

Type 1 Diabetes in Primary Care(1)

Type 1 and Type 2 diabetes are fundamentally different

Type 1

- Autoimmune
- Destruction of Beta cells in the pancreas
- Need insulin
- Confirmed with positive antibodies (GAD, IA2 & ZnT8)

Type 2

- Insulin resistance
- Still have beta cell function
- Strong family history
- Risk factors include obesity, ethnicity, age, family history, lifestyle
- Initially managed with diet/lifestyle interventions, medication and sometimes insulin therapy
- Ensure correct diagnosis – do not discount Type 1 diabetes with those who have a BMI >25 or aged 50 years or above
- Symptoms of Type 1 diabetes are usually faster onset and include rapid weight loss and ketosis
- Do not use HbA1c to diagnose – but should be done as a baseline on diagnosis
- If you suspect Type 1 diabetes also screen for Autoimmune thyroid disease and coeliac disease
- Refer to specialist teams to provide education and training, technology support and insulin regimen advice
- People with Type 1 diabetes still need their GP and Practice Nurse

Type 1 diabetes in Primary Care (2)

- Annual Review – do not presume this is being done elsewhere!
- 9 Key Care Processes (QoF) also apply to Type 1 diabetes
- Don't forget discussions around
 - Injection technique – check sites, use and size of needles, sharps disposal
 - Sick Day Rules – explain causes and symptoms of DKA, ensure they have blood ketone strips and know the 'traffic light' system
 - Driving – 5 to drive! Test within two hours of driving, and every 2hrs whilst driving. DVLA supports use of Freestyle Libre
 - Hypoglycaemia – Gold score to assess, advise on treatment – 15-20g fasting acting Carbohydrate
 - Pre-Conceptual care – ask about contraception, importance of good glycaemic control before and during pregnancy
- Also measure TSH at each annual review
- Refer to Specialist care for:
 - Carbohydrate Counting courses
 - Technology support – including initiation of Freestyle Libre and CGM
 - Advanced knowledge of insulin regimens and profiles
 - Impact of activity/exercise on insulin and type 1 diabetes
 - Formal pre-conceptual advice
- Use the time wisely
 - Focus on the persons goals
 - Discuss achievable targets and prioritise
 - Use the 'Language Matters' document to support the time spent with them