

**SAFETY AND QUALITY
REMINDER OF BEST PRACTICE GUIDANCE**

Subject	Delayed Diagnosis of Diabetic Ketoacidosis and Type 1 diabetes in a young adult
HSCB reference number	SQR/SAI/2018/051 (AS/PHC)
Programme of care	Acute Services (AS) / Primary Health Care (PHC)

LEARNING SOURCE			
SAI/Early Alert/Adverse incident	✓	Complaint	
Audit or other review		Coroner's inquest	
Other (Please specify)			

SUMMARY OF EVENT
<p>A young adult presented to ED with a 5 week history of being generally unwell with nausea, vomiting and a 2 stone weight loss over this period. Observations at triage included a heart rate of 121 and a Respiratory rate 16. Patient was given a triage category 5 and following assessment admitted to clinical assessment unit. Abnormal admission bloods (including low sodium and low potassium) were not escalated and the diagnosis of Diabetic Ketoacidosis (DKA) was made at consultant review and the patient was transferred to ICU for further management.</p>

REQUIREMENTS UNDER CURRENT GUIDANCE
<p>NICE recommends you consider the diagnosis of Type 1 diabetes and DKA clinically in adults presenting with hyperglycaemia, bearing in mind that people with type 1 diabetes typically (but not always) have one or more of:</p> <ul style="list-style-type: none"> • ketosis • rapid weight loss • age of onset below 50 years • BMI below 25 kg/m² • personal and/or family history of autoimmune disease <p>DKA can also be the first presentation of Type 1 diabetes in children.</p> <p>4 Ts is a useful mnemonic to remember the presentation of Type 1 diabetes Toilet Thinner Tired and Thirsty</p>

NICE 2015 Adults

<https://www.nice.org.uk/guidance/ng17/chapter/1-Recommendations#blood-glucose-management-2>

NICE 2016 Children and Young People

<https://www.nice.org.uk/guidance/ng18/chapter/1-Recommendations#diabetic-ketoacidosis-2>

BSPED guidance

<https://www.bsped.org.uk/media/1557/dkaguidelinenov18.pdf>

ACTION REQUIRED

HSC Trusts should:

1. Disseminate this letter to all EDs, Minor Injury Units and clinical assessment areas to raise awareness of DKA as the first presentation of Type 1 diabetes in adults and children.
2. Ensure that the diagnosis and management of DKA follows NICE guidance in adults and the British Society for Paediatric Endocrinology and Diabetes (BSPED) and NICE guidance for children.

Please confirm by 18th September 2019 to Alerts.HSCB@hscni.net that these actions have been completed.

HSCB should:


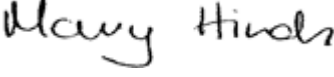
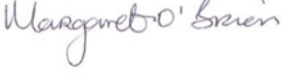
1. Disseminate this letter to GPs, GP out of hours services, Community Pharmacists and Dentists.

NIMDTA should:

1. Disseminate this letter to doctors in training in relevant specialties.

RQIA should:

1. Disseminate this letter to relevant independent sector providers.

Date issued	28 August 2019		
Signed:			
Issued by	Dr A Mairs Acting Director of Public Health	Mrs Mary Hinds Director of Nursing, Midwifery and Allied Health Professionals	Dr M O'Brien Head of GMS

RE: SQR/SAI/2018/051 (AS/PHC) - Delayed Diagnosis of Diabetic Ketoacidosis and Type 1 diabetes in a young adult

	To – for Action	Copy		To – for Action	Copy
HSC Trusts			PHA		
CEXs	✓		CEX		
Medical Director		✓	Medical Director/Director of Public Health		✓
Directors of Nursing		✓	Director of Nursing/AHPs		✓
Directors of Social Services			PHA Duty Room		
Governance Leads		✓	AD Health Protection		
Directors of Acute Services		✓	AD Service Development/Screening		✓
Directors of Community/Elderly Services			AD Health Improvement		
Heads of Pharmacy		✓	AD Nursing		✓
Allied Health Professional Leads			AD Allied Health Professionals		
NIAS			Clinical Director Safety Forum		✓
CEX		✓	HSCB		
Medical Director		✓	CEX		
RQIA			Director of Integrated Care	✓	
CEX	✓		Director of Social Services		
Director of Quality Improvement		✓	Director of Commissioning		
Director of Quality Assurance		✓	Alerts Office		✓
			Dir PMSI & Corporate Services		
NIMDTA			Primary Care (through Integrated Care)		
CEX / PG Dean	✓		GPs		✓
QUB			Community Pharmacists		✓
Dean of Medical School		✓	Dentists		✓
Head of Nursing School		✓	Open University		
Head of Social Work School			Head of Nursing Branch		
Head of Pharmacy School		✓	DoH		
Head of Dentistry School		✓	CMO office		✓
UU			CNO office		✓
Head of Nursing School		✓	CPO office		✓
Head of Social Work School			CSSO office		
Head of Pharmacy School		✓	CDO office		✓
Head of School of Health Sciences (AHP Lead)		✓	Safety, Quality & Standards Office		✓
Clinical Education Centre		✓	NI Social Care Council		
NIPEC		✓	Safeguarding Board NI		
GAIN Office			NICE Implementation Facilitator		
NICPLD			Coroners Service for Northern Ireland		