



## Flash Report: First Steps for Diabetes

During 2019 the Diabetes Specialist Dietitian (DSD) Service in Lanarkshire launched the original *New Diagnosis* group education programme for people with newly diagnosed Type 2 Diabetes.

Following the introduction of COVID pandemic restrictions in 2020, the DSD team reverted back to 1:1 dietetic reviews for this group of patients, as all face-to-face group work was suspended.

As NHS Lanarkshire has now agreed the use of a virtual group platform, the DSD service has adapted the original course format and our new *First Steps for Diabetes* educational programme will be offered to the majority of people referred to our service from February 2022.

The DSD team will review all referrals carefully and will identify any patients who may not be suitable for the virtual group format and those people will continue to be offered a 1:1 review.

Patients who choose not to attend either of these options will still be provided with a guide to sourcing appropriate educational materials.

### Referral & Appointment Process:

1. People with newly diagnosed Type 2 Diabetes should continue to be referred via SCI-Gateway
2. Relevant and helpful information provided by community colleagues in their SCI-Gateway referrals will be essential in supporting this process
3. Patients will be contacted and offered practical support in accessing the virtual platform prior to the date of their arranged group

As a service, we would welcome our community nursing colleagues joining us on these sessions to both inform their understanding of the programme itself and provide a learning opportunity.