

EAHSN (Eastern Academic Health Science Network) Diabetes Projects at Ipswich Hospital

Dear Colleagues,

We are delighted to report to you the very successful first year of the EAHSN, achieved with your help. There are two projects running in parallel. One around prevention of recurrent hypoglycaemia in the community, and the other on preconception advice at practice level for people with diabetes.

The EAHSN hypoglycaemia project commenced at Ipswich Hospital in conjunction with the East of England Ambulance Service in March 2015. The project aims to reduce the number of emergency call outs for severe acute hypoglycaemic episodes (SAHE) to people with diabetes by developing new pathways between the East of England Ambulance Trust and clinicians in primary and secondary care. So far in Ipswich and East Suffolk over 180 referrals to the service have been received with patients being offered education sessions on SAHE avoidance and risks. These sessions are provided by a diabetes specialist nurse or when preferred by the GP at practice level.

As part of the project 35 paramedics from across Suffolk have also attended consultant led hypo education days to share ideas, data and best practice treatments for SAHEs. To improve knowledge of management and prevention of hypoglycaemia and to improve knowledge of other aspects of diabetes care, primary and secondary care clinicians have been given free access to an online diabetes learning programme. Recently Suffolk pharmacies have also become involved in the project and are dispensing hypo information leaflets along with patient's relevant diabetes prescriptions.

Running parallel to this project is the **diabetes pregnancy and preconception project**. The project provides specialist advice for women with type 1 and type 2 diabetes aged between 16 and 45 who are planning a pregnancy and advice on contraception for those wanting to avoid an unplanned pregnancy. A great response has been received from East Suffolk practices with 82.5% taking part in a mail out to their female patients with diabetes (aged 16-45). Over 500 patients have now received a leaflet advising them on how to have a safe pregnancy. Presentations about the project have been given to health care professionals across East Suffolk and stands have been held at local events such as the Indian Mela, UCS Freshers Fair and the Suffolk Baby Show. The project has also teamed up with various other services including health visitors, local supermarkets, Live Well Suffolk, YMCA and the Suffolk Library Service, who have all agreed to hand out or display the project materials. Research shows that those with diabetes who plan their pregnancy with help from a diabetes health team reduce the risk of serious complications (miscarriage, stillbirth or defect in the baby) from one in 10 to one in 50.

Both project are continuing to run and further details can be accessed at

<http://www.eahsn.org/help-for-nhs/service-innovation/diabetes?t=project-deliverables>

or by contacting emma.page@ipswichhospital.nhs.uk