

Improving the Outcomes of Insulin Pump Therapy Using a Structured Education Programme

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AIMS

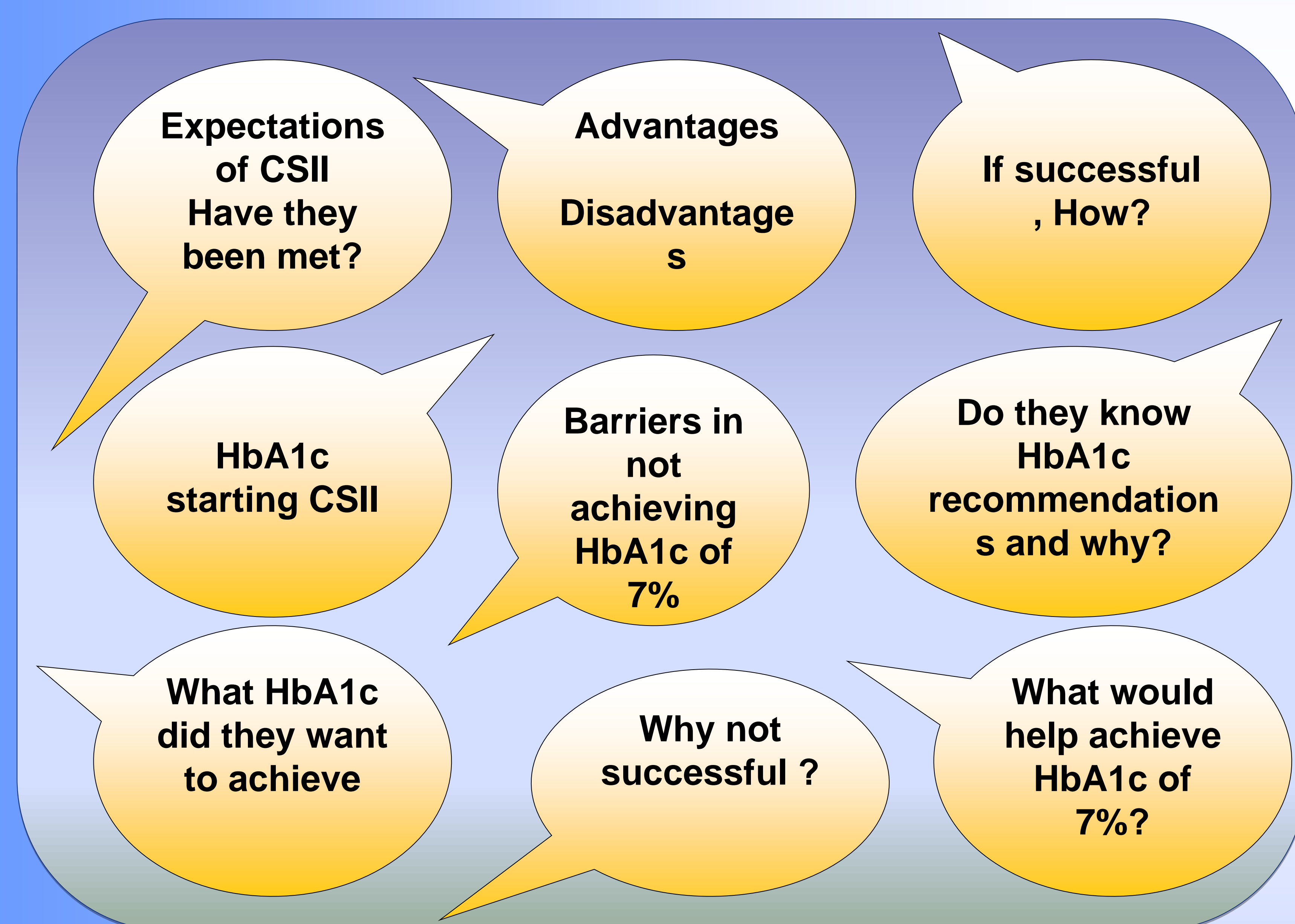
To review how our local clinic has developed since 2008 by introducing structured education in response to a service improvement project.

INTRODUCTION

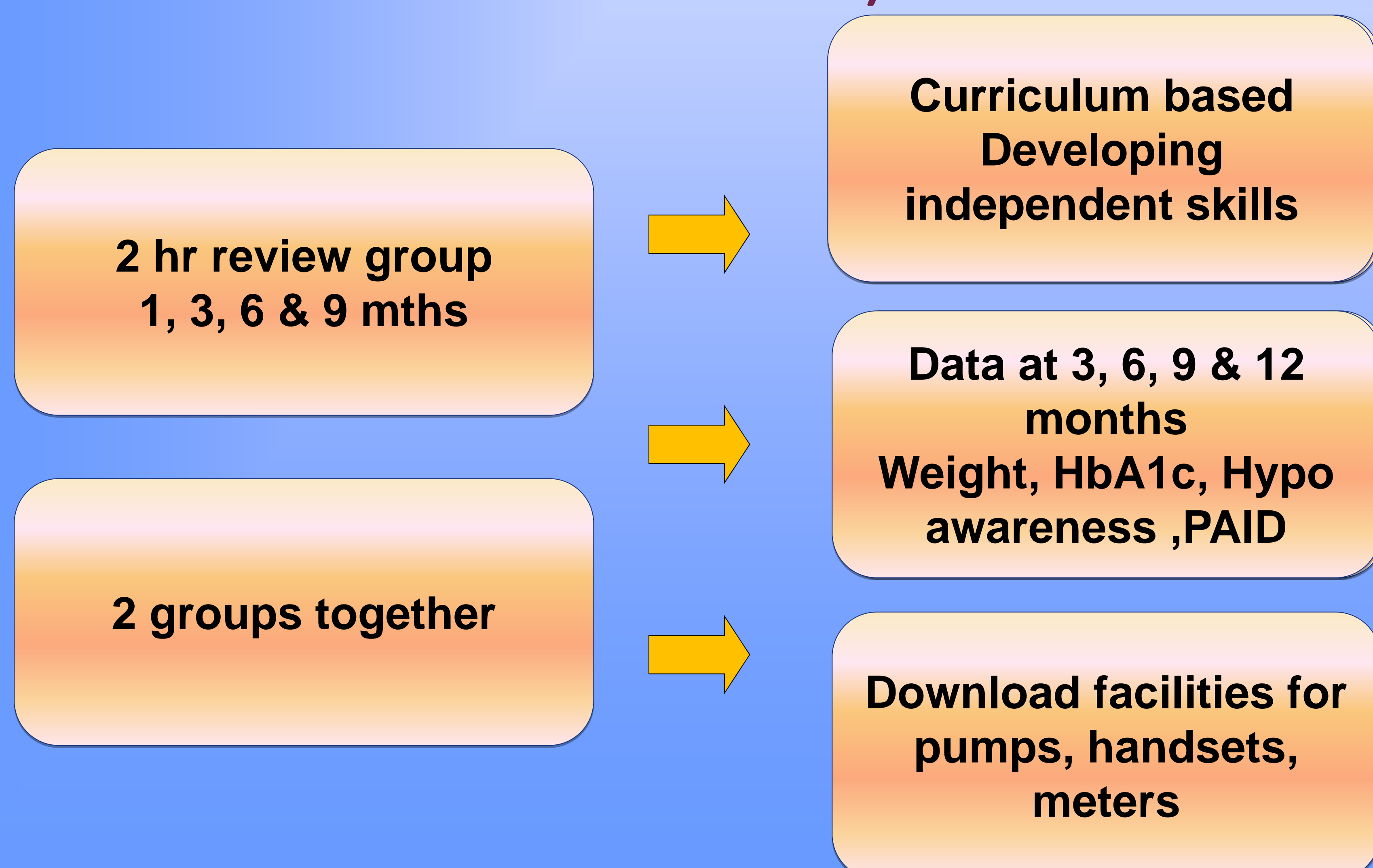
Previously, we have shown that the improvement in glycaemic control after initiating insulin pump therapy occurs within the first 6 mths, however a 2008 audit showed consistently average HbA1c levels of 8% (64mmols/mol) >12 months after pump initiation. A Service Improvement Project of 4 focus groups highlighted the need for change.

From January 2010 we have added 4 pre-scheduled group review & education sessions during the first year after pump initiation.

Service Improvement Project... Questions Asked



FEATURES OF THE PUMP REVIEW PROGRAMME (DNS and Dietician)



In the beginning..

Initially 1-6 pts group pump starts

Led by DNS

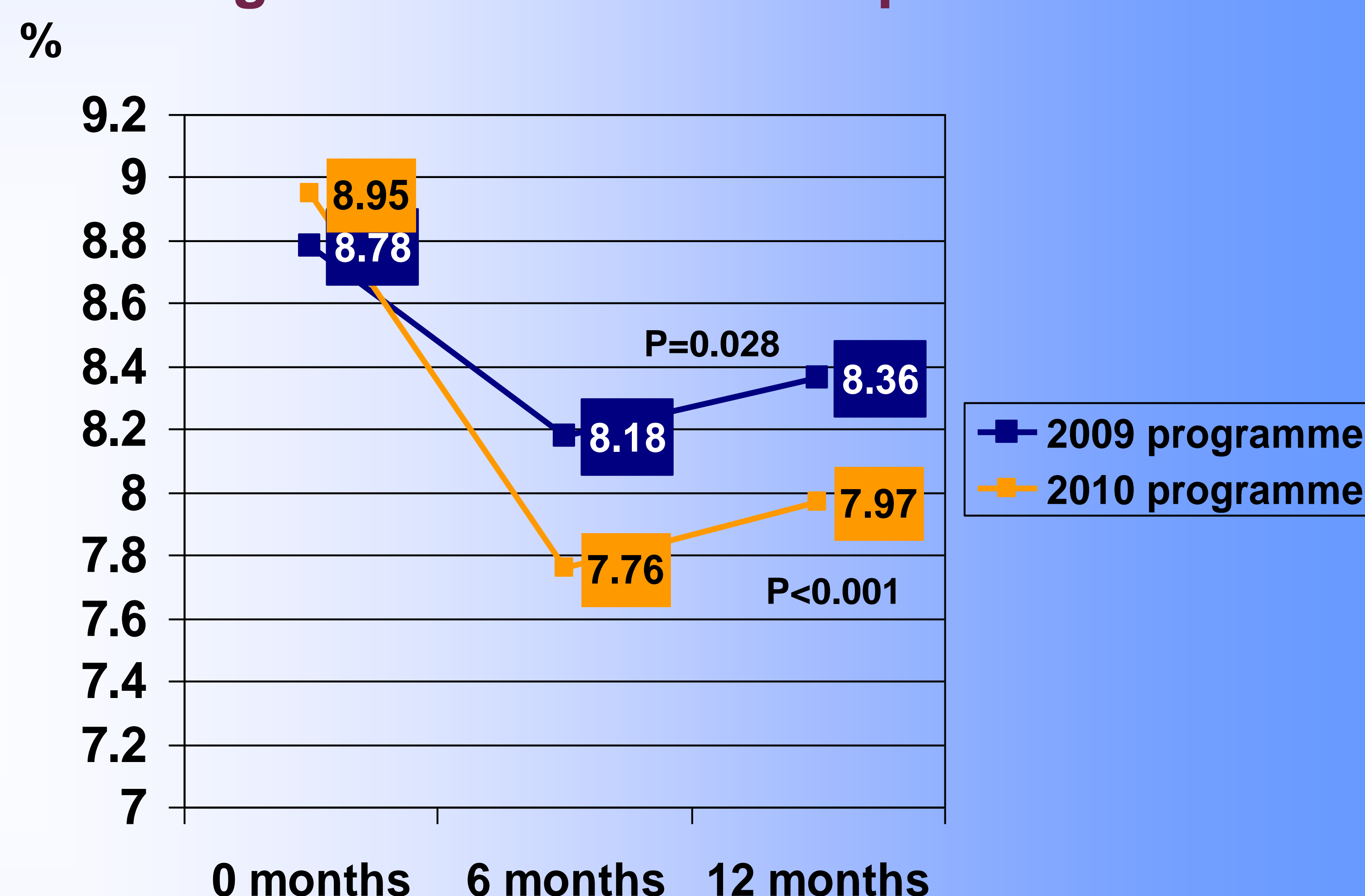
Reviewed 1 mth

Weekly for first mth (telephone contact)

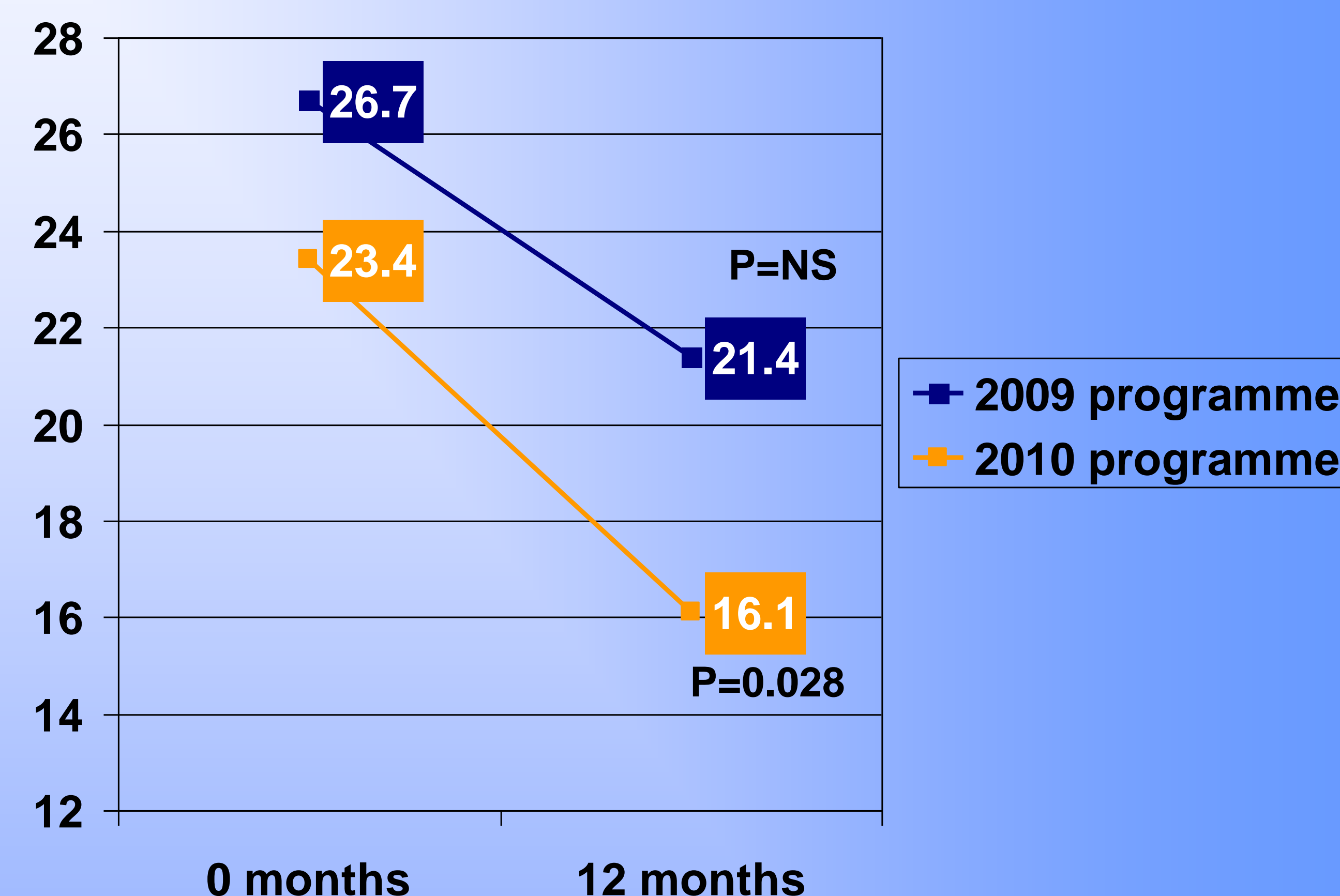
Other follow up according to patient need

RESULTS

Change in HbA1c after Pump Initiation



Change in PAID Scores after Pump Initiation



CONCLUSION

A structured follow-up programme for the first year after initiation of pump therapy leads to additional improvements in glycaemic control and reduced diabetes related distress.