Grampian Diabetes Education Advisory Group

This group, established in 2005, continues to meet for 2 hours on a quarterly basis in March, June, September and December. The current membership consists of Mrs Linda Caie (Regional Diabetes Nurse Manager), Dr Andy Keen (Health Psychologist), Mrs Patricia McDonald (Diabetes Specialist Nurse), Dr Wendy Watson (Diabetes Consultant), Dr Gordon Wilson (General Practitioner) and Dr Ken McHardy (Diabetes Consultant & Assistant MCN Clinical Lead) who chairs the group. The group is currently supported by Robert O'Donnell, MCN Administrator.

The main business at meetings is to discuss the initiation or maintenance of proposed or ongoing educational activities. Anyone involved in the diabetes community within Grampian who wishes to discuss any professional educational project is welcome to join a meeting by prior arrangement to ensure that time is allocated on the agenda to discuss their area of interest. It often needs restating that this is an advisory group and, as such, has no intrinsic resource and no mandate to deliver the education on which it advises. All GDEAG group members have, however, considerable experience of and responsibility for educational roles within their work and accordingly many have individual inputs to professional education which are substantially independent of their functions as group members.

In the past year, 4 meetings were held according to standing arrangements and a standardised ‘Action Note’ was produced as a record of each meeting. Robert has continued to maintain and develop the valuable database of educational activities. Some administrative and technical issues delayed the appearance of the 2010 report on the MCN website until some 6 months after it had been ratified by the MCN Board in early July. The launch of the revised Scottish Diabetes Action Plan in late 2010 presents some ongoing challenges in the areas of patient and professional education. The group submitted its response to the DAP to the MCN Board in spring 2011. Discussions are under way as to how we can address the issue of providing accessible structured education for patients in line with DAP requirements.

We have been in contact and are looking forward to engaging constructively with the recently appointed National Diabetes Education Co-ordinator.

Summary of Professional Diabetes Educational Activities

The following inventory may not be exhaustive but relates to 28 current or recent activities into which the Education Sub-group has had advisory input. They include a broad variety of courses, workshops, coaching sessions and updates which are specifically activities for the education of diabetes professionals, sometimes directed at specific professional groups, and do not include activities targeted at patients.

1. Diabetes Professional Conference
Whole day activity held annually in late May. The 6th Conference in 2011 attracted 178 delegates, mainly practice nurses and GPs, and almost 70
presenters and sponsors’ representatives. This flagship educational event for Diabetes Professionals locally was supported more enthusiastically than ever with all elements evaluating highly. The format included a presentation from the Lead Clinician in Scotland, 3 rounds of workshops and a brief review of Scottish Diabetes Survey results for the Region. The networking opportunities were once again realised and appreciated.

2. Autumn Evening Workshops: Rational Prescribing for Type 2 Diabetes
Six evening meetings were held around the region last autumn. Over 70 professionals attended. A series of meetings run specifically to discuss SIGN Guidelines for glucose management in Type 2 Diabetes and emphasising the relative costs of different drug options. Collaborative pharmaceutical sponsorship via the local Drug Industry Group.

3. Diabetes Evening Forum
2 hour facilitated, needs-based, topic-orientated workshops led by DSNs. Run 3-4 times a year in Aberdeen for past 3 years. Similar number of sessions also now offered outwith Aberdeen. Up to 25 participants per session. Originally aimed at primary care nurses but gaining momentum and now attracting a multidisciplinary audience. Pharmaceutical sponsorship of venue/catering.

4. Helping Nurses Courses
2 day courses with a week’s gap between days. Generic skills course employing a mix of discussion and group work around Diabetes topics aimed at practice/community nurses. Up to 10 participants per course. Eight courses held in last 2 years with almost 60 completers. Funding has recently been secured to deliver a further 4 courses in 2011/12.

5. Change to Insulin Courses
1 day courses. Run approximately 5 times a year. Up to 12 delegates per course. Various venues across Grampian. Multidisciplinary courses for primary and secondary care teams. Provide information and support for starting Insulin in Type 2 patients. Running for around 4 years with almost 200 attendees to date. Pharmaceutical sponsorship for catering.

6. Diabetes Primary Care Outreach Project
This programme has continued to expand following its inauguration in 2006. There are now 17 practices across Grampian having regular scheduled visits (total 55 in 2010/11) on a 3-6 monthly basis from one of 7 different senior diabetologists accompanied by a DSN with various additional regular or occasional visitors including dietitians, podiatrists, clinic nurses and a health psychologist. Practice teams participating generally include at least one GP and Practice Nurse, but larger groups of medical and nursing staff participate in some centres. Meetings consist of practice-based, needs-led discussions around generic or case-specific aspects of diabetes management of immediate relevance to the practices thus combining multi-professional staff development with direct input into clinical management. Some start-up pharmaceutical sponsorship has been obtained to assist with backfill of
specialist time and anticipated project expansion. Presented annually as a workshop at Professional Conference.

7. An Introduction to Using Behavioural & Cognitive Behavioural Approaches to Encourage Self-Management (Adults)
This is a half day introduction to modern behavioural and cognitive behavioural approaches. The aim is to help health professionals understand barriers to better self-care and using this knowledge to think about potential intervention techniques. This is typically delivered to groups of staff in one profession. Over recent years, this course has been delivered to 65 GPs; 15 podiatrists, and 10 dieticians.

8. Encouraging Self-Management: Behaviour Change Strategies (Adults)
This 1 day course running around four times per year, and open to all primary and secondary care clinicians working in diabetes, has been attended by 443 clinicians. Run by Dr Andy Keen, Health Psychologist, it integrates modern behavioural therapy theory and practice using case-based group work and discussions.

9. Encouraging Self-Management: Cognitive Change Strategies (Adults)
This second 1 day course, similarly held around four times per year and accessible to all health professionals in primary and secondary care working in diabetes, has been attended by 42 clinicians over the past couple of years. Using a similar case-based interactive format to the behavioural change course, this course based on the cognitive behavioural therapy five areas approach is also run by Dr Andy Keen, Health Psychologist.

10. Paediatrics: Behaviour Change Level 1
This course runs as a half day workshop and has a child and adolescent developmental focus. It places the difficulties faced by young people and their families in managing effectively diabetes in a developmental context. The workshop focuses on effective communication skills and other assessment techniques aimed to identify underlying problems with self-care (e.g., functional analysis). It is interactive and incorporates clinical scenarios to facilitate experiential learning. Over the past year 25 health professionals from the local diabetes teams and RACH have attended this course, which is run by Dr Corrie Darbyshire.

11. Paediatrics: Behaviour Change Level 2
This workshop, which is also run by Dr Corrie Darbyshire, builds on the knowledge and skills developed in the level 1 workshop to help young people and their family address difficulties with diabetes self-care through the use of behaviour change techniques, including those recommended within SIGN 116 for use with children and adolescents (e.g., problem-solving). The format is similar to Level 1 in that it incorporates both theory and clinical scenarios to facilitate development of the skills discussed. Over the past year, 26 health professionals have attended this course, which runs over half a day.
12. Helping Young People to Improve their Diabetes Self-Care: What works and what doesn’t!
This workshop is aimed specifically at helping those who work with young people aged between 14 and 20 who are passing through important transition and developmental stages of life. It focuses on the specific challenges and issues pertinent to this age range, whilst considering various models, strategies and service developments that can be implemented to engage young people in diabetes self-care. It is run by Dr Corrie Darbyshire and over the past year 17 health professionals from the Diabetes Centre and ARI have attended this course.

13. Staff Development (1-1): Psychological Strategies in Diabetes Management – Paediatric Diabetes Specialist Nurses
Dr Corrie Darbyshire provides on-going individual fortnightly support for one hour to two paediatric diabetes specialist nurses. The aim of these meetings is to facilitate the transfer of knowledge gained at workshops in to routine clinical practice. As is the case in the staff development groups, this occurs mainly through discussions of problematic cases.

14. Staff Development Groups: Psychological Strategies in Diabetes Management
These consist of small group sessions for health professionals (about five or so) meeting monthly. Groups have been established to date for Diabetes Registrars and Community Dieticians. A further multi-disciplinary group has been established recently in Moray. They build on the knowledge and skills gained at the workshops on behaviour and cognitive change strategies (6 & 7 above), and are open to all those who have completed these. Participants further integrate cognitive and behaviour change skills in to their practice by reflecting on clinical cases. The Community Dieticians are soon to set-up and lead their own staff development groups, so this specific group will change its focus to one in which supervision (of psychological skills development) and group-facilitation skills are supported and developed. This is run by Dr Andy Keen.

15. Introduction to Teaching & Training for Diabetes Healthcare Professionals
Course comprising 2 full and 2 half day sessions over 5-6 weeks. Places offered to 12 delegates from multiple disciplines within hospital or community based diabetes specialist teams. Completed by 44 delegates by the end of the 4th course held late in 2009. In-depth, participative course on educational practice and theory using a wide range of teaching methods and media. Pharmaceutical sponsorship. No course held in past year due to time constraints; hopefully a 5th course can run in 2012. Poster presented at Association of Medical Education in Europe Sep 2010.

16. Conversation map training and follow up sessions
45 participants have completed a half day training session to use the conversation map tool within Grampian. 2 half day sessions for trained facilitators during the year, 20 attended. No direct resource.
17. Annual Paediatric Diabetes Study Day
This 6th annual 1-day course attracted 25 staff, including staff nurses, play specialists, pharmacy technicians, medical staff and student nurses. The day comprised lectures covering aspects of in-patient diabetes management of children and 6 workshops looking at practical aspects of care. This in-house study day has no direct costs or sponsorship. There are hopes of making such events twice yearly with a further course late in 2011.

18. Lilly GP Scholarship
13 half days over 9 months (Jan – Oct) held annually subject to funding; around 9 participants per class. Course for GPs. Mix of workshops, presentations, shadowing, practice-based projects and private study. Backfill funding has been offered to facilitate release from Practice. Currently in its 13th year with 115 ‘graduates’ expected by October 2010. Pharmaceutical sponsorship. There were 45 former/current Lilly scholars at the Professional Conference in 2011 including a representative from each class since it began in 1999.

19. Distance Learning Certificate Course.
Mainly for nurses in primary care sector. 16 delegates completed a 6 month distance learning programme with mentorship and support from local diabetes team. This course was supplemented with 3 half day local needs based workshops. Pharmaceutical sponsorship.

20. Diabetes Topics Programme for Trained Nurses
A set of 12 different topic teaching sessions has recently been developed and offered as classes lasting from 1 – 3 hours at different venues and times throughout NHS Grampian. Minimum number of participants per session is 8 and at the moment we have no maximum. To date 60 have attended these sessions. No direct resource.

21. Diabetes Education for Community Nursing Teams
Two afternoon sessions annually. 53 participants attended in past year. Needs-based discussions. Topic driven; frequently practical activities around insulin delivery or meters. DSN led. No direct resource.

22. Diabetes Training for Registered Nurses in the acute service,
Six whole day courses have been held this year. Maximum 15 participants. These courses are needs-based training sessions on diabetes topics relevant to those involved in in-patient management working in areas where diabetes is not a primary focus. DSN and Dietetics led teaching. 115 nurses attended to date. No direct resource.

23. Hospital Training in Bedside Glucose Monitoring
Reintroduction of blood glucose monitoring training in the hospital setting throughout NHS Grampian. This training is being done in conjunction with Professional Development Unit and the Pharmaceutical Industry. To date 367 nurses and 92 other staff have attended these sessions. Delivery of sessions is part of NHSS procurement contract.
24. Diabetes Training for Aberdeen Maternity Hospital Staff
2 half day teaching sessions provided in past year for midwives to increase knowledge and skills for diabetes management (37 attended.) No direct resource.

25. Student nurse training
Two-hour facilitated sessions 4 times per year. Needs based inter-active workshops. 150 participants attended the sessions during the year. No direct resource.

26. Annual Diabetes Update for School Staff
These courses are aimed at any school/nursery staff involved in supporting children with Diabetes. This event is repeated 8 times per year and staff of all schools in Aberdeen and Aberdeenshire are invited to attend annually. These courses which have been running for around 5 years have an annual attendance of 100 - 150.

27. Teaching Sessions for Social Services Workers
Nine sessions have been held this year (124 attended). These sessions are for care givers, care managers and social workers. To increase skills and knowledge of diabetes for carers of patients with diabetes working in a community-based setting. Workshop/discussion format. No direct resource.

28. Voluntary Agencies Workshops
Three 2 hour sessions have been done with 55 participants in total. This has included Crossroads and British Deaf Association. Workshop style has been used to facilitate interaction and meet the participant’s agendas. No direct resource.

Conclusion
The GDEAG has been able to continue its constructive advisory role with enhanced administrative functionality over the past year with a view to both promoting the delivery of high quality, appropriately-focussed training for professionals delivering care for those with diabetes in Grampian, and increasing its utility in contributing to the collection of data for the MCN that could provide responses to any local or national accountability tests. The Group will be happy to discuss any of the content of this report, or matters relating generally or specifically to current and future education provision for diabetes health care professionals in Grampian.

GDEAG
August 2011