

Dr Jay Chillala. Consultant in Elderly Care, Trafford, CMFT. Interest in  
Diabetes

Julian Backhouse



# HEALTH STEERING GROUP MEETING



# Background


- June 2011 Work Planning Meeting OSRC
- To investigate the issue of diabetes and impact on Lancashire residents
- 17<sup>th</sup> July 2011. Meeting
- Julia Hobbs : Older Peoples Network Coordinator. IDP
- Jay Chillala:

# IDOP : Institute of Diabetes for Older People





# Julian Backhouse

- Supporting OPDN activity across UK
  - Background in NHS & Social Care
  - Coordinating projects including Care Home Audit work, major european projects focussed on frailty
  - Working with partners to create training resources and courses for health and social care workers
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# Diabetes Is a Growing Challenge


- Rates of diabetes doubled last 15 years in England
- 2010 : 3.1 Million people estimated to have diabetes  
2.34 m diagnosed
- 2020 predicted rise 23%. Total 3.8 m
- Diabetes in Care Homes 27%

# Lancashire: total Population > 65 with diabetes

■ 2012	27,581
■ 2015	29,743
■ 2020	32,228
■ 2025	34,968
■ 2030	38,659



# A growing challenge

- Half of all people with diabetes are > 60
  - Risk of type 2 diabetes increases with age
  - Strong link with obesity, lack of exercise and ethnicity
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# Health Profile 2012

## Lancashire

- Life Expectancy
- 10.3 years lower for men
- 7.6 years lower for women
- In most deprived compared to least deprived areas
- Early Deaths from heart disease and stroke worse than England Average
- Diagnosis of diabetes worse than England Average: 55,307 on GP register




# NHS Spending on Diabetes

- Services :4% budget, £3.9 billion
- Diabetes Medicines : 8.4% total budget  
£725 million
- Inpatient : people with diabetes account 15-20% bed days



# Complications

- Cardiovascular disease
- Stroke
- Dementia
- Renal failure
- Blindness
- Tissue damage causing ulceration/amputation
- Medication errors, 1 in 3 patients
- Inpatients 10% more likely to die

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- Val Wilson: Cabinet Member Health+ Wellbeing( HWB)
  - Debs Harkins: Joint Health Unit
  - HWB strategy
  - Public Health moving to LCC
  - CCG : Clinical Commissioning Group set up
  - Discussion population/budget/area covered

# Implications for Social Care

- 27% of people in care (residential & nursing) homes have diabetes.
- Proportion undiagnosed
- Half of residents admitted to emergency care /year
- Important everyone involved in care understands diabetes

# Problems for Older People

- Frailty
  - Lack of dexterity
  - Poor memory
  - Poor eyesight
  - Carer visits :
- ? Medication compliance/clinic  
appts/nutrition/hydration

# Good Clinical Practice Guidelines for Care Home Residents with Diabetes



# National Care Home Audit

- 1/5 residents self medicated with no checks
- 60% homes(2046) no designated member of staff with responsibility in diabetes
- 64% homes no policy for screening
- 1/10 residents had diabetes( 27%)
- 35% homes have no written policy for hypoglycaemia



InDependent Diabetes Trust  
in partnership with the  
Institute of Diabetes for Older People



## PASSPORT FOR DIABETES IN CARE SETTINGS

This passport is to assist carers  
in meeting my diabetes needs




**IT IS MY PERSONALISED, CONFIDENTIAL  
INFORMATION AND SHOULD BE AVAILABLE  
TO EVERYONE RESPONSIBLE FOR MY CARE**

*A charity supporting and educating to people who live with diabetes*

[www.iddtinternational.org](http://www.iddtinternational.org)

[enquiries@iddtinternational.org](mailto:enquiries@iddtinternational.org)





# Issues in Care Homes: finding a way forward

- Do care homes have regular foot checks?
- Diabetes Champion
- Criteria for listing, diabetes checks carried (feet/blood), screening
  - Domiciliary Carers ? Pick up problems
  - Acute trust savings, domiciliary visits
  - Diabetes training for chefs care homes



# Supporting Change

- Care home providers to sign up to diabetes website: information and guidance. Free
- Education: people find out info when they have condition
- ? Next steps
- Older Peoples Diabetes Network – OPDN
- Institute of Diabetes for Older People - IDOP
- Older men's network

# Thanks for your time

For further information :

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