

Tier III Diabetes Service - Referral Guidelines

The Kingston GP Chamber's Diabetes Service offers community based diabetes services in two locations across the Borough;

- **Thursdays at The Village Surgery, New Malden KT3 3TX** **GPwSI & DSN**
- **Thursdays at Merritt Medical Centre, Chessington KT9 2GY** **GPwSI, DSN & Dietitian**

Clinics run on a monthly basis from each location, one day a month in New Malden & three times a month in Chessington. Patients are able to see a Consultant Endocrinologist, Mr Mark Spring; a GP with Specialist Interest in Diabetes; Dr Cath Ramsey, a Diabetes Nurse Specialist; Jan Paish or Natalie Blackie and a Dietitian, Marialice Albertini.

It provides Tier 3 level diabetes services including:

- Review and improvement of Type 1 and Type 2 diabetic control
 - o Full patient assessment
 - o Annual Diabetic Review in line with the Diabetes LCS and NICE guidelines
 - o Review of blood results, including blood glucose monitoring
 - o Review of diabetes medication and adjustment where required
 - o Patient education including lifestyle issues
- Insulin initiation
- GLP1 initiation
- Change of insulin regime
- Full Dietetic Service (Merritt Medical Centre ONLY)
- Medical review and treatment – blood pressure, lipids, CV risk factors
- Complications review and treatment

Clinical Supervision and oversight is provided by Mark Spring, Consultant Endocrinologist at Queen Mary's Hospital who also provides one clinic of consultant in put per month for the service.

Referrals can be made direct to the service via EMIS to EMIS using the KGPC referral template. Please specify which service it is that the patient requires along with the URGENCY of the referral i.e. Routine or Urgent. You can refer your patient to any one of the clinical specialists or a combination of DSN, GPwSI or Dietitian.

Please note that Tier 4 Diabetes referrals for complex patients should be made via eRS to the Consultant at Kingston Hospital or DDU. In summary the following should be referred to the KHFT;

- Acutely unwell patients
- Patients with osmotic symptoms
- Diabetic patients with sudden unexplained weight loss
- Complex Type I patients with multiple co-morbidities;
- Type I diabetics with a particularly high HbA1c relevant to their age and BMI;
- Type I diabetics with frequent hypoglycaemia;
- Type I diabetic patients requesting Freestyle Libre or Insulin Pumps
- newly diagnosed Type II diabetic patients with a particularly high HbA1c or multiple co-morbidities;
- Diabetic patients with end stage Renal Failure

Please note that the Community Service is unable to arrange transport to and from our clinics or provide Home Visits. Patients requiring these services should be referred to the hospital.