

Community diabetes services available to primary care in Berkshire West

Service	What is it?	Aim	Contact
X-PERT	Group structured education for people with Type 2 diabetes. 6 week course in varied locations. X-PERT is NICE approved and has a strong evidence base for effectiveness.	Offer to all new Type 2 patients	Go here for information and referral forms. Soon coming to DXS
DAFNE (Dose Adjustment For Normal Eating)	Group structured education for people with Type 1 diabetes. Intensive 1 week course. DAFNE is NICE approved and has a strong evidence base for effectiveness.	Offer to uncontrolled Type 1 patients	Go here for information and referral forms. Soon coming to DXS
CarbAware	Short (3 hour) group structured education for people with Type 1 diabetes. Participants are provided with the Roche Expert meter. Audit of local outcomes shows highly significant reductions in HbA1c at 6 months (10%)	Offer to uncontrolled Type 1 patients	Via Electronic referral (Choose &Book) or email Dr Ian Gallen with details ian.gallen@royalberkshire.nhs.uk
Diabetes Specialist Nurses (DSNs)	The DSN service offers telephone, e-mail and face to face support and guidance for practice nurses, GPs and Community Matrons with difficult cases including insulin/GLP-1 initiation and optimization. The DSNs see complex patients on a 121 basis in the <ul style="list-style-type: none"> • GP practice • The patient's home if housebound • In care/nursing homes • Community hospitals • GP run units • Mental Health Units 	Upskilling of HCPs and improved patient care.	Call the DSN team 10.00-16.00: 07879 814922
Virtual diabetes clinic	Community specialist Dr Ian Gallen provides expertise at MDT meetings in practice. Local audit shows this intervention is highly effective at reducing HbA1c.	Help with poorly controlled patients (usually HbA1c>85)	Email Dr Gallen to invite him into your practice ian.gallen@royalberkshire.nhs.uk More details here
Virtual consultation	Both Dr Gallen and the DSNs provide rapid telephone and email support and advice to GPs and PNs	Expert advice	virtualdiabetes@royalberkshire.nhs.uk 07717 867448 (Dr Gallen) 07879 814922 (DSNs)
Insulin optimization service	Group sessions run by a DSN with a practice nurse to improve control in Type 2 patients using insulin. Patients should have HbA1c >85mmol/mol, age <75 years.	Optimisation of insulin use in uncontrolled Type 2 patients. Details here	Call the DSN team to arrange 10.00-16.00: 07879 814922
Care planning support	Claire Scott provides support and guidance to make care planning a success in practice	Making care planning work	Contact Claire: Claire.scott11@nhs.net
Community Diabetes Clinics	Individualized single review and return to practice care of any patient with control or complication problems not provided by specialty services provided at RBH (below)	Expert advice and care planning	virtualdiabetes@royalberkshire.nhs.uk 07717 867448 (Dr Gallen)
Specialist Diabetes Clinics (RBH and other sites)	Individualized review and follow-up of any patient diabetes complication or specialty services Young People, Pregnancy, Insulin Pump, recent diabetes emergency, foot and renal care.	Expert advice and care planning	Chose and book, or fax 0118 3228810