| **Community Diabetes Specialist Nurse referral criteria** |
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| **Conditions Treated:** |
| Adults with Type 1 diabetes mellitus – if not already under consultant care please also refer to consultant using e-referral  Patients recently discharged from hospital who have been started on insulin therapy.  Patients who have recently been admitted to hospital due to hypoglycaemia, Diabetic Ketoacidosis (DKA) or Hyperosmolar Hyperglycaemic State (HHS).  Patients on insulin therapy insulin therapy experiencing hypoglycaemia or symptomatic hyperglycaemia.  Adults with Type 2 diabetes mellitus with  HbA1c >75mmol/mol *OR* HbA1c significantly above target; for example, younger patients (<40 years) with shorter duration of diabetes (<10 years)  **AND** on maximum tolerated oral therapy for consideration of insulin or GLP-1 therapy *OR* on insulin or GLP-1 therapy requiring further optimisation of glycaemic control  Women with diabetes on agents other than Metformin who are planning pregnancy and require optimisation of blood glucose control – please also refer to the Diabetes Consultant using e-referral |
| **Procedures Performed:**  Optimisation of glycaemic control  Insulin therapy initiation and titration  GLP-1 therapy initiation and titration  Insulin pump therapy  Continuous Glucose Monitoring  Pre-pregnancy advice and support |
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| **Exclusions:** |
| Patients with newly diagnosed Type 2 diabetes should be referred for structured education.  Patients with Type 2 diabetes not on maximum tolerated therapy.  Patients in whom a new diagnosis of Type 1 diabetes is being considered or if the diagnosis of type of diabetes is not clear– contact the Specialist Registrar via Royal London Hospital Switchboard bleep 1585.  Diabetes in pregnancy – refer to the antenatal diabetes clinic.  Referrals to Diabetes Consultants should be made using the e-referral system. |
| **Required Investigations:** |
| U&E, LFT, HbA1c, recent weight, height and BMI calculation and BP measurement  If shared records are not available, please attach a brief summary with the required information to the referral. |
| **Administrative Requirements:** |
| The following information is required on the referral form:  Date of referral. Name, age, ethnicity, address, hospital number (if available), NHS number, telephone contact numbers. Referrer details and reason for referral.  Patients with type 1 diabetes are usually seen at the Diabetes Centre. Patients referred to our service will be offered an appointment either in the DSN clinic at their GP practice or at the Diabetes Centre. |
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| Prior to referral to Diabetes Specialist Nurse please consider referral to X-Pert structured education programme or Specialist Diabetes Dietitian.  Please consider concordance with current medications and provide advice on lifestyle, exercise and weight management prior to referral.  Patients being referred for insulin or GLP-1 therapy initiation should be taught blood glucose monitoring by a member of the practice team prior to referral. |
| **Alternative Services:**  Pharmacists may be able to discuss concordance with medications with patients where concordance has been identified as a problem.  For patients over 18 and a BMI over 30 (27.5 for South Asian residents) consider referring to the Fit for Life programme.  IAPT offer talking therapies to people recently diagnosed with diabetes or those who have been managing their diabetes well, and have also started feeling anxious or low in mood. |
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