

PAPER ON Integrated Community Diabetes Care in Bexhill on Sea– (ICDC)

Introduction

At a Support Group Meeting in January 2023 our guest speaker, Erwin Castro mentioned Integrated Community Diabetes Care – ICDC.

As no one seemed to have heard about this I have made some enquiries. This is administered locally from Little Common Surgery.

Details provided so far are to quote:-

“We target patients with type 2 diabetes in Hastings & Rother, Seaford Eastbourne and Hailsham.

Our clinics are led by GP’s with a special interest in Diabetes, Diabetes Specialist Nurses and clinical pharmacists specializing in diabetes, in addition to a podiatrist, dietitian and health in mind experts providing multidisciplinary approach to address patients’ needs and further management in their locality.

Some of the benefits of the service are listed below.

- The capacity to see patients sooner reducing the demands on secondary care services
- Minimal waiting times for all appointments
- Access to foot checks, health in mind consultations and dietetic advice within the service
- A multidisciplinary approach
- Local appointments for patients, ease of access, care closer to home
- 45 minute initial appointments, providing patients time to discuss every aspect of their concerns
- Language line for non-English speaking patients and action for deafness for hard of hearing and deaf patients
- Options for Telephone or face to face appointments
- Regular MDT to discuss complex patients.
- Injectable initiation.

Details of the Service

ICDC is an intermediate care service – essentially for people living with type 2 diabetes who are experiencing poor control to help them improve self-management and control and stay well. Hope the below is helpful in the short term.

I think the key things to know are the referral criteria and the diagnostics that the service requires as part of the referral.

Acceptance Criteria:

Referrals will only be accepted if all the tick boxes below are completed

readings listed below no older than 3 months before the date of this referral

- HbA1c – (Must be over 64 mmol /mol) ☐
- Height ☐
- Weight ☐
- Blood Pressure ☐
- Serum Lipid ☐
- ACR and renal function ☐
- Blood glucose testing at least twice a day for one week prior to appointment, (please provide patients with a monitor to test) ☐
- Is the patient on 3 medications or more ☐
- The patient has consented to the referral and agreed to attend appointments ☐

Exclusion criteria:

- Diabetes patients undergoing cancer treatment.
- HbA1c under 64mmol / mol (We only accept patients with a HbA1c over 64 for core clinic appointments, if you would like to only be seen by our podiatrist or dietitian then this would not be applicable)
- Newly diagnosed Type 2 Diabetics (Under 1 year)
- Type 1 Diabetics
- Under 16-year-old
- Patients with advanced dementia / Alzheimer's disease,
- Severely frail patients & Housebound patients
- Patients with other co-existing endocrine disorder, renal CKD4 and CKD5 patients, pancreatic disease, malabsorption, eating disorders, severe neuropathy, autonomic neuropathy, Severe insulin resistance and other complex medical issues.

Anyone that would like to be referred to this service would **need to contact their GP practice to request a referral to us**. We would require up to date bloods which would need to be arranged with your surgery to include HbA1c, Lipids, BMI and blood pressure.”

Contact Details

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ICDC Service Manager
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Dr P Stocks & Partners
Little Common Surgery, 82 Cooden Sea Road, Little Common, Bexhill on Sea, East Sussex, TN39 4SP
Tel: 01424 848225
Please note my working hours are 9.15-2.15 Monday to Thursday.

Attachments

There is also an application form which is attached. Not sure whether this is filled in after referral from your GP.

Current Activity

I am in correspondence with the PCN and **Adrian Lambert, Senior Commissioning Manager – Planned Care**, Brighton and Hove and East Sussex- **NHS Sussex** and have incorporated information kindly provided by him.

Conclusion & Requested Action

This seems to be a service with great potential but does not seem to be publicised at all. It is recommended that you enquire at your surgery and see what happened. We would be very interested as when I mentioned it at the surgery recently no knew anything. Adrian will now be coming to talk to us on the 12th September 2023.

I would appreciate any feedback that members can provide so I can provide feedback.

Chris Cooper 9/05/2023