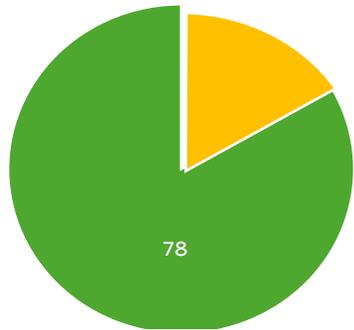


Subject	Discuss	Covered / date
1. What is T1D	What is T1D and why diagnosed? GADs & antibodies Diagram of blood, cells and insulin key	
2. Monitoring BG levels	How to monitor, finger pricks and CGMs. Difference between the two Compression Lows Normal range of BG	
3. Hypoglycaemia	What and when to treat a hypo. Effect on brain Difference between treating with glucose / fructose / sucrose Hypo Hunger Examples of treatments Glucagon pens Demonstration	
4. Hyperglycaemia	What it is, how can treat it *Stubborn highs, fat & protein prolonged highs. *Insulin Resistant highs *Squat & Drop (Game – Set – Match. Dieltitian CYP lead) Dawn Phenomenon Foot to Floor Syndrome	
5. HbA1C	What it is and why we look at it Give leaflet HbA1C at diagnosis. Bringing it down gradually	
6. Sick Day Rules	What are they? Importance of following them Give leaflet	

Subject	Discuss	Covered / date
7. Ketones	What are they? How they affect the body. ABGs - Give leaflet	
8. Self-Management	Basal Testing Give leaflet Carb Counting Carb ratios and adjustments Looking at spikes after 2 / 3 hrs ISF / Correction factor	
	Importance of timing of insulin. Assessing CGM arrows – DD arrow (Game – Set – Match Dieltitian CYP John Pemberton) 2 hr rule/ snacking Protein and fat adjustments to insulin dosing CGMs and TIR – explain Libre / Dexcom readings	
9. Long Term Effects	Kidneys Eyes Feet Nerves Cholesterol and High BP Give Leaflets for all	
10. Mental Health & Diabetes Burnout		
11. Pregnancy & Pre con		
12. Exercise & Sport		
13. Alcohol & Drugs	Give leaflet	
14. Driving	Give leaflet	
15. Exams, Studying, Employment	Give leaflet	
16. Travel	Give leaflet	
17. Technology		
18. Peer Support	Mer diabetic (Sponsored by JDRF) – tech JDRF – charity & Info Digibete – set up by Parents of T1 Diabeteschat – I1 HCP for peers #GBDoc – Peer Support endorsed by DSNs Diabetes.org.uk (#technology cant wait)	

Newly DX T1D: Sept 2023 – Jan 2025

Time in Range in Percentage



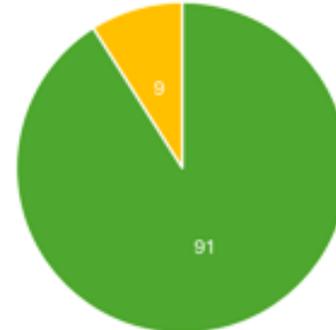
■ Time in Range ■ Time out of Range

Time in Range in Percentage



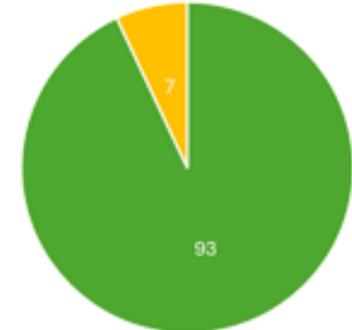
■ Time in Range ■ Time out of Range

Time in Range in Percentage



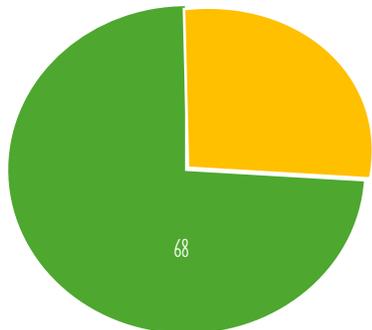
■ Time in Range ■ Time out of Range

Time in Range in Percentage



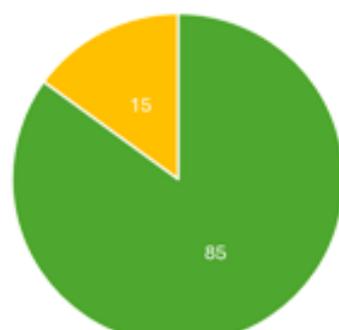
■ Time in Range ■ Time out of Range

Time in Range in Percentage



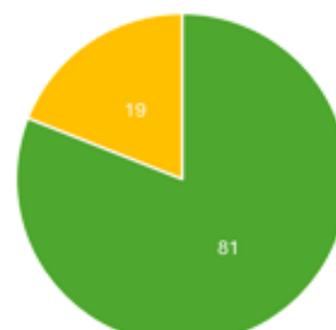
■ Time in Range ■ Time out of Range

Time in Range in Percentage



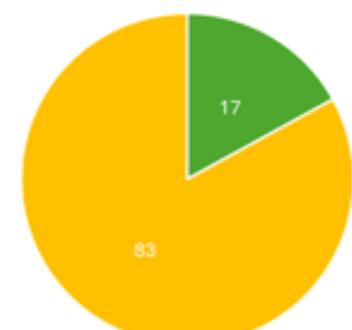
■ Time in Range ■ Time out of Range

Time in Range in Percentage



■ Time in Range ■ Time out of Range

Time in Range in Percentage



■ Time in Range ■ Time out of Range

Stats for YP clinics

No of Patients	Column Labels						
Date	HOWARD, Michaela (DSN)	Face to face consultation	Telephone consultation	Telephone encounter	Administration note	Group consultation	Grand Total
2023							
Sep		2	1		24		27
Oct		12	16		30		58
Nov		28	15		48	1	92
Dec		11	25		22	1	59
2024							
Jan		22	35		1		58
Feb		17	27				44
Mar		16	17		6	1	49
Apr		32	18		15		65
May		30	9		14	1	54
Jun		20	6		7		33
Jul		23	28		13		64
Aug		31	12		7	5	55
Sep		24	20		9	1	54
Oct		29	13		20		62
Nov		37	22		14	2	77
Dec		31	21		4	2	62
Grand Total		365	285	234	9	20	913

Extra Pt contact since TYA pilot commenced

913

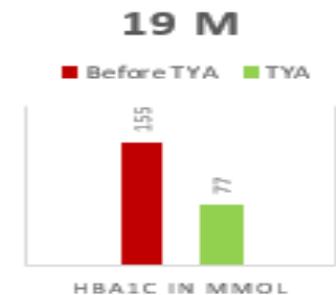
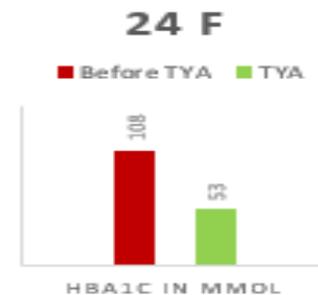
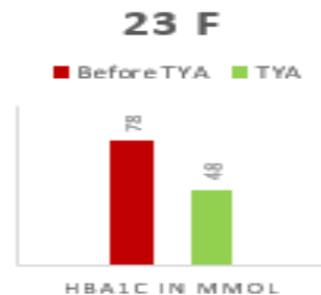
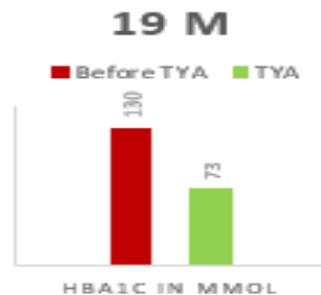
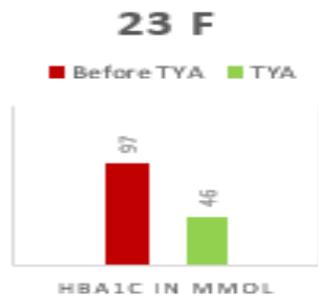
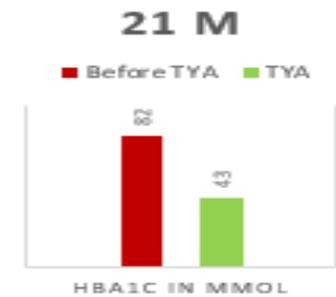
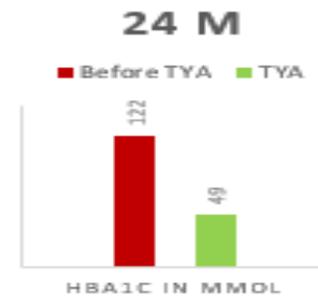
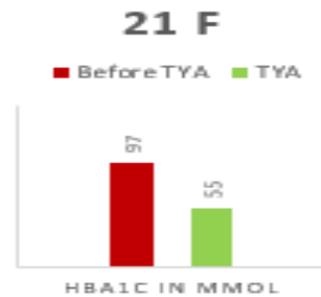
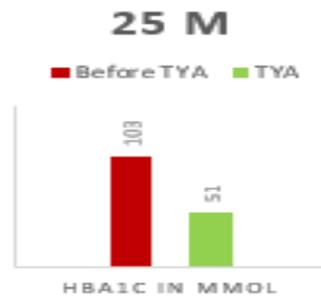
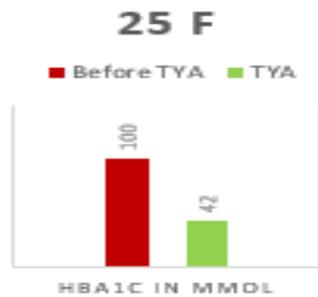
DNA RATES

	Average
DIAB Y - Jan-Mar 2022	34.1%
DIAB Y / DIAB TYA / DSN TYA - Jan-Mar 2023	14.4%
DIAB Y / DIAB TYA / DSN TYA - Jan-Mar 2024	13.4%

19-25 Nurse-led Attended Consultations



Hba1c POC testing results



Peer support

We are **THE** biggest advocates for peer support



Challenges

We are a very passionate team and advocate for the rights of all our YP.

We thrive on the challenges YP bring.... We see our YP lives as a whole picture, not just their diabetes.

We help manage mental health, home evictions, relationship problems, money issues and so much more.....how can a YP focus on diabetes when they have many other worries?

T1D is often the least of their priorities.

Remember

Be Realistic...

Persevere...

Don't judge...

Be flexible....

Bribery works wonders!

Never discharge

Teach, teach, teach... at every opportunity

Young Adult Feedback

25 M

– “... it’s been the best HbA1C I’ve had as far back as the GP records go on my app!”

“It will be a shame to have to move over to the next clinic after I am 25 but at least I’ll be doing so with my diabetes much better control than it has been since diagnosis!”

“I can’t take all the credit though, it wouldn’t have been possible without you (DSN) and the rest of the diabetes team like Chris (Youth Worker) and Dr. Bell ...”

23 F

“Hi Kyla (DSN), just wanted to say a really big thank you, I haven’t felt supported or like my voice was heard in a diabetes clinic for a long time”

25 F

“I know it’s me that’s done all the work, but I couldn’t have done it without your guidance”

“You and Chris being there has been the most and best support I’ve had in the 19 years (I’ve had diabetes)”.

“I keep telling (partner) how proud of myself I am, I keep getting emotional. It’s mad how much your support has helped”

21 F

“If it wasn’t for you helping me the past few months I don’t know how much longer I would’ve been carrying on how I was and the effects it would’ve had on me”

“Me and my family are extremely thankful!”

“I probably would have lost a leg if it weren’t for you”

23 F

“1000% couldn’t have done it without you guys... I wouldn’t know a quarter of what I do now”

BE THE CHANGE YOU
WISH TO SEE IN THE
WORLD

- Mahatma Gandhi