



IDDT's 15th Birthday Debate joined with World Diabetes Day

Do attitudes need to change for people with diabetes to have real treatment choice?

On November 10th IDDT celebrated its 15th Birthday with an afternoon debate at the London Marriott Hotel, County Hall.

Dr Matthew Kiln and Mrs Jenny Hirst, co-founders of IDDT, felt that a Debate between patients, health professionals, physicians and NHS diabetes policy leads was a fitting way to celebrate IDDT's achievements and to debate the future of diabetes care.

The motion for the debate - ***Do attitudes need to change for people with diabetes to have real treatment choice*** – was chaired by Lord Clement-Jones CBE, who for many years was the Liberal Democrat spokesman on health. While in some respects the debate was light-hearted, the panel debated the underlying serious message of patient choice and patient care.

Speakers for the motion were:

Professor Simon Heller, Mrs Carolyn Murray, Dr Laurence Gerlis and Mrs Sue Cradock.

PROFESSOR SIMON HELLER

Simon is a Consultant Diabetes Specialist at Sheffield Teaching Hospitals and Professor of Clinical Diabetes at the University of Sheffield.

He first became interested in diabetes as a specialty in the mid-1980s when working at the Queen's Medical Centre in Nottingham where he also developed an interest in research.

He investigated some of the causes of hypoglycaemia while working in Nottingham, in the USA and more recently in Sheffield.

In the late 1990s he worked with others in developing the DAFNE¹ education course for people with Type 1 diabetes and has also helped to develop the DESMOND² courses for people with Type 2 diabetes. He has also undertaken research measuring the value of blood glucose monitoring and investigating how to make insulin treatment more effective with insulin analogues and pumps.

CAROLYN MURRAY

Carolyn is a mum of 2 small children and has Type 1 diabetes that was diagnosed half way through her first pregnancy.

It was while pregnant that she discovered that diabetes was actually quite complicated and so decided to educate herself as much as possible so that she could gain best control. She also discovered alarmingly different levels of care available in different parts of the UK and decided to draw attention to these inconsistencies.

She has campaigned for mothers with diabetes to keep their babies with them in hospital unless there is a medical need for them to be separated for special care. And she has succeeded in getting herself onto her local South Warwickshire Maternity Forum where her voice has been heard and changes are now being implemented! But Carolyn vows that she won't stop lobbying until this issue is rolled out Nationally.

Happily the IDDT has been helping her with her campaign and she continues to provide both aid for patients and to lobby local services in equal measure.

DR LAURENCE GERLIS

Laurence graduated with double first class honours from Clare College Cambridge and was a scholar and prizewinner at Cambridge and at the Royal London Hospital.

He is currently CEO of SameDayDoctor, the UK's largest private provider of walk-in medical clinics.

He was formerly Medical Director of Novo and was responsible for the first International product licence registration of human Insulin. He was also Director of Clinical Research for the biotechnology group at Biogen.

He is a founder member and Trustee of the Insulin Dependent Diabetes Trust

and also acts as one of their medical advisors.

SUE CRADOCK

Sue qualified as a nurse in 1974 and has specialised in diabetes care since 1985. She is currently a consultant nurse in diabetes care, based at Queen Alexandra Hospital, Portsmouth.

Her role has been geared towards developing innovative specialist services for people with diabetes outside a hospital setting. She is a founder member of the DESMOND² collaborative and she works with their research team to consider the issues in developing group education programmes and rolling them out across the country.

Sue was instrumental in the establishment of the Portsmouth Diabetes Centre, and is the co-founder and past Chair of the Royal College of Nursing's Diabetes Nursing Forum. She was also the first non-doctor Chair of the Education Section of the British Diabetes Association (now Diabetes UK). She is an Associate Editor for Practical Diabetes International and regularly contributes to other publications.

Her areas of interest are self-management support programmes, intensive insulin therapies and the emotional aspects of diabetes.

Speakers against the motion were:

Ms Jane Essex, Dr Charles Fox, Dr David Cavan and Dr John Chisholm

JANE ESSEX

Jane was accidentally diagnosed with Type 1 diabetes when she was 8 years old, after a misdiagnosis of leukaemia - and she believes that she's worn out several glycaemic guardian angels ever since!

She attributes her 39 years of good living with diabetes to the fact that she wasn't seen by a diabetes consultant for the first 3 years of her condition - so ended up learning alongside her doctor and her mother. This - she says - was eminently empowering and resulted in her taking control of her own health.

She thinks that she spent much of her adolescence fighting barriers related to her diabetes – and says that she was probably the last generation who were forbidden to do P.E. in case they became “hypo” and who were told that they would never be able to have a family.

She didn't ever become any good at hockey but has had the satisfaction of bearing 3 children!

Although she dabbled briefly with medicine, she ended up pursuing her passion for education as a chemistry teacher in Suffolk, Yorkshire and finally Staffordshire. More recently she has been teaching other science teachers at Keele University.

DR CHARLES FOX

Charles qualified in medicine from Oxford University and St. Thomas' Hospital and trained in diabetes centres at Leicester, Poole, St Thomas', Exeter and Bristol. Since 1980 he has been consultant physician with a special interest in diabetes at Northampton General Hospital.

His special interests in diabetes are education, communication and patient empowerment, with particular emphasis on diabetes in people at each end of the spectrum - that is young adults and older people.

Since 1986 he has organised an annual counselling and empowerment course for healthcare professionals working in diabetes.

Charles has also co-authored many books including;
Diabetes at your Fingertips" - a Q&A handbook for people with diabetes and their carers.

"Diabetes in the Real World" - for health care professionals - winner of the Asher Award in 1997.

And - *"Vital Diabetes."*

DR DAVID CAVAN

David has been a consultant physician at the Bournemouth Diabetes and Endocrine Centre since 1996.

He has extensive experience in the treatment of diabetes, with particular interest in the management of Type 1 diabetes with multiple daily injections and with pump therapy.

He believes that the cornerstone of diabetes treatment is patient education to facilitate self-management. To this end, he has been actively involved in the development of patient education programmes for both Type 1 and Type 2 diabetes, including the successful BERTIE³ programme, whose format has been adopted by over 40 diabetes centres around the UK.

He has also co-written an internet-based education programme for Type 1 diabetes which is accessible free of charge.⁴

At a National level, David was a former Chair of the Education and Psycho-Social Care Section of Diabetes UK and participated in a number of working groups on patient education.

He is also a National spokesman for the Diabetes Education Network⁵ which supports diabetes teams across the UK in delivering high quality structured education programmes.

DR JOHN CHISHOLM CBE

John has represented doctors nationally for over 30 years. His interests include medical ethics, healthcare reform and the relationship between health and work.

He is a member of the Councils of the Royal College of General Practitioners and of the British Medical Association. He is also a Vice-President of the BMA, a member of the BMA's Patient Liaison Group and a Director of Concordia Health, a company providing NHS general practice.

When he was Chair of the BMA's General Practitioners Committee, he led the negotiation of the new GP contract.

For the past four years he was an adviser to the NHS Working in Partnership Programme, addressing new ways of working, health education and self-care.

He is also a regular contributor to various All Party Parliamentary Groups, especially the All Party Pharmacy Group.

References:

¹**DAFNE - Dose Adjustment For Normal Eating.** Training in flexible, intensive insulin management to enable dietary freedom in people with Type 1 diabetes: dose adjustment for normal eating (DAFNE) randomised controlled trial. DAFNE Study Group. BMJ: 2002; 325: 746.

²**DESMOND – Diabetes Education for Self-Management; Ongoing and Newly Diagnosed.** (M J Davies, S Heller, T C Skinner, M J Campbell, M E Carey, S Craddock, H M Dallosso, H Daly, Y Doherty, S Eaton, C Fox, L Oliver, K Rantell, G Rayman, K Khunti) on behalf of the Diabetes Education for Self-Management; Ongoing and Newly Diagnosed programme for people with newly diagnosed Type 2 diabetes: cluster randomised controlled trial. BMJ Mar 2008; 336: 491 – 495.

³**BERTIE - Bournemouth Type 1 Intensive Education programme.**

⁴ Internet-based education programme for Type 1 diabetes which is accessible free of charge www.bdec-e-learning.com

⁵ **Diabetes Education Network** www.diabetes-education.net

diabetes, a consultant nurse and consultants in the field of diabetes.

The audience was made up of people with diabetes and their partners, civil servants from the Department of Health and people with an interest in diabetes, including personnel from other health charities, all of whom voted unanimously for the motion.

It was felt that although attitudes are slowly changing, they are not fast enough for the majority of patients to benefit and unless the patient is articulate, forceful and well-informed, their care is often less than satisfactory. The view was also expressed that pharmaceutical companies can, and do, withdraw insulins for commercial reasons leaving patients without the choice of a full range of insulins to suit their needs and while this remains the case, neither doctors nor patients have real choice.

Lord Clement-Jones in his summing-up said, *“It is clear from this afternoon’s debate that in cases where the patient is articulate, forceful and well-informed their care is usually good. However, in the majority of cases, patients with diabetes are being sold short. Healthcare professionals and patients need to be better-informed about all the treatments available, to work more closely in considering the patient’s programme of care and to communicate far better.”*

Following the debate, there was a reception at which Jenny Hirst cut IDDT’s Birthday cake and toasted the future of IDDT vowing that the Trust would continue to campaign to maintain supplies of all insulins so people with diabetes to have a fully informed choice of treatment.

World Diabetes Day – Background

World Diabetes Day is led by the International Diabetes Federation and this year’s theme is Diabetes Education.

Blue represents the ‘UNite for Diabetes’ campaign which was instrumental in the United Nations’ resolution recognising diabetes as a major threat to global health. So to mark this, IDDT managed to light up the London Marriott Hotel. Other buildings were also lit up, the London Eye and the Shell Building .



