Structured education at diagnosis in Type 1 diabetes transforms self management, confidence and outcomes. C.Kiddell, L.Ryan, L.Connor, K.Fraser, H.Whitty, C.Kelly

Background
Structured education is recommended within 6 months of diagnosis. Locally after initial education we struggled to recruit, and 12 months after diagnosis only 30% of adults were achieving a target Hba1c of < 58mmols.

Aim
Working with teams across Scotland, we developed a structured education programme to start on the day of diagnosis. The goal is to produce expert patients, confident in self management with target blood glucose results, and Hba1c of < 58mmols.

Hba1c at 6 months.
In the first 18 months 24 people have been diagnosed. As a group Hba1c has dropped from 115mmols to 54mmols.

Confidence at 8 weeks
Confidence was measured using a linear scale of 1-10
(1 being not at all confident- 10 very confident).
To make a change you need to score > 7/10.

Conclusion
Using a structured education programme from day 1 with a core philosophy, curriculum and lesson plans has resulted in marked improvement in glycaemic control with 58% of people in target compared with 30%. In addition only 13% have an Hba1c > 75mmols/mol when the average nationally is 40%. The programme has instilled the confidence to manage Type 1 diabetes independently.