A Guide for GPR Trainees Attending Community Diabetes Clinics

The Opportunity:

We are piloting in Health Education Wessex a new opportunity for GP ST1-2 Trainees in Wessex to spend a session in a West Hampshire Community Diabetes Service (WHCDS) clinic. This is to assist trainees to learn more about diabetes services and to help meet their curriculum requirements around the care of people with diabetes. The primary aim is to increase understanding of community diabetes services and what they offer for patients.

This is not mandatory and it is not expected that all trainees will take up this opportunity. We would ask that trainees link directly with the WHCDS. Clinic attendance is at the discretion of WHCDS. Trainees should plan to attend these clinics preferably during their ST1-2 GP 6 month post.

WHCDS clinics and patient structured education courses take place in a variety of locations including community hospitals and GP surgeries. Generally a consultant diabetologist, diabetes specialist nurse (DSN) and diabetes specialist dietician will be present in each clinic. Where possible we would advise you sit in with a consultant for at least one new assessment to see a full medical assessment and one or more follow up patients. We would also recommend sitting in with a DSN or specialist dietician for at least one assessment.

Why is this important? 2.6 million people in England have diabetes and the number keeps on increasing. People with diabetes have a reduced life expectancy and a 2-4 times greater risk of cardiovascular disease than people without diabetes. Diabetes is also the commonest cause of end stage renal failure and the commonest cause of blindness in working-age adults. Currently only around 20 per cent of people with diabetes have their glucose, blood pressure and cholesterol treated to the target levels defined by NICE placing them at increased risk of developing the complications of diabetes. As the next generation of local GPs you have the opportunity to change this.

The Trainee Responsibility:

We would ask that you contact the WHCDS yourself and liaise with clinical co-ordinator or consultant to attend a mutually convenient session. You may be the first trainee to attend so you may need to explain why you wish to attend and what you want to see. You must wear a clear NHS ID badge.

This is your opportunity to learn vicariously. You will have the opportunity to ask questions to clarify your understanding and find out more about referral criteria, structured patient education, the differing roles of the diabetes team and other local services. It may be that your visit helps you to identify any other gaps and could lead to shadowing other health professionals such as podiatrists, retinal screeners or psychologists or attending a structured education session.
You would need to discuss this opportunity with your GP Trainer and take it either as one of your Personal Development sessions or as formal study leave. Wessex Deanery support and encourage you to take study leave to enhance and widen your learning and provide the opportunity for a wider range of experiences as part of GP training.

**The Role of the WHCDS staff:**
1. To demonstrate their usual care and assessment of someone with diabetes.
2. To explain the patient journey through the service from referral to discharge including patient education opportunities.
3. To highlight referral criteria
4. To explain the ongoing monitoring (annual review) required for people with diabetes and how to interpret the results from the review and decide upon appropriate action

**Intended Learning**
GP Curriculum for the care of people with metabolic problems


Following attendance at a clinic, the potential learning goals are as follows:

1. To know how to access community diabetes services and what they can offer people living with diabetes
2. To understand the patient journey from primary care to WHCDS and beyond
3. To appreciate the spectrum of patient structured education opportunities available
4. To understand the importance of the primary care diabetes annual review in detecting complications of diabetes at the earliest opportunity

Following attendance and further reading and reflection, further goals are:

5. To understand the prevalence of overweight and obesity, together with their associated complications including diabetes mellitus and non-alcoholic fatty liver disease (NAFLD)
6. To understand how diabetes can present
7. To understand the biochemical tests required for diagnosing and monitoring diabetes, how to interpret these tests and understand their limitations
8. To appreciate the health and medical consequences of obesity including malnutrition, increased morbidity and reduced life expectancy, and have an understanding of the social, psychological and environmental factors underpinning obesity
9. To understand the role of good diabetes management in prevention and/or postponement of associated morbidity and mortality
10. To be competent in the recognition and primary care management of diabetic emergencies
List of WHCDS Clinics for 2014:
For all clinics please contact Beth Foxley (Clinical Co-ordinator) 02380 286401
beth.foxley@southernhealth.nhs.uk

1 Andover
   a Shepherds Spring Medical Centre, Cricketers Way, Andover, Hampshire, SP10 5DE
   b DSN - Every Monday afternoon
       Dietitian – 2nd and 4th afternoon
       Consultant – 1st and 3rd afternoon

2 Hamble
   a Blackthorn Health Centre, Satchell Lane, Hamble, Southampton SO31 4NQ
   b DSN – Every 1st Thursday afternoon of the month

3 Eastleigh
   a Newtown House, 2a/2b Newtown Road, Eastleigh, SO50 9DB
   b Consultant – Every Friday afternoon

4 Totton
   a Forestgate Surgery, 1 Hazel Farm Rd, Totton, SO40 8WU
   b 2nd Tues morning

5 Hythe
   a New Forest Suite, Hythe Hospital, Beaulieu Road Hythe SO45 4ZB
   b MDT clinic- 3rd Thursday morning every month

6 Lymington
   a Lymington New Forest Hospital, Wellworthy Road, Lymington, SO418QD
   b Dietitian - 4th Thursday every month morning
       MDT clinic - 3rd Tuesday every month morning

7 Winchester
   a Friarsgate Medical Centre, Friarsgate, Winchester SO23 8EF
   b Every Thursday - Cons and DSN 9-12 and 2-5pm, dietitian 2-5pm

8 Ringwood
   a Ringwood Medical Centre, The Close, Ringwood BH24 1JY
   b 2nd Thursday every month morning

9 Romsey
   a Romsey Hospital, Winchester Hill, Winchester Road, Romsey SO51 7ZA
   b 4th Thursday morning every month morning

10 Totton
    a Testvale Surgery, 12 Salisbury Road, Totton. SO40 3PY
    b 2nd and 4th Monday morning

11 West Meon
    a Doctors Lane, West Meon GU32 1LR
    b 3 times per year, 1st Thurs pm of June 2013, October 2013 and Feb 2014