

Canterbury
Young Adult Diabetes Service
2016-2017

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Endocrinology service.

Canterbury

- o Enrolled population 21,959 coded with diabetes
 - o prevalence rate of 4.1%
- o Patients aged 0-24yrs : 548
- o Diabetes Centre patients aged 15-24yrs : 368
 - o (HQSC Atlas, 2016)
- o DNA rate for Adolescent MDT Clinic 2016 : 28%

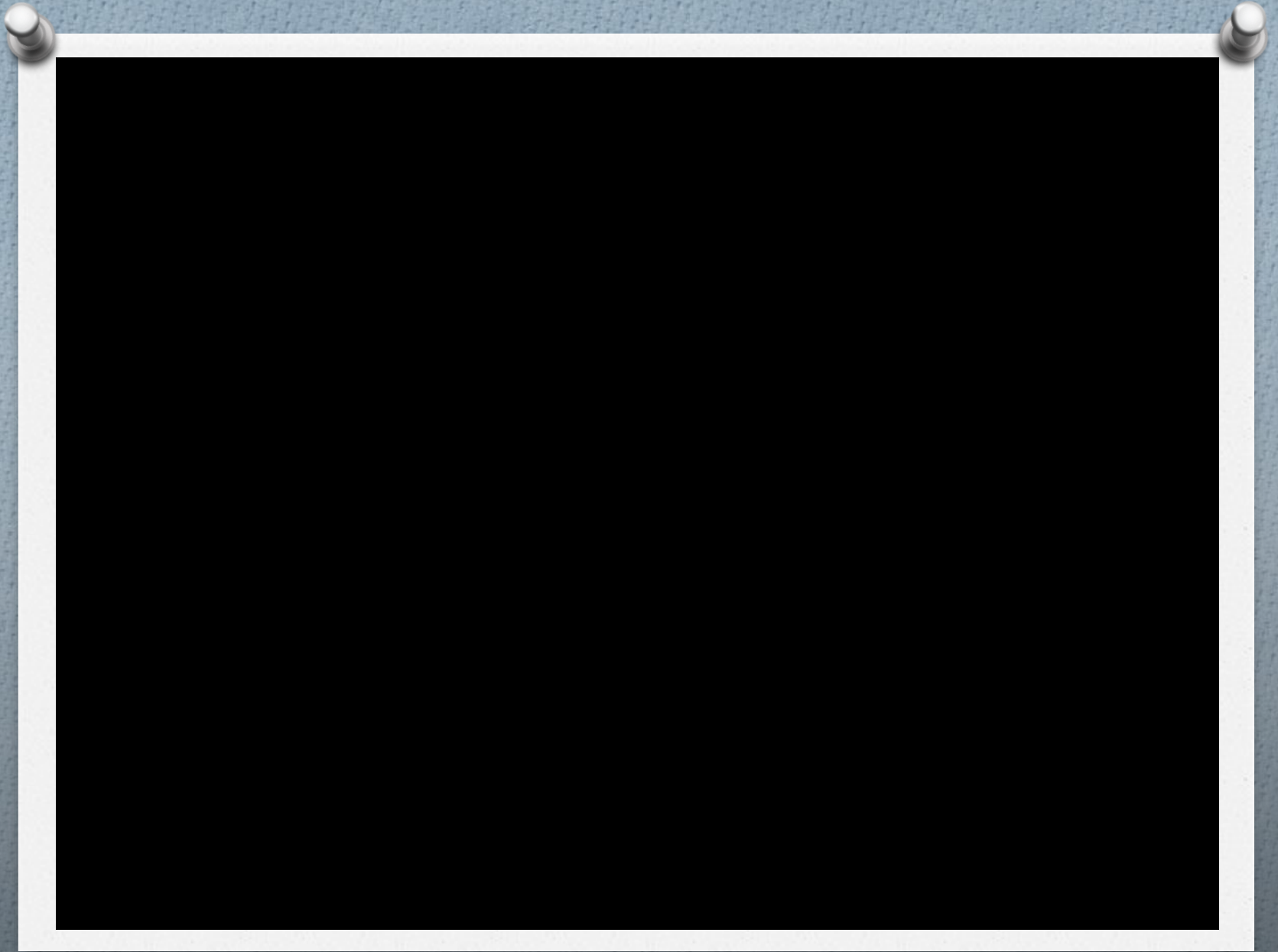
Diabetes Integrated Young Adult Clinic with UC Health Centre

- o 2015 project team formed University Medical Centre and CDHB young adult service
 - o UC Health Centre team - Practice Nurse, GP.
 - o Specialist team – Physician, Clinical Nurse Specialist and Dietician
- o Objective to increase access to comprehensive care for this age group

Making it happen!

- o Timing
- o Planning
- o Coordination
- o Seamless transition between clinics

- o March 2016 first clinic held at University Health Centre



Achievements

- o 11 Clinics with 100% attendance
- o Patients being well prepared prior to clinic dates, ensuring a quality health engagement with their team.
- o Building practice team confidence – building in time for clinical discussion.
- o Patients have been central in the clinic success:
 - o feedback incorporated into future planning to ensure ongoing satisfaction and engagement

Best for patient

- o Consumer awareness of the service existence
- o Responsive care delivery - campus coffee shop appointments
- o Patients re-engaging with academic study
- o Specific support during an influential time improving health outcomes in adulthood

Best for system

- o Increased nursing / dietician / practice nurse lead clinics
- o Increased knowledge, skills and confidence in primary care team
- o Declining specialist center DNA rates
 - 2016 28%
 - 2017 18%
 - 2018 19%

Other benefits

- o Raising awareness with other health professional teams such as emergency department frontline nursing teams.
- o Improved understanding of resources required to achieve patient engagement for youth.
- o UC clinic now using the developed model to engage with specialist mental health service, in their clinic.

Prospect

- o What does this teach us? How can we further accommodate well for other known patient groups with specific needs?
- o Elevating the profile beyond discussions, into actual delivery?
- o The UC clinic was small in numbers, but is impacting on potential for those patients provided care.
- o Doing really well, with what you already have.