



Stratified Type 1 diabetes follow-up

This leaflet explains what to expect from a new method of outpatient care at the Royal Berkshire Hospital. It aims to meet the needs of our patients with Type 1 diabetes, whilst aligning with the Trust values of CARE – Compassionate, Aspirational, Resourceful and Excellent.

What is stratified follow-up?

Stratified follow-up is a new approach to outpatient clinic care. Instead of outpatient clinic appointments every 6-12 months, you will be offered an outpatient clinic appointment every three years. However, every year our diabetes team will carry out a remote check of your FreeStyle Libre or Dexcom data. This will make sure your Type 1 diabetes is well controlled so don't need to see you earlier than the planned three year appointment.

Why have I been offered stratified follow-up?

This method of follow-up is offered to those who are using either FreeStyle Libre or Dexcom. Technology has transformed diabetes care in recent years and this means we have access to more information remotely than we ever have had before. Additionally, those offered this style of follow-up have shown good control of their condition and do not have any added diabetes-related health concerns.

What should I do if I have concerns or need advice in the interim?

If you have concerns or need advice regards your diabetes before your three year follow-up appointment, you should contact the Diabetes Nurse Advice Line on: 0118 322 7478, Monday-Friday 8am-5pm or email diabetesnurses@royalberkshire.nhs.uk. The team will then be able to give you advice, or if needed/preferred, can book you in for a face to face outpatient appointment.

What is the aim of follow-up?

The stratified follow-up has two aims. Firstly, to reduce the burden of clinic appointments on our patients. Secondly, to enable outpatient appointment slots to be free for you to be booked into when/if you require assistance, rather than just at set intervals in time.

When will I be seen in person?

You will be seen every three years in person, unless you have made contact with the team within that time requesting an earlier review.

Will someone be checking on my progress in between appointments?

Every year the diabetes team will look at your FreeStyle Libre or Dexcom data remotely. You will then be sent a letter to inform you that data has been checked and whether the team are happy for you continue along the stratified pathway. If the team have noted areas of change on your data, they will contact you with advice or to book you in for an earlier outpatient appointment.

Do I still get my GP checks?

Everyone with diabetes should be called by their GP surgery for annual checks that include blood pressure, blood tests, urine test and feet check. If this has not happened or is not happening, please get in touch with your GP surgery to schedule this.

Can I opt out of stratified follow-up?

Absolutely. This is an 'opt in' method of follow-up and you can continue with the traditional outpatient follow-up you have been receiving if you prefer. You can also opt out of the pathway at any time when you are on it and return to the traditional follow-up pathway.

If you wish to start on the stratified Type 1 diabetes follow-up, please ensure that you:

- are connected to Royal Berkshire LibreView account for FreeStyle Libre users or Clarity Account for Dexcom users
- have access to a working ketone meter and strips (for sick days)
- have a copy of the sick day rules or can access them on the following link:

https://trenddiabetes.online/wp-content/uploads/2020/03/A5_T1Illness_TREND_FINAL.pdf

If you need advice on your diabetes, feel you need to book an earlier outpatient appointment or would like to opt out of stratified follow-up at any time, please contact the Diabetes Advice Line on 0118 322 7478, Monday-Friday 8am-5pm. Alternatively, email diabetesnurses@royalberkshire.nhs.uk.



To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

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