

The Niru Goenka Memorial Lecture 2024

My name is Scott Williams, and I am a Consultant Physician specialising in Diabetes and Endocrinology at The Countess of Chester Hospital. I previously really enjoyed 3 years of my Junior Doctor training in Chester and started as a Consultant in August 2022.

I would be delighted to deliver The Niru Goenka Memorial Lecture 2024 because I am passionate about improving access to Diabetes Technology across our population of patients with Type 1 Diabetes. We serve the 340,000 people of West Cheshire and currently have 320 patients in the Chester insulin pump service, of which 216 are using a hybrid closed loop insulin pumps. We are the second largest provider in the Cheshire and Mersey ICB and support neighbouring areas with access to insulin pumps.

To help improve access to Insulin Pumps, we have developed once monthly Insulin Pump Education evenings with the Diabetes Specialist Nursing (DSN) team. During these evening education sessions, which are out of office hours for patients who work, the DSNs with many years' experience in Insulin pumps discuss the benefits, advantages and disadvantages with any patients who are interested in starting insulin pump therapy. Patients network with other patients with type 1 diabetes attending for peer support in a safe environment and have commented feeling "well supported" with positive feedback.

We are starting increasing numbers of patients with type 1 diabetes during pregnancy on hybrid closed loop insulin pumps which has greatly improved their glycaemic control with improvements in time in range of between 20 to 30%, and increasing numbers of patients are transitioning from the paediatric service. To help facilitate this we run a joint clinic with the paediatric service and have expanded the adult service with an additional 1 Whole Time Equivalent Specialist Dietician. Patients with type 1 diabetes with an eating disorder attend shared care with the type 1 diabetes disordered eating team (TIDE team).

We use a multi-faceted approach for patients who have failed to attend appointments using text messages, email for DSN, and the DSN telephone hotline to ensure we continue to engage with these patients. This also includes a system of tiered letters

explaining the importance of attending appointments. We discuss any patients who have not attended appointments (11 patients, 3.4% of total) on a 'Cause for Concern' list during our once monthly Insulin Pump Multidisciplinary Team meeting. This helps to ensure patient safety and reduces the rate of patients discontinuing their pump therapy.

To help ensure we are offering Diabetes Technology including Continuous Glucose Monitoring (CGM) and insulin Pumps to all patients, regardless of their social background, we have completed an audit of our current patients with Type 1 Diabetes who are treated with CGM/Insulin Pumps, to record their Social Deprivation Index (SDI). We are currently mapping the spread of their SDI (anonymously to preserve confidentiality) across our catchment area below. This will help to focus our attention on patients in the most deprived SDI with the fewest technology users to improve access to this technology.

The highest levels of deprivation are found in the urban areas of Cheshire West and Chester, primarily within the City of Chester, and the towns of Ellesmere Port, Northwich and Winsford.

