

# Renal: Diabetes Champions: Improving the Quality of Care for People with Diabetes on Chronic Haemodialysis

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## BACKGROUND

In Dumfries & Galloway, we have 20 adults with Diabetes on haemodialysis. Many start dialysis with multiple complications. They are at high risk of hypoglycaemia, foot ulcers, infections and amputation. After attending ABCD:RA meeting in 2017, we appointed Diabetes renal champions from renal, diabetes & podiatry teams to improve the care of these patients in the dialysis unit.

## AIMS

Our aim was to implement UK ABCD-RA guideline recommendations about organization of care (1) . People on maintenance haemodialysis need to have regular access to diabetes & foot care without the need to attend multiple clinic appointments.

We identified several areas to improve our local service delivery:

- Monitoring and documenting pre and post-treatment blood glucose for each dialysis session;
- Training nurses to manage hypos on dialysis;
- Design, training and Implementing regular foot checks and routine use of heel protectors on dialysis;
- Clear documentation of foot checks , glucose levels, heel protectors & foot screening in the dialysis booklet.
- Regular meetings to discuss patients in need of review & change of treatment.

## METHODOLOGY

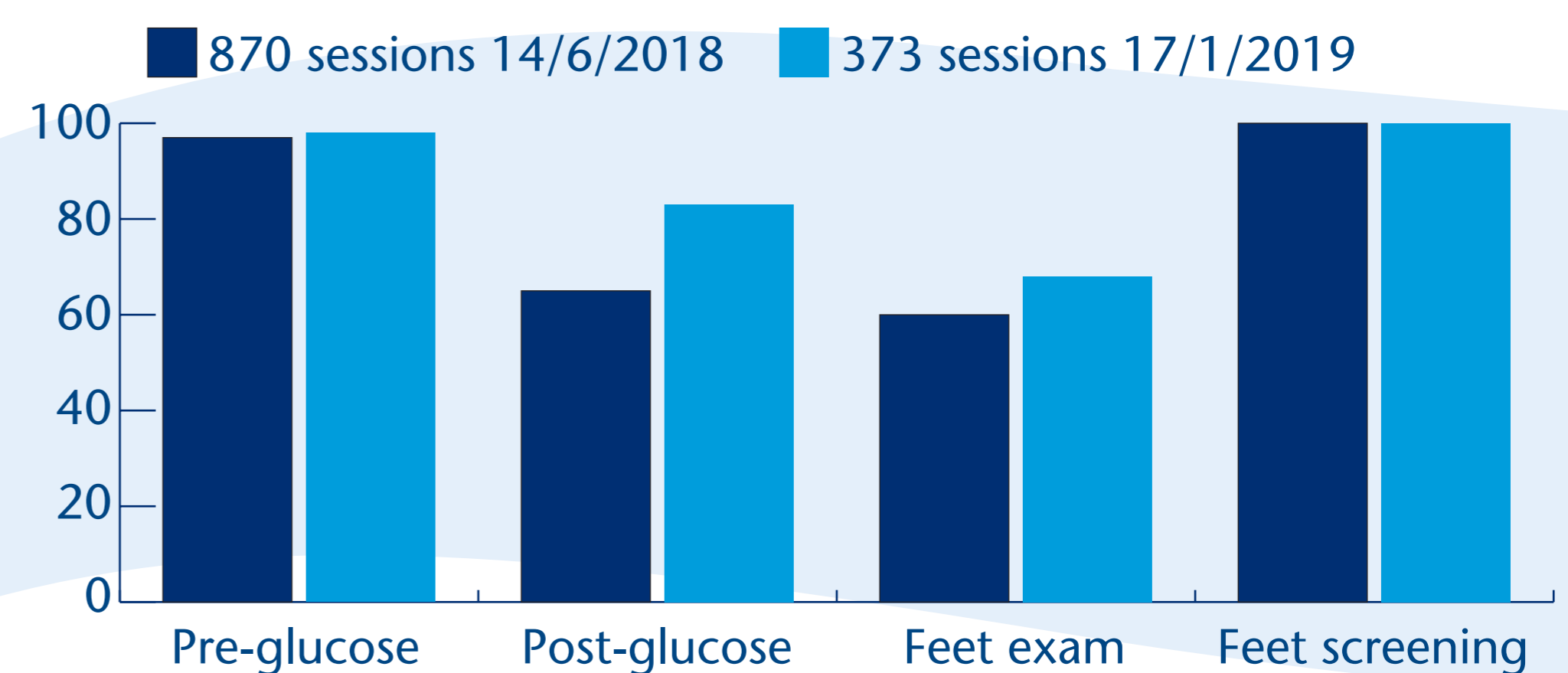
We designed new dialysis booklet which includes dedicated sections to foot screening, weekly foot checks, documentation of glucose pre & post dialysis & documentation of hypoglycaemia management. We conducted a snap-shot audit on 14/06/2018 and again on 17/01/2019 to evaluate our compliance with ABCD-RA recommendations and monitor the progress of our project.

## RESULTS

On 14/06/2018 ,The records of 19 patients were reviewed for a total of 870 sessions. Pre-dialysis glucose was recorded for 97% of sessions. Post-dialysis glucose was documented in 65% of the sessions. 100% of patients had foot screening and weekly foot checks were done on 60% of eligible patients.

We evaluated our performance again on 17/01/2019. The records of 12 patients were reviewed for a total of 383 sessions. We have high concordance with Pre-dialysis glucose was recorded for 98% of sessions. Post-dialysis glucose was documented in 83% of the sessions. 100% of patients have now had foot screening and weekly foot checks occur on 87% of eligible patients.

### Diabetes care measures in haemodialysis patients



## CONCLUSION

Using an MDT approach, a small, motivated team can bring positive changes in practice. Best standards of care can be implemented by cascading of training to all stakeholders to ensure sustainability. Our team showed improved compliance with standards of care. Staff are now confident managing hypoglycaemia & seeking podiatry help early for foot ulcers. We are able to meet the guideline recommendations about organization of care.

We plan to audit referrals to podiatry from the haemodialysis unit & their outcomes. We hope that use of heel protectors & regular foot checks will help prevent, detect & treat foot ulcers.

## REFERENCE

- (1) Joint British Diabetes Societies and Renal Association. Management of adults with diabetes on the haemodialysis unit. April 2016 page 9.