

PRESS RELEASE

New guideline for the NHS on the diagnosis and management of type 1 diabetes in children

A new guideline published today by the National Institute for Clinical Excellence (NICE) and the National Collaborating Centre for Women and Children's Health (NCCWCH) sets out how health professionals should diagnose and care for children with type 1 diabetes. The guideline will ensure that the NHS is working to the same standards when supporting children and their families across England and Wales.

The guideline states that children and young people with type 1 diabetes should be offered an ongoing integrated package of care by a multidisciplinary paediatric diabetes care team. To optimise the effectiveness of care and reduce the risk of complications, the diabetes care team should include members with appropriate training in clinical, educational, dietetic, lifestyle, mental health and foot care aspects of diabetes for children and young people.

Other key recommendations include:

- At the time of diagnosis, children and young people with type 1 diabetes should be offered home-based or inpatient management according to clinical need, family circumstances and wishes, and residential proximity to inpatient services.
- Home-based care with support from the local paediatric diabetes care team (including 24-hour telephone access to advice) is safe and as effective as inpatient initial management.
- Children and young people with type 1 diabetes and their families should be offered timely and ongoing opportunities to access information about the development, management and effects of type 1 diabetes. The information provided should be accurate and consistent and it should support informed decision-making.

- Children and young people with type 1 diabetes and their families should be informed that the target for long-term glycaemic control is an HbA1c level of less than 7.5% without frequent disabling hypoglycaemia and that their care package should be designed to attempt to achieve this.
- Children and young people with diabetic ketoacidosis should be treated according to the guidelines published by the British Society for Paediatric Endocrinology and Diabetes.
- Children and young people with type 1 diabetes should be offered screening for:
 - coeliac disease at diagnosis and at least every 3 years thereafter until transfer to adult services
 - thyroid disease at diagnosis and annually thereafter until transfer to adult services
 - retinopathy annually from the age of 12 years
 - microalbuminuria annually from the age of 12 years
 - blood pressure annually from the age of 12 years.
- Children and young people with type 1 diabetes and their families should be offered timely and ongoing access to mental health professionals because they may experience psychological disturbances (such as anxiety, depression, behavioural and conduct disorders and family conflict) that can impact on the management of diabetes and well-being.

Neil McIntosh, NCC WCH Board and vice chair of Royal College of Paediatrics and Child Health stated: “The appropriate and timely diagnosis of the child with type 1 diabetes is a sentinel event for the whole family. Their lives change dramatically from that point. Maximising understanding for the child and family and minimising the intrusion to life are the key management strategies that promote a life with a minimum of complications. This requires a team of people supporting clinical, emotional and social needs. This care must not dissolve as the adolescent passes on to adulthood. These are critical guidelines for a common condition seen by paediatricians throughout the country”.

Jane Houghton, Nurse Consultant at the Royal Preston Hospital, Lancashire Teaching Hospitals NHS Trust and member of the Guideline Development Group says “Nurses are vital to the delivery of good quality care for children with diabetes and the fact that the guideline recognises that a multidisciplinary team approach is key, is to be welcomed. It is important that these guidelines are implemented at a local level and that all health professionals, including nurses, are involved in this process.”

Bridget Turner, Head of Health Policy and Development at Diabetes UK stated: “The announcement of these guidelines from NICE, is excellent news for children with type 1 diabetes. The recommendations cover the full range of care which should be available to children with type 1 diabetes and also cover the important transitional period between childhood and adulthood. The guidelines, if implemented, will ensure that consistent and quality care is delivered to all children with type 1 diabetes.”

Professor Peter Littlejohns, Clinical Director of NICE and Executive Lead stated: “I would like to thank the National Collaborating Centre for Women and Children’s Health and the Guideline Development Group for all their hard work on this important guideline. This guideline is based on the best available evidence and has been developed following a collaborative and consultative approach involving health professionals and people with diabetes. These guidelines should help standardise best practice in the field of diabetes care and the accompanying information for the public should prove a useful resource for parents and carers of children with diabetes.”

Steve Taylor, member of the Board of Directors at the Juvenile Diabetes Research Foundation said: “We at JDRF give our full backing to these comprehensive guidelines which, if implemented, should enable people to live lives less severely impacted by the condition. Given the personal and economic impact of type 1 diabetes, which currently affects 4.9 million people around the world* and annually accounts for almost £2.5 billion in healthcare costs in the U.K. alone** we believe that going forward, focus must be given, not only to the treatment of the condition, but to finding a cure.”

NICE has also launched a clinical guideline on the treatment and care of adults with type 1 diabetes today, and further information can be found on the NICE website at www.nice.org.uk.

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Notes to Editors

About NICE

1. NICE is part of the NHS. It is the independent organisation responsible for providing national guidance on treatments and care for those using the NHS in England and Wales. Its guidance is for healthcare professionals and patients and their carers to help them make decisions about treatment and healthcare. For further information about NICE you can visit www.nice.org.uk.
2. NICE produces guidance in three areas of health:
 - the use of new and existing medicines and treatments within the NHS in England and Wales – technology appraisals.
 - the appropriate treatment and care of patients with specific diseases and conditions within the NHS in England and Wales – clinical guidelines.

- whether interventional procedures used for diagnosis or treatment are safe enough and work well enough for routine use – interventional procedures.

NICE also funds three enquiries that undertake research into the way patients are treated to identify ways of improving the quality of care (the investigations are known as confidential enquiries).

3. NICE guidance and recommendations are prepared by independent groups that include professionals working in the NHS and people who are familiar with the issues affecting patients and carers.

About clinical guidelines

4. Clinical guidelines are recommendations on the appropriate treatment and care of patients with specific diseases and conditions within the NHS in England and Wales. They sit alongside, but do not replace, the knowledge and skills of experienced health professionals.
5. Our clinical guidelines are developed by independent groups that include healthcare professionals working in the NHS, patients and people who are familiar with the issues affecting patients and carers. Professional and patient/carer groups whose members are likely to be affected by the guideline can submit information and comment on the recommendations before they are finalised.
6. The guideline on Type 1 diabetes in children was developed by the National Collaborating Centre for Women's & Children's Health which is based at the Royal College of Obstetricians and Gynaecologists, and involves the following partners:
 - Royal College of Obstetricians and Gynaecologists
 - Royal College of Midwives
 - Faculty of Family Planning and Reproductive Health Care
 - Royal College of Paediatrics and Child Health
 - British Association of Sexual Health.

About Diabetes UK

7. Diabetes UK is the charity for people with diabetes. Diabetes UK funds medical research, provides information and support to people with diabetes and campaigns on their behalf. For more information visit www.diabetes.org.uk or telephone 020 7424 1000.

About the Juvenile Diabetes Research Foundation

8. The JDRF was founded in 1986 and is affiliated to the Juvenile Diabetes Research Foundation International, the leading charitable funder and advocate of type 1 diabetes research worldwide. Since inception JDRF has been responsible for more than £500 million direct funding of the most promising and groundbreaking research around the world and has funded, at least in part, every major research breakthrough in the last thirty years. JDRF is driven by volunteers with personal diabetes experience and focuses on research which shows the greatest potential to help achieve the charity's ultimate goal – a cure for diabetes. Visit www.jdrf.org.uk, or call 020 7713 2030.

* figures from the International Diabetes Federation

** TARDIS: Type 2 Diabetes – Accounting for a Major Resource Demand in Society in the UK