

Management and referral checklist
for patients with diabetes

A Guide for Lambeth GP Practices



Management and referral checklist for patients with diabetes

This guide provides advice and highlights recommended local guidelines for the management of diabetes.

It provides contact and referral information for local diabetes services.

Guidelines and referral forms are highlighted in **RED** and are also available online at <http://www.southwarkhealth.nhs.uk/a/252>

This guide is also available at <http://www.londondiabetes.nhs.uk/ServicesReferrals/LambethDiabetesIntermediateCareTeam.aspx>

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Referral Guidance Summary

Patients who should be referred to the Lambeth Community Diabetes Clinics

Patients with type 1 diabetes should be referred to the hospital diabetes clinic unless the patient chooses otherwise.

For patients with type 2 diabetes:

1. Patients not achieving target HbA1c with management in primary care as per local glycaemic control guidelines
2. Patients with erratic glycaemic control or recurrent hypoglycaemia
3. Assessment for insulin initiation
4. Insulin intensification
5. Assessment and initiation of GLP1 agents (including patients already using insulin)
6. Patients not achieving BP targets with primary care management as per local guidelines
7. Assessment and management of early diabetes complications
8. Diabetes and non-complex co-morbidities (such as CVD, CKD3 or COPD)
9. Diabetes patients requiring individualised dietetic advice

Patients who should be referred to specialist hospital diabetes clinics

1. Patients with type 1 diabetes
2. Patients aged less than 25 years
3. Preconception and pregnancy
4. Patients with complex medical co-morbidities
5. Patients with foot ulcers
6. Patients with suspected autonomic neuropathy
7. Patients with chronic kidney disease 3 associated with:
 - Nephrotic range proteinuria
 - Uncontrolled BP on 3 or more agents
 - Rapidly declining renal function
 - Anaemia or bone disease

Urgent Referrals

Who should be referred urgently?

People with hyperglycaemia who are acutely unwell

Call the on-call diabetes registrar at King's College Hospital or St Thomas' Hospital.

Suspected ketoacidosis or non-ketotic hyperosmolar coma

Out of hours call the on-call medical registrar or send the patient to accident and emergency.

Severe hypoglycaemia

Children with newly diagnosed or suspected diabetes

Newly diagnosed type 1 diabetes – discuss with specialist diabetes service

Infected, necrotic or gangrenous foot ulceration or suspected charcot foot

Sudden loss of vision – refer to emergency ophthalmology service

Refer within 24/48 hours

Women with pre-existing diabetes who become pregnant – discuss with specialist diabetes team

Women who develop gestational diabetes – discuss with specialist diabetes team

Priority referrals to secondary care

Women with type 1 or type 2 diabetes contemplating pregnancy

Contact

King's College Hospital
020 3299 9000

St Thomas' Hospital
020 7188 7188

Dietetics

Patient information

For patients with type 2 diabetes 'Eating well with type 2 diabetes' offers clear and simple guidance.

This is also available on the Diabetes UK website www.diabetes.org.uk

Referral information

The Lambeth Diabetes Intermediate Care Team runs a fortnightly 2 hour Food and Diabetes education session which is held at Gracefield Gardens in Streatham. This is aimed at people with type 2 diabetes.

[Food and diabetes sessions poster](#)

Contacts

Lambeth Diabetes Intermediate Care Team:

020 8655 7842

For people who require one to one dietary advice refer to the **Lambeth Community Diabetes clinics**.

Lambeth Community Diabetes Clinic referrals:

Telephone: 020 8655 7842

Fax: 020 8655 7844

Lam-pct.diabetes@nhs.net

[Lambeth Diabetes Intermediate Care Team referral form](#)

Eye Problems

Sudden loss of vision Refer to the local emergency ophthalmology services

Contacts

King's College Hospital

Emergency Referral Service (Monday to Thursday 9am-5pm,
Friday 9am-1pm)

Direct referral: 020 3299 3878

Fax referral: 020 3299 1580

Out-of-hours urgent referral, contact on-call doctor through the main switchboard 020 3299 9000

St Thomas' Hospital

Eye Casualty

A walk in casualty service runs between 8.45am and 4pm Mondays to Fridays in the South Wing, St Thomas', Eye Department.

Telephone 020 7188 4316

Outside of these hours, (between 4pm and 8.45am) and at weekends, patients are seen in the main Accident and Emergency department.

Screening for diabetic retinopathy

All patients coded on a practice diabetes register will be automatically called for DECS (diabetes eye complication screening)

Patients attending DECS must be able to sit upright for eye screening to be performed. For patients who are unable to do this a referral can be made to ophthalmology or some opticians are able to offer domiciliary eye examinations.

Diabetes patients with referable retinopathy at eye screening will be referred by DECS to ophthalmology

Contacts

DECS

(Diabetes Eye Complication Screening Service)

020 7188 1979

decsadmin@gstt.nhs.uk

[DECS patient fact sheet and self-referral form](#)

Education for Patients

DESMOND

DESMOND is a structured education programme for people with type 2 diabetes. DESMOND consists of two 3 hour sessions with the aim of promoting understanding of diabetes and self-management. DESMOND is available to people within 12 months of diagnosis and DESMOND FOUNDATION for people with established diabetes. Patients attending DESMOND should be happy to attend a group and should be able to speak English.

DESMOND and DESMOND Foundation

Groups are provided monthly by the Lambeth Diabetes Intermediate Care Team. The groups are held at a variety of locations in Lambeth.

More information about DESMOND can be found at:

<http://www.desmond-project.org.uk/>

DAFNE

DAFNE (dose adjustment for normal eating) is a management programme for people with type 1 diabetes. DAFNE is offered to people with type 1 diabetes attending the diabetes units at King's College Hospital, St Thomas' Hospital, Guy's Hospital, and other local diabetes centres.

More information about DAFNE can be found at:

<http://www.dafne.uk.com/>

Expert Patient Programme (EPP)

The expert patient programme (EPP) is a 6 week course for anyone living with a long term condition that teaches patients to better manage their condition.

More information on EPP can be found at:

<http://www.nhs.uk/lambeth/expertpatientprogramme/>

Referrals can be made via the LEIPS service using the [LEIPS referral form](#).

Self Management Programme (SMP)

The self management programme 'Living with Diabetes' is also available to patients with type 2 diabetes who live in Southwark or Lambeth. The course takes place over 5 weeks and is designed to give patients more confidence to self manage their diabetes.

[Living with diabetes – self management course flyer](#)

For more information on the **self management programme**, contact: Wenda Aitchison, 020 7188 8472, Wenda.Aitchison@gstt.nhs.uk

Contacts

To refer to DESMOND and DESMOND FOUNDATION in Lambeth: [Lambeth Diabetes Intermediate Care Team referral form](#)

For DESMOND enquiries: Liz Lothian, DESMOND Administrator
Telephone: 020 8655 7854, Fax: 020 8655 7844
elizabeth.lothian@nhs.net

For expert patient programme enquiries: Lambeth Early Intervention Prevention Service (LEIPS); Email: GST-TR.ReferralsLEIPS@nhs.net
Phone: 020 3049 5242, Fax: 020 3049 5256

[LEIPS referral form](#)

Feet

Feet

Diabetes patients with low risk feet do not require routine referral to podiatry.

For other patients please refer to the Lambeth and Southwark Footcare pathway.

[Lambeth and Southwark footcare guidance](#)

Contacts

Lambeth Community Foot Health and Podiatry:

New patient referrals can be sent to:

Customer Service Team
Railton Road Clinic
143-149 Railton Road
London SE24 OLT

Customer services can be contacted on:
Telephone: 020 3049 4003
Fax: 020 3049 6361

[Lambeth foot health referral form April 2012](#)

Lambeth foot health office:

Telephone: 020 3049 4040
Fax: 020 8696 6941

Urgent High Risk Feet

Patients with foot ulcers, signs of infection or skin necrosis/gangrene should be referred urgently.

Contacts

Acute referral for the high risk foot

Between 9am and 5pm contact the Diabetic Foot Clinic at King's, Guys and St Thomas' using the numbers below:

Kings	020 3299 3223
St Thomas'	020 7188 1983
Guy's	020 7188 2449

Then fax the patient details and any relevant information/ referral to:

Kings	020 3299 4536
St Thomas'	020 7188 1991
Guy's	020 7188 2450

Out of working hours send the patient to accident and emergency

Glycaemic Control

Target HbA1c levels for type 2 diabetes:

6.5% - 7.5%

However, the level of HbA1c should be set for an individual patient.

[Flowchart for the management of blood glucose in type 2 diabetes mellitus](#)

[Update on the glitazones following the suspension of marketing authorisation for rosiglitazone](#)

[Shared care protocol for exenatide in type 2 diabetes](#)

Patients with established type 2 Diabetes who require assessment for insulin or GLP1 therapy should be referred to the Lambeth Diabetes Intermediate Care Team, unless your practice has clinicians trained in insulin initiation.

Contacts

If you require advice contact your locality community diabetes nurse.

Patients with poor glycaemic control, erratic glycaemia or recurrent hypoglycaemia can be referred to the Lambeth Community Diabetes Clinics.

Locality community diabetes nurses:

Julia Azille (North)
julia.azille@nhs.net
020 8655 7842 or 07834 513 549

Deirdre McGowan (Southeast)
deirdre.mcgowan@nhs.net
020 8655 7842

Rosarie Atkinson (Southwest)
rosarie.atkinson@nhs.net
020 8655 7842 or 07834 513 547

Liz Camfield (Southwest)
elizabeth.camfield@nhs.net
07824 431 953

Caroline Rook
c.rook@nhs.net
020 8655 7842 or 07961 635 765

Lambeth Community Diabetes Clinic referrals:

[Lambeth Diabetes Intermediate Care Team referral form](#)

Telephone: 020 8655 7842
Fax: 020 8655 7844
Lam-pct.diabetes@nhs.net

Healthy Lifestyles

All patients should be offered advice and help regarding diet and exercise. Lambeth's early intervention prevention service (LEIPS) offers a range of lifestyle intervention services which are suitable for patients with type 2 diabetes including:

- Stop Smoking Service
- Healthy Weight Team
- Exercise on Referral
- Expert Patient Programme
- Health Trainers
- Alcohol Extended Brief Interventions

Contacts

Lambeth Early Intervention Prevention Service (LEIPS):

Referrals can be made by health professionals or patients via phone, fax, or email.

Email: GST-TR.ReferralsLEIPS@nhs.net

Phone: 020 3049 5242

Fax: 020 3049 5256

[LEIPS referral form](#)

Hypertension

Target blood pressure:

< 140/80mmHg with no diabetes complications

< 130/80mmHg with eye or kidney damage or cerebrovascular disease

Patients not achieving target blood pressure using Lambeth and Southwark blood pressure guidelines should be referred to the Lambeth Diabetes Intermediate Care Team.

[Lambeth and Southwark type 2 diabetes and blood pressure guidelines](#)

[Checklist for referral for hypertension](#)

Contacts

Lambeth Community Diabetes Clinic referrals:

Telephone: 020 8655 7842

Fax: 020 8655 7844

Lam-pct.diabetes@nhs.net

[Lambeth Diabetes Intermediate Care Team referral form](#)

Patients with poorly controlled hypertension and an eGFR > 30 should be referred to the Lambeth Community Diabetes Clinics.

The following patients should be referred directly to the renal clinic:

- eGFR < 30
- Haematuria
- Suspected nephrotic syndrome

Contacts

[Kidney disease referral checklist \(diabetic and non-diabetic\) and referral form](#)

Insulin Starts in Type 2 Diabetes

Patients with type 2 diabetes requiring insulin as per NICE guidance should be referred to the Lambeth Diabetes Intermediate Care Team for insulin start preassessment, unless your practice has clinicians trained in insulin initiation. For advice, contact your locality community diabetes nurse.

Insulin starts are usually offered in groups. If patients are unsuitable for attending a group they can be seen in practice or referred to the Lambeth Community Diabetes Clinic.

Most patients with type 2 diabetes are started on once daily basal insulin and continue to take metformin and sulphonylureas. The dose of basal insulin is titrated till a fasting (before breakfast) glucose of 4-6mmol/l is achieved.

[Pre-insulin start checklist for community insulin start group \(April 2012\)](#)

[Insulin titration for once a day insulin in type 2 diabetes](#)

[Sick day rules for patients with type 2 diabetes on once a day insulin](#)

Contacts

Locality community diabetes nurses:

Julia Azille (North)

julia.azille@nhs.net 020 8655 7842 or 07834 513 549

Deirdre McGowan (Southeast)

deirdre.mcgowan@nhs.net 020 8655 7842

Rosarie Atkinson (Southwest)

rosarie.atkinson@nhs.net 0208 655 7842 or 07834 513 547

Liz Camfield (Southwest)

elizabeth.camfield@nhs.net 07824 431 953

Caroline Rook

c.rook @nhs.net 020 8655 7842 or 07961 635 765

Lambeth Diabetes Intermediate Care Team:

Lam-pct.diabetes@nhs.net

Lambeth Community Diabetes clinic referrals:

Telephone: 020 8655 7842

Fax: 020 8655 7844

Lam-pct.diabetes@nhs.net

[Lambeth Diabetes Intermediate Care Team referral form](#)

Kidney Problems

Guidance on the management of kidney disease in diabetes:

[Kidney disease referral checklist \(diabetic and non-diabetic\) and referral form](#)

Metformin and the kidney:

- Do not start if eGFR < 40 and stop if eGFR < 30
- Review metformin dose if eGFR <45ml/min.
- See glycaemic control section of flowchart for the management of blood glucose in type 2 diabetes mellitus for further information

[Flowchart for the management of blood glucose in type 2 diabetes mellitus](#)

Contacts

Patients with diabetes and kidney disease can be referred to the diabetes units or renal departments at GSTT or King's College Hospital

[Kidney disease referral checklist \(diabetic and non-diabetic\) and referral form](#)

Lipids

Treat to Achieve:**Target total cholesterol
≤ 4mmol/l or LDL
cholesterol ≤ 2mmol/l****SLCSN combined algorithm for lipids management**

All patients with diabetes (Type I and II) > 40 years old are recommended to be prescribed a statin.

Younger adult diabetes patients may require earlier initiation of treatment if microalbuminuria is present or multiple CV risk factors such as, increased blood pressure, increased waist circumference, and raised serum lipids, premature family history of CVD.

Check compliance to medication first, then refer patients with:

- Triglycerides > 20mmol/l
- Total cholesterol > 8mmol/l or triglycerides > 8mmol/l on high dose statin therapy

Contacts

Dr Anthony Wierzbicki
Consultant in Metabolic Medicine
Diabetes and Endocrine Day Centre
St Thomas' Hospital
Westminster Bridge Road
London SE1 7EH

Dr Rama Chandra
Lipid Clinic
King's College Hospital
Denmark Hill
London SE5 9RS

Obesity

Lifestyle interventions are important in helping people with diabetes to lose weight.

Orlistat is the only drug licenced to help patients lose weight. It should be prescribed as part of an overall plan for managing obesity in adults who have:

- Body mass index > 30 or > 28 in patients with associated risk factors
- Therapy should be continued after 3 months only if the patient has lost >5% of initial body weight. Rates of weight loss may be slower in patients with type 2 diabetes and less strict goals can be agreed where necessary.

Patients with HbA1c > 7.5% on 2 oral hypoglycaemic agents who have:

- A BMI > 35 in people of European descent and there are problems associated with high weight; or
- A BMI < 35 and insulin is unacceptable because of occupational implications or weight loss would benefit other co-morbidities may be suitable for GLP 1 therapy. Refer these patients to the Lambeth Diabetes Intermediate Care Team for assessment.

Shared care protocol for exenatide in type 2 diabetes

There is an obesity clinic at King's College Hospital. Referrals are accepted for patients with a BMI > 30 who have medical complications or psychological problems associated with obesity. If appropriate patients are referred on for consideration of bariatric surgery.

The obesity clinic at Guy's is for consideration of bariatric surgery. Local criteria for acceptance for bariatric surgery are:

1. BMI > 40 with 2 major co-morbidities
2. BMI > 45 with 1 major co-morbidity
3. BMI > 50 with no added co-morbidities

Contacts

Dr Simon Aylwin
Consultant Endocrinologist, Obesity Clinic
King's College Hospital, Denmark Hill, London SE5 9RS

Dr Barbara McGowan
Consultant Diabetologist, Obesity Clinic
Guy's Hospital, Great Maze Pond, London SE1 9RT

[GSTT bariatric surgery GP referral proforma](#)

Pregnancy and Preconception Care

Pregnancy

All pregnant women with diabetes MUST be referred within one working day via phone or fax to the Diabetes Centre at Kings College Hospital or St Thomas' Hospital.

Contacts

Diabetes Centre

King's College Hospital
Telephone 020 3299 1351 or 020 3299 1588
Fax 020 3299 1730

Diabetes and Endocrine Day Centre

St Thomas' Hospital
Telephone 020 7188 1981
Fax 020 7188 1991

Preconception Care

All women with diabetes of childbearing age considering a pregnancy should be referred to the diabetes preconception clinics at either King's College Hospital or St Thomas' Hospital.

[Pregnancy and diabetes: information for practices](#)

Contacts

Diabetes Centre King's College Hospital

Telephone 020 3299 1351 or 020 3299 1588
Fax 020 3299 1730

Diabetes and Endocrine Day Centre St Thomas' Hospital

Telephone 020 7188 1981
Fax 020 7188 1991

Type 1 Diabetes

Patients with established type 1 diabetes should be referred secondary care (NICE 2004)

For patients who choose not to be referred to a diabetes unit their management can be reviewed at a virtual clinic or discussed with the community diabetes team.

Contacts

King's Diabetes Centre

King's College Hospital
Denmark Hill
London SE5 9RS
Telephone 020 3299 1351 or 020 3299 1588
Fax 020 3299 1730

Diabetes and Endocrinology Day Centre

3rd Floor, Lambeth Wing
St Thomas' Hospital
Westminster Bridge Road
London SE1 7EH
Telephone 020 7188 1981
Fax 020 7188 1991

Contact Numbers

Lambeth Diabetes Intermediate Care Team	Telephone 020 8655 7842 Fax 020 86557844
Mark Chamley, Clinical Lead	Telephone 020 8655 7842
Julia Azille, Community Diabetes Nurse North Locality	Telephone 020 8655 7842 Mobile 07834 513 549
Deirdre McGowan, Community Diabetes Nurse South East Locality	Telephone 020 8655 7842
Rosarie Atkinson, Community Diabetes Nurse South West Locality	Telephone 020 8655 7842 Mobile 07834 513 547
Liz Camfield, Community Diabetes Nurse South West Locality	Mobile 07824 431 953
Caroline Rook, Practice Nurse Specialist in Diabetes	Telephone 020 8655 7842 Mobile 07961 635 765
King's College Hospital Diabetes Centre	Telephone 020 3299 1351 or 020 3299 1588 Fax 020 3299 1730
St Thomas' Diabetes and Endocrine Day Centre	Telephone 020 7188 1981 Fax 020 7188 1991
Lambeth Podiatry Customer Service Team	Telephone 020 3049 4003 Fax 020 3049 6361
Emergency Foot Clinics	Telephone: Kings 020 3299 3223 St Thomas' 020 7188 1983 Guy's 020 7188 1991 King's College Foot Clinic Fax 020 3299 4536 St Thomas' Foot Clinic Fax 020 7620 1616 Guy's Fax 0200 7188 2450
King's College Hospital Emergency Ophthalmology Referral Service	Telephone 020 3299 3878 Fax 020 3299 1580
St Thomas' Hospital Eye Casualty	Telephone 020 7188 4316

