Newly Diagnosed Type 2 Structured Education Pathway – Post Discharge / post initial diagnosis

| Home visit Dietitian (within 1-2 weeks) | • Healthy eating in detail  
• Discuss’ Eat well ‘guide and any changes that need/can be made to diet.  
• Exercise advice- look at routine and advise on specifics such as school and after school clubs  
• Types of Carbs and Daily carb allowance  
• Weigh portions  
• Shopping Trip ?  
• Re-assess knowledge |
|---|---|
| School visit Diet/ PDSN | • Provide support with Exercise advice & find out what is available  
• Carbohydrate awareness, carb prescription  
• Care plan |
| MDT Clinic Within 1 month post discharge | Consultant  
• Assess knowledge and understanding  
• Assess progress with lifestyle changes for the family  
• Wean insulin protocol  
• Check tests: BP, LFTs, ATL, AST, GGT, Sleep study done, liaise with Dr Surendran Thavaganam |
| Parents alone (if not done as inpatient) | • Family Health and parents diabetes treatment  
• Dealing with diabetes as a family  
• Long term consequences  
• Rational for lifestyle changes and treatment  
• Barriers to change  
• Importance of parental modelling |
| Psychology Assessment | • Assessing for Depression and anxiety (PI-ED) and eating disorders  
• Eating & exercise habits of family and perception of weight / health  
• Finding out about you – school / goals / hobbies |
| Dietitian | • Dietary changes made  
• Assess knowledge and understanding  
• Diaseadn download: carb portions ? meet prescription  
• Exercise  
• Salt  
• Fat content  
• Sleep  
• Snacking |
| 2month MDT Consultant | • Weaning insulin protocol  
• Review test results: BP, LFTs, ATL, AST, GGT, Sleep study  
• Weight |
| 3month MDT | Joint Diet and Psych review re: next steps, motivation |
**MDT Clinic**

3 months post diagnosis

<table>
<thead>
<tr>
<th>Consultant</th>
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<tbody>
<tr>
<td>- Assess changes to weight, BP and lifestyle, assess with family what steps are appropriate next</td>
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<tr>
<td>- Research studies, review eligibility and interest</td>
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</tbody>
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**Psychology Assessment**
Assess what is going well, not going well. Motivation
Challenges and barriers

**Dietitian**
- Assess changes to weight, ? maintain or achieved 5% weight loss.
- Diiasend download: carb portions ? meeting prescription
- Exercise
- Salt
- Fat content
- Sleep
- Snacking

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### 3 months Post Discharge

<table>
<thead>
<tr>
<th>Dietitian Clinic</th>
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<tbody>
<tr>
<td>- Weight</td>
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<td>- Progress with Goals</td>
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<td>- Re-assess knowledge</td>
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<td>- Sweeteners</td>
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<td>- GI</td>
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<td>- Vegetables</td>
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<td>- Eating out &amp; takeaways</td>
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- Weight
- Progress with Goals

- Weight
- Progress with Goals

- Weight
- Progress with Goals

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**Annual review**

- PIED
- EDS screening