

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

<p>Home visit</p> <p>Dietitian (within 1-2 weeks)</p> <p>RESOURCES: lifestyle booklet.doc</p>	<ul style="list-style-type: none"> • 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
<p>School visit</p> <p>Diet/ PDSN</p>	<ul style="list-style-type: none"> • Provide support with Exercise advice & find out what is available • Carbohydrate awareness, carb prescription • Care plan
<p>MDT Clinic</p> <p>Within 1month post discharge</p>	<p>Consultant</p> <ul style="list-style-type: none"> • 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 <p>Parents alone (if not done as inpatient)</p> <ul style="list-style-type: none"> • 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 <p>Psychology Assessment</p> <ul style="list-style-type: none"> • 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 <p>Dietitian</p> <ul style="list-style-type: none"> • Dietary changes made • Assess knowledge and understanding • Diasend download: carb portions ? meet prescription • Exercise • Salt • Fat content • Sleep • Snacking
<p>2month MDT</p>	<p>Consultant</p> <ul style="list-style-type: none"> • Weaning insulin protocol • Review test results: BP, LFTs, ATL, AST, GGT, Sleep study • Weight
<p>3month MDT</p>	<p>Joint Diet and Psych review re: next steps, motivation</p>

MDT Clinic 3 months post diagnosis	Consultant <ul style="list-style-type: none"> Assess changes to weight, BP and lifestyle, assess with family what steps are appropriate next Research studies, review eligibility and interest
	Psychology Assessment Assess what is going well, not going well. Motivation Challenges and barriers
	Dietitian <ul style="list-style-type: none"> Assess changes to weight, ? maintain or achieved 5% weight loss. Diasend download: carb portions ? meeting prescription Exercise Salt Fat content Sleep Snacking

3months Post Discharge

Dietitian Clinic	<ul style="list-style-type: none"> Weight Progress with Goals Re-assess knowledge <ul style="list-style-type: none"> Sweeteners GI Shopping Exercise Sugar Fats Fibre Vegetables Eating out & takeaways 			
	<ul style="list-style-type: none"> Weight Progress with Goals 			
	<ul style="list-style-type: none"> Weight Progress with Goals 			
	<ul style="list-style-type: none"> Weight Progress with Goals 			

Annual review

	<ul style="list-style-type: none"> PIED EDS screening 			
--	-----------------------------------------------------------------------------------------	--	--	--