

# Diabetes Care Home Training



YORK DIABETES DEPARTMENT

# Why is training needed in care homes?



- It is estimated that up to 27% of residents in older people in care homes have diabetes
- By 2050 the number of people >85 years old will be 8 million. Therefore the number of older people with diabetes is set to rise.
- Older people with diabetes often have other long-term health conditions such as dementia, mobility and sensory problems making self-care difficult.
- As people with both types of diabetes are living longer, and many people with type 2 diabetes progress to insulin treatment, it is likely that there will be a growing number of insulin treated dependent older people resident in care homes.

(Diabetes UK, 2014)

# Diabetes UK “Good clinical practice guidelines for care home residents with diabetes” 2010



## Key Messages:

- Care home staff have traditionally poor access and limited opportunity to access educational & training resources.
- Closer involvement with the local community diabetes team by the care home will increase the likelihood of ‘in-service’ training and educational sessions on diabetes care to be organised for care home staff.
- Diabetes UK provides several educational resources and there is increasing evidence of training courses in diabetes being developed within the UK to assist care home staff.

# Why is training needed in care homes?



The 'National Care Homes Diabetes Audit' in 2013 found little change since publication of the Diabetes UK guidance.

- 35.17% of residents did not know about signs and symptoms of hypoglycaemia
- 36.7% of homes had no written policy for managing hypoglycaemia
- 63.2% of homes had no designated staff member with responsibility for diabetes management

# Diabetes Care home training in York



## **Aim**

- To improve knowledge and confidence in the management of diabetes amongst health care professionals working in care home settings.

## **Method**

- A two hour classroom based diabetes training program
- Delivered by a diabetes specialist nurse and a diabetes specialist dietitian
- Training was delivered to Care home staff (nursing, care workers and catering staff)
- Education was provided on the management of both Type 1 and Type 2 diabetes including symptoms, treatments, hypo/hyperglycaemia, targets and dietary management.
- Knowledge and confidence of diabetes management was evaluated through the use of a pre and post course questionnaire.
- This pilot project was conducted between March 2017 and February 2018.

# Results



- Eight sessions in six care homes were provided and in total 69 staff were trained.
- All measures of change were compared to self-reported baseline staff knowledge which was categorised as 1) very good/fairly good, 2) average or 3) fairly poor/very poor.
- The evaluation showed all aspects of knowledge and confidence improved from baseline measures.
- Staff understanding of diabetes improved from 1) 34% to 91%, 2) 39% to 7% and 3) 28% to 1% respectively.
- Confidence in treating hypoglycaemia improved from 1) 34% to 98%, 2) 21% to 9% and 3) 45% to 5% respectively.
- Understanding of the dietary management of diabetes improved from 1) 42% to 92%, 2) 40% to 6% and 3) 18% to 1% respectively.

# Conclusion



- The training program demonstrated an immediate improvement in staff understanding about diabetes and feeling more confident in the management of hypoglycaemia and the dietary needs of residents with diabetes in the care homes.