

# Tackling Health Inequalities in Type 2 Diabetes education across Halton

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## Background

NHS England defines health inequalities as unfair and avoidable differences in health across the population. These differences affect how long people are likely to live, the health conditions they may experience and the care available to them. We have addressed three population groups within Halton.

## SMI and Learning disabilities

It is estimated that patients with these conditions are 2-3 times more likely to develop diabetes compared to the general population and are likely to die 15-20 years prematurely, often of preventable conditions.

## Care Home

One in four UK care home residents have diabetes. This vulnerable group also have higher levels of morbidity and mortality. The morbidity and mortality rates could be reduced with accessible local staff training and a clear diabetes management framework.

## Diabetes Essentials

The Diabetes Essentials team deliver structured type 2 diabetes education to patients with Severe Mental Illness (SMI), learning disabilities (LD) and to care staff across LD, SMI and care/residential homes. The aim is to supply quality, individualised access to evidence based diabetes education.

The Diabetes Essentials Health Inequalities Project has:

- Integrated with other care providers such as Mental Health Nurses, Early Intervention and Recovery Teams, Learning disability care coordinators and Speech and Language Therapists.
- Educated staff, friends, or family of the patients alongside the patient.
- Offered education at flexible times to suit the patient.
- Provided 1:1 support.
- Utilised accessible, familiar locations including the patient's home.
- Offered more concise sessions, with easy read information and pictorial references.
- Offered care homes the choice of online sessions via Microsoft teams, community settings or in house sessions.
- Offered sessions for catering staff within care homes.

### 2022 Engagement February to December

Care staff trained: 101  
Chefs/kitchen assistants: 12  
Patients with LD / Carers to LD patients: 29  
Patients with SMI / Staff involved in SMI: 7

## Future Plans

- To continue to promote our Diabetes Essentials for care staff across Halton within ICB communications/bulletins and continue the excellent uptake.
- To link in with Mental Health teams to support staff diabetes training.
- To achieve QISMET accreditation in line with our standard Diabetes Essentials sessions.
- Continued development of resources based on best practice evidence.

## Feedback

Some positive comments received either verbally, or written on feedback forms have included:

Patient Wife Nov 2022 "This has been really helpful for me to understand what foods I should be buying"

Patient Nov 2022 "Thank you for taking the time to break this down into smaller chunks for me, it's a lot easier to understand"

Patient Carer May 2022 "AP has been talking about what you said last week and saying he wants salad because its healthy"

Care staff "the session was really helpful, I made lots of notes and need to go back and implement a few changes at (venue)"

Patient Carer Sept 2022 "CV has been doing more exercise since you visited last week"

Care staff "I really enjoyed the session it was pitched exactly to my needs and answered the questions I had prior to the session"

## Evaluation

Figure 1. How confident are you that you know how to manage a service user with diabetes?

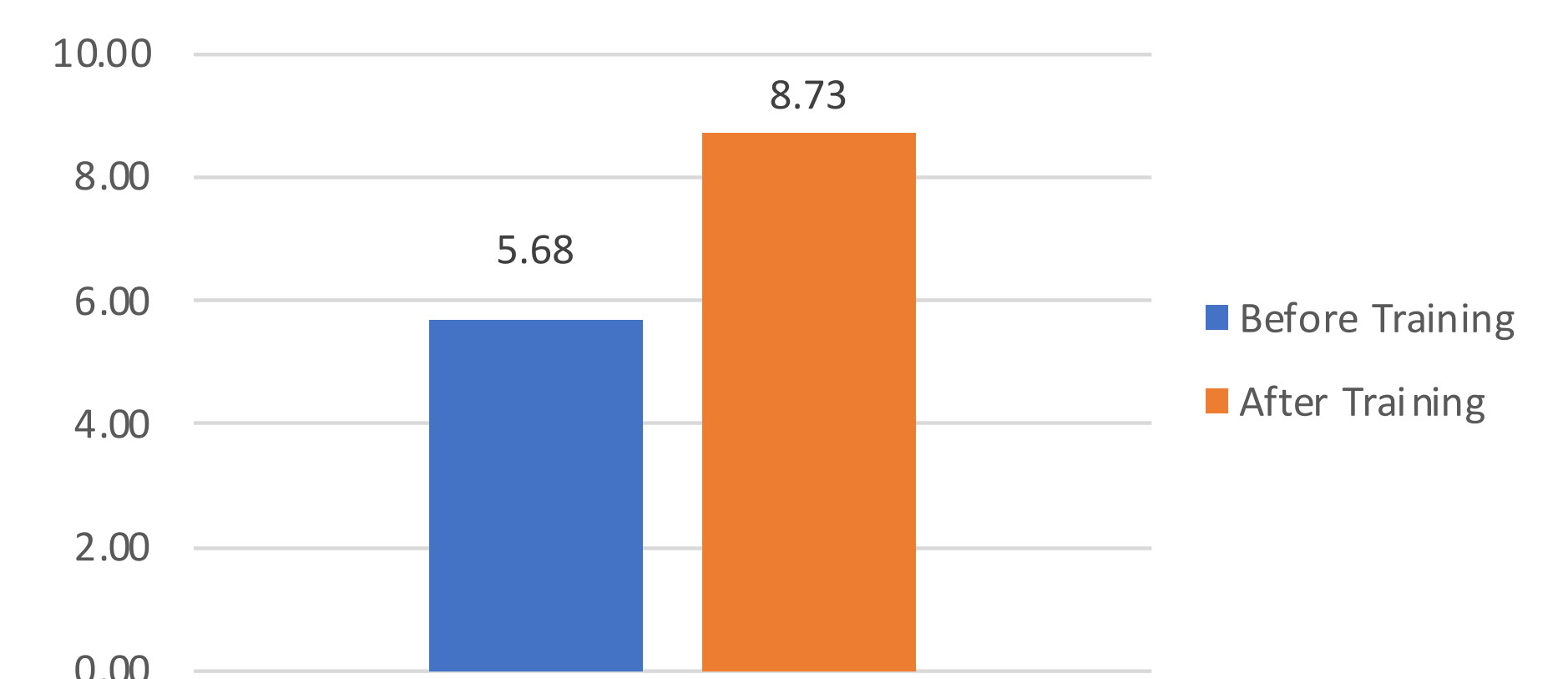


Figure 2. How much do you feel you know about diabetes?

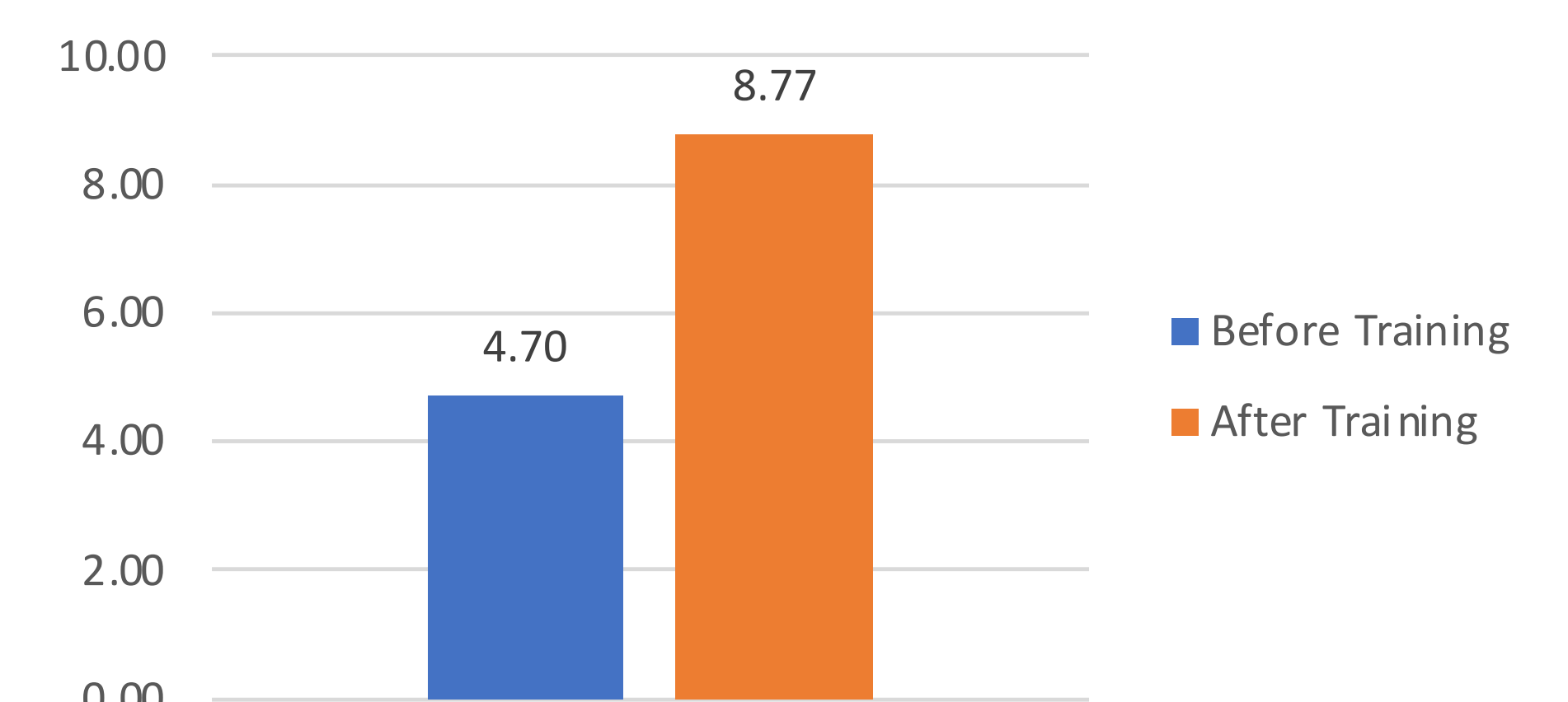


Figure 3. How much do you worry about supporting a service user with diabetes?

