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**Report of outcome of Audit (Dissertation submitted for award of MSc (Diabetes) from the University of Warwick.**

**AIM:**

An audit was done and submitted in August 2016 on the management of type 2 Diabetes in the elderly as a professional project for the award of an MSc (Diabetes) at the University of Warwick.

The management of elderly patients with type 2 diabetes is complex and challenging. This population has specific needs and priorities. There are very important issues to be considered such as frailty, polypharmacy, quality of life and comorbidities to tailor management. However in primary care, these needs might not be addressed, due to inadequacies in national guidelines. The International Diabetes Federation released guidelines in 2012 on how best to manage elderly patients with type 2 diabetes. The aim of the submitted audit was to compare current practice pertaining to frailty assessment, glycemic control, blood pressure control and lipid management in a surgery in a semi-urban setting to these IDF guidelines.

This led to a lot of learning and looking up all the evidence around the management of type 2 diabetes.

**OUTCOME:**

This audit was the last step of a part-time MSc course in Diabetes I had started in 2010 at the University of Warwick. I was a self-paying student and it took me 7 years to complete. I had felt the financial strain of wanting to pursue this MSc and hence the grant from the Claire Wand Fund help me complete my MSc. I am extremely grateful to the Claire Wand trustees for awarding me with this grant.

In December 2016, I was informed that I had passed my audit very successfully and would be awarded my MSc at the Graduation Ceremony in January 2017 which I attended with my family. I was extremely proud on that day to receive my MSc.

Being awarded with this MSc in Diabetes led to lots of positive outcomes on a personal level and also to the quality of care patients receive locally and even at national level. I had a big

boost of confidence following graduation and I was given opportunities to share my knowledge and expertise to health professionals across the UK.

First, in February 2017, I led an RCGP North-West course :- An update on the management of Type 2 Diabetes in Leyland, Lancashire. It was very successful and 35 health care professionals attended (with more on a waiting list). I was able to share all my knowledge on how to treat type 2 diabetes and speak more specifically on how to manage elderly patients (a direct outcome of the audit). I had been appointed as a Diabetes UK Clinical Champion in 2015 (while I was doing my MSc) and I raised £400 for Diabetes UK on that day. It was very successful and this event is happening again in 2018.

I also received excellent feedback from all health professionals that attended. An example of official feedback received: ‘ one of the best diabetic updates I have attended in the last 6 years’. Following this , I was also invited to speak at meetings at a national level and was one of the speakers talking about the management of type 2 diabetes in Manchester, London, Birmingham, Cardiff, Ipswich. I hope that I have helped hundreds of health care professionals improve the quality of care they deliver to their patients.

On a clinical basis, I believe I now deliver high quality evidence based care to all my diabetic patients in my practice. I was keen to be able to do this on a wider basis. This is why I spoke to my neighbourhood practices, CCG and the local hospital trust (Blackpool) and with involvement of all stakeholders, despite no funding, we were able to start a Diabetes Community clinic in March. It involved one local consultant and I seeing complicated patients in our neighbourhood community setting. I did this as a volunteer (no remuneration) and we run 3 successful clinics. We had excellent feedback from patients. However due to lack of funding and disagreement between the CCG and the local trust, we had to stop after 3 clinics. I certainly hope that these will restart in the close future.

On a personal level, I volunteered as an RCGP clinical adviser on Diabetes earlier this year. While I was working on my audit in 2016, I was involved with NICE (National Institute of Clinical Excellence) as a specialist committee member in developing Quality Standards in Diabetes which was published in July 2016. Last month, I also approached NHS Digital with a new idea to develop short impact videos for patients with type 2 Diabetes. We are hoping to film one video as a pilot which I will be able to send to my patients.

I would again like to sincerely thank all the trustees of the Claire Wand fund for awarding me a grant which went a long way to help me complete a good quality audit which led to me being awarded my MSc (Diabetes). This then led to me trying to drive improvements in Diabetes Care locally and also educating hundreds of health care professionals at national level. It has given me a big boost of confidence and I hope to be able to continue and pursue on this path.