

Type 1 diabetes with disordered eating service (T1DE)

Department of Diabetes

Information for Patients

Produced: January 2024

Review: January 2027

Leaflet number: 1473 Version: 1

Introduction to the service and team:

We are piloting a new service across Leicester, Leicestershire, and Rutland. This is specifically for people living with Type 1 Diabetes with Disordered Eating (T1DE). The aim of this service is to provide holistic support for your physical and mental health needs.

The team who are part of this service include:

Consultant physician in diabetes– their role is to

- lead the service.
- make sure any medical issues are dealt with appropriately and
- provide input into overall care planning.

Clinical psychologist-their role is to

- support you and your diabetes team to figure out how your diabetes self care is affected by biology such as blood sugar swings, cognitions such as ideas about your body, food and self, and social conditions such as your home life.
- 'prescribe' in terms of practical coping strategies rather than medications. They may do so directly or indirectly through your team.

Diabetes specialist nurse– their aim is to

- provide holistic, patient-centred care to support your diabetes self-management.
- assist with all practical aspects of diabetes and provide care together with your family.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

Diabetes specialist dietitian– their role is to

- support you with the management of your diabetes around food, insulin and daily activity.
- help you with meal planning and provide nutrition assessment and support.
- work with you to manage your diabetes care alongside the concerns you may have about insulin use, weight and body image. As such your appointments will be longer and will include some or all the team at times. Support will be time limited and focused on working towards the goals you have identified with your team for improving diabetes care.

Preparing for the 1st T1DE review appointment

- Please bring your glucose meter, insulin pens, insulin pump, sensor and any other diabetes-related technology.
- Please also think about what is important to you in your diabetes care. Also, what aspects of your diabetes care you would like support with, as we will be asking you about this in the appointment.

Attending the T1DE review appointment

- Your 1st appointment will be for an hour with members of the team identified above.
- We will ask you some questions about your physical and mental health. This is to get a complete picture of your situation. If you would like us to, we would welcome the opportunity to talk to your loved ones either separately or with you. We will only do this with your permission.
- We will also ask you to complete some questionnaires about your mood, anxiety, eating patterns and your quality of life. These will help us monitor your progress. We would like you to complete these questionnaires before you attend your 1st review appointment.
- Please get here 30 minutes before your scheduled time. This will give you enough time to finish these.
- Finally, we bring together all the reviews and meet with you to share our findings. We will discuss the treatment options with you. Your own ideas about what might help you will be very important.

After the T1DE assessment appointment

- After your review appointment, a care plan will be agreed upon. It could be done to discuss the need for a follow-up appointment.
- Your needs and preferences from the first appointment will guide the follow-up appointment schedule, location, and doctors you will see.
- Your follow up appointments can include 2 health care professionals at any 1 time. This is so we can support you in your journey. These appointments can be either face to face or via a teams call. You can choose.

- We will regularly check your mood, how you are balancing your desire for better health with your body image, any admissions, and whether you are getting hypoglycaemia.
- In every 3 to 6 months, members of the extended team will meet with you and your family, if you wish. We will discuss what is currently working well and what can work better.
- We will also repeat the questionnaires you completed at the 1st review.

Contact details: 0116 2584917

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો
ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

Previous reference:

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk