

## Diab GA2 Assess and investigate individuals with suspected diabetes

### OVERVIEW

This standard is about assessing individuals with suspected diabetes and deciding whether further investigations should be requested. The individual, or their companions, may suspect they have diabetes, and request an assessment, or they may have been advised to seek an examination by another healthcare practitioner. The setting in which the assessment takes place might include the individual's home, community settings, day centres, surgeries, mobile assessment centres and hospitals. Users of this standard will need to ensure that practice reflects up to date information and policies. Version No 1

### KNOWLEDGE AND UNDERSTANDING

You will need to know and understand:

- 1.the NSF for diabetes
- 2.the NICE guidelines on diabetes monitoring, management and education
- 3.causes of diabetes
- 4.signs and symptoms of diabetes
- 5.normal and abnormal blood glucose and HbA1c values
- 6.how to monitor glucose levels, HbA1c, blood pressure
- 7.typical progressive patterns of diabetes
- 8.the importance and effects of patient education and self management
- 9.the psychological impact of diabetes, at diagnosis and in the long term
- 10.how to gather information from patients about their health
- 11.how to work in partnership with patients and carers
- 12.the social, cultural and economic background of the patient/carer group
- 13.the impact of nutrition and physical exercise
- 14.the effects of smoking, alcohol and illicit drugs
- 15.the effects of, and how to manage, intercurrent illness
- 16.how to manage hypoglycaemia
- 17.the medications used to manage diabetes
- 18.the long term complications of diabetes and when they are likely to occur
- 19.how to examine feet and assess risk status
- 20.how to monitor cardiovascular risk
- 21.how to monitor for renal disease
- 22.how to monitor for diabetic retinopathy
- 23.the law and good practice guidelines on consent

- 24.the staff member's role in the healthcare team and the role of others
- 25.local guidelines on diabetes healthcare
- 26.local referral pathways
- 27.local systems for recording patient information
- 28.quality assurance systems
- 29.the process of notification for legal and insurance purposes
- 30.sources of practitioner and patient information on diabetes
- 31.contact details of local and national support groups
- 32.how individuals can access facilities for exercise and physical activity, education and community activities

## PERFORMANCE CRITERIA

You must be able to do the following:

- 1.explain clearly to the individual
  - 1.your own role and its scope, your responsibilities and accountability
  - 2.the information that will be obtained and stored in records and with whom this information might be shared
  - 3.what is involved in the assessment
- 2.respect the individual's privacy, dignity, wishes and beliefs
- 3.minimise any unnecessary discomfort and encourage the individual's full participation in the assessment
- 4.obtain the individual's informed consent to the assessment process
- 5.communicate with the individual in an appropriate manner, recognising the stressful nature of a potential diagnosis of diabetes.
- 6.ask the individual to explain their condition in their own words, if possible, or obtain the story from any person accompanying the individual
- 7.ask appropriate questions that will enable you to assess whether the individual may be experiencing diabetes
- 8.obtain/confirm the individual's and their family's relevant medical history
- 9.obtain/confirm the individual's recent and past medications
- 10.carry out baseline observations and tests relevant to confirming the presence of diabetes
- 11.make a justifiable assessment, based on the individual's responses, baseline observations and tests and other medical conditions, whether to refer them for further investigations
- 12.request further investigations, if required, following national, local and organisational guidelines and protocols
- 13.explain to the individual why you are requesting further investigations, if any, what can be expected to happen and the expected timescales and possible implications of normal and abnormal results
- 14.provide opportunities for the individual to ask questions and increase their understanding of diabetes
- 15.assess how the individual is feeling and provide reassurance where appropriate
- 16.agree a date to review the results of further investigations
- 17.make a full, accurate and clear record of the information obtained, results of baseline

observations and tests, further investigations requested, and agreed follow-up action

### **ADDITIONAL INFORMATION**

This National Occupational Standard was developed by Skills for Health. This standard links with the following dimension within the NHS Knowledge and Skills Framework (October 2004) Dimension: HWB7 Interventions and treatments