

## SFHDiabTT01

### Identify symptoms of diabetes and refer individuals for further assessment



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#### Overview

This standard covers assessing adults with symptoms of diabetes and either referring them to a qualified healthcare professional for further examinations and a diagnosis, or advising them on further actions they should take. The individual, or their companions, may suspect they have diabetes, and request an assessment. The setting in which this assessment takes place might include the individual's home, community settings, day centres, surgeries, pharmacies, mobile assessment centres and hospitals. Referring the individual for further investigations, or advising them to contact a qualified health professional for further investigations may be urgent (eg if blood glucose levels are high) or routine/non-urgent.

Users of this standard will need to ensure that practice reflects up to date information and policies.

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#### Performance criteria

*You must be able to:*

- P1 communicate with the individual in an appropriate manner, recognising the stressful nature of a potential diagnosis of diabetes
- P2 explain clearly to the individual what is involved in the assessment and obtain the individual's informed consent to the assessment process
- P3 minimise any unnecessary discomfort and encourage the individual's full participation in the assessment
- P4 ask the individual to explain their condition in their own words, if possible, or obtain the story from any person accompanying the individual
- P5 ask appropriate questions that will enable you to assess whether the individual may have developed diabetes
- P6 obtain/confirm the individual's and their family's relevant medical history, and the individual's recent and past medications
- P7 carry out baseline observations and diagnostic tests relevant to confirming the presence of diabetes
- P8 where diabetes is indicated, raise the possibility of this diagnosis with the individual and either, preferably, refer them for further investigation, or advise them to seek further investigation, from a qualified healthcare professional
- P9 assess the individual's understanding of the information you have given them, and where necessary confirm the main points, and the next steps the individual should take

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#### Knowledge and understanding

*You need to know and understand:*

- K1 national frameworks for service delivery for diabetes
- K2 national guidelines on diabetes management and education
- K3 theories of causes of diabetes
- K4 signs and symptoms of diabetes, including WHO criteria for diagnosis
- K5 normal and abnormal blood glucose values
- K6 how to monitor blood glucose levels and blood pressure
- K7 the importance and effects of patient education and self management
- K8 the psychological impact of diabetes, at diagnosis and in the long term
- K9 how to gather information from patients about their health
- K10 how to work in partnership with patients and carers
- K11 the social, cultural and economic background of the patient/carer group
- K12 the impact of nutrition and physical exercise
- K13 the effects of, and how to manage, intercurrent illness
- K14 the medications used to manage diabetes
- K15 the long term complications of diabetes and when they are likely to occur
- K16 how to examine feet and assess risk status
- K17 professional guidelines, standards and codes of professional conduct that are relevant to you
- K18 the law and good practice guidelines on consent
- K19 your own role in the healthcare team and the role of others
- K20 local guidelines on diabetes healthcare
- K21 local referral pathways
- K22 local systems for recording patient information
- K23 audit and quality assurance systems
- K24 sources of practitioner and patient information on diabetes

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### Additional Information

#### External Links

This standard links with the following dimension within the NHS Knowledge and Skills Framework (October 2004):

Dimension: HWB6 Assessment and Treatment Planning

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