

North West Coast Adult Diabetes Guidelines

Diabetes is a truly multi-system disease with considerable complications if not appropriately or timely managed. I don't think I need to re-iterate the true financial cost to the NHS and personal price to our patients as that is well documented. Despite various available guidelines there remains a great variation in the management of diabetes.

Most of the national and international guidelines are comprehensive but cumbersome to read, especially if a quick reference is required. Most clinicians, who are not managing diabetes on a day-to-day basis, may not find it easy to go through these detailed guidelines every time a quick reference is needed.

I would like to thank Professor Hardy, who on behalf of the north coast strategic clinical network, has simplified some of the most common, yet challenging, diabetes related issues in this document. The guidance not only provides a quick reference but will help standardise practice across the north coast. He has managed to summarise NICE guidance and the available evidence on diabetes clinical practice in a very concise fashion with each topic covered on one page.

This quick reference guide can be implemented as it stands or used for local adaptation. I have no doubt this would be of immense help to all clinicians and healthcare workers managing diabetes.



Dr Aftab Ahmad

Clinical Lead, North West Coast Strategic Clinical Networks