

SFHDiabTX02

Support an individual with Type 1 diabetes in the early stages after diagnosis



Overview

This standard covers the actions that a healthcare practitioner should take in supporting a person who has been diagnosed with Type 1 diabetes, following the first meeting with them. Your discussions and support may include the individual's partner, or carer, if the individual chooses to involve them.

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 provide sufficient care, contact and guidance to meet the needs of the individual, within the constraints of the resources available to you
- P2 assess through discussion the individual's concerns and worries and provide reassurance, information and support
- P3 agree with the individual and the professional team a plan for their diabetes care to secure their safety and to empower them to manage their diabetes
- P4 help the individual develop their knowledge skills and confidence over a period of time to enable them to make informed decisions regarding self-managing their diabetes, at a pace appropriate to their needs and abilities
- P5 specifically, help the individual learn about
 - P5.1 blood glucose readings and the reasons for changes in blood glucose levels
 - P5.2 practical implications of their own insulin profile
 - P5.3 injections, using the device, rotating injection sites
 - P5.4 how to obtain, store, and safely dispose of medications and equipment
 - P5.5 the impact of nutrition, particularly carbohydrates, on their diabetes
 - P5.6 the effects of alcohol and physical activity on their diabetes
 - P5.7 reasons for adjusting their insulin dose
 - P5.8 the legal implications of their diagnosis, and (if relevant) the need to contact DVLA and insurance
 - P5.9 the need to carry identification
 - P5.10 hypoglycaemia, hyperglycaemia, how they can be managed and when to seek help
 - P5.11 issues of immediate relevance to the individual, such as illness, travel, pregnancy
- P6 assess, on a regular basis, the individual's condition and how well they are monitoring and managing their diabetes, and how much support they continue to need from the diabetes team
- P7 ensure the individual knows what to do or who to contact if they need help, and that they have up to date contact numbers for the healthcare team and for Diabetes UK
- P8 communicate with other members of the diabetes team to ensure there is a coordinated approach to supporting the individual

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Knowledge and understanding

You need to know and understand:

- K1 national guidelines on diabetes management, education and service delivery
- K2 theories of the causes of diabetes
- K3 signs and symptoms of diabetes
- K4 normal and abnormal blood glucose, HbA1c and ketones values
- K5 how to monitor glucose levels, HbA1c, ketones and blood pressure
- K6 the importance and effects of patient education and self management
- K7 the psychological impact of diabetes, at diagnosis and in the long term
- K8 how to gather information from patients about their health
- K9 how to work in partnership with patients and carers
- K10 the social, cultural and economic background of the patient/carer group
- K11 the impact of nutrition, particularly carbohydrates, on diabetes
- K12 the impact of physical activity on diabetes
- K13 the effects of smoking, alcohol and illicit drugs on diabetes management
- K14 the effects of, and how to manage, intercurrent illness
- K15 how to avoid and how to manage hypoglycaemia and hyperglycaemia
- K16 the use of insulin to manage diabetes
- K17 other medications used to manage diabetes
- K18 the long term complications of diabetes and when they are likely to occur
- K19 how to examine feet and assess risk status
- K20 how to monitor cardiovascular risk
- K21 how to monitor for renal disease
- K22 how to monitor for diabetic retinopathy
- K23 relevant professional guidelines, standards and codes of professional conduct
- K24 the law and good practice guidelines on consent
- K25 your role in the healthcare team and the role of others
- K26 legal frameworks concerning prescribing
- K27 local guidelines on diabetes healthcare
- K28 local referral pathways
- K29 local systems for recording patient information
- K30 audit and quality assurance systems
- K31 the process of notification for legal and insurance purposes
- K32 sources of practitioner and patient information on diabetes
- K33 contact details of local and national support groups
- K34 how individuals can access facilities for exercise and physical activity, education and community activities

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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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