

Supplementary prescribing – how this has changed my clinical practice

Francesca Annan RD SP FBDA

Introduction

ME

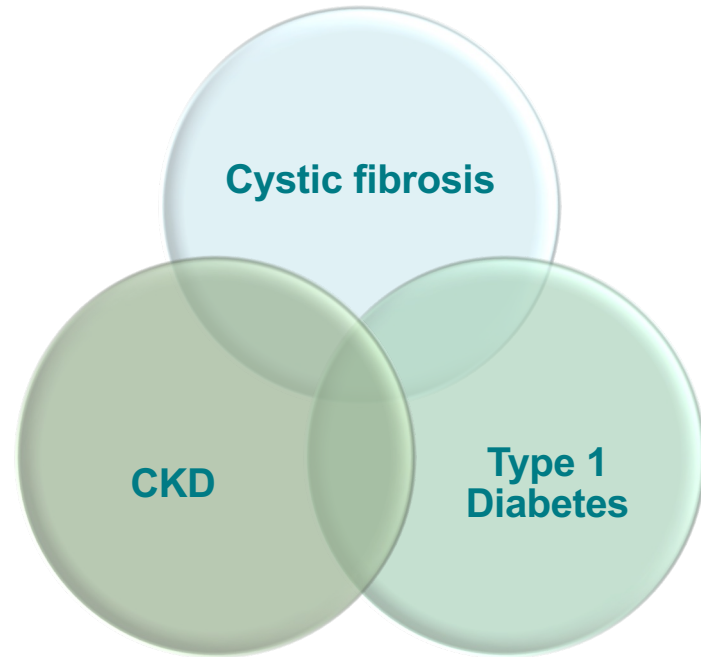


- BSc (Hons) Nutrition and Dietetics 1990
- MSc Sport and Exercise Nutrition 2013
- PG Cert Non-Medical Prescribing 2019

More Me

- Paediatric Dietitian since 1993
- NICE guideline writing group 2015 Diabetes in Children Guidelines
- ISPAD nutritional management of diabetes guidelines – contributing author 2014, 2018, lead author 2022
- Lead dietitian National CYP Diabetes Network
- Awarded BDA Fellowship 2018

Reflections on clinical practice before prescribing.....



Long term chronic condition management

- Before Non-medical prescribing
- Patient specific direction to advise
 - Creon
 - Phosphate Binders
 - Insulin

Direction to advise

- Allowed adjustment of medication within specific guidelines for patients under the care of named consultants where the dietitian was a member of the MDT.
- Created with head of pharmacy at the time
- Pre – dated the Patient Group Direction (PGD)

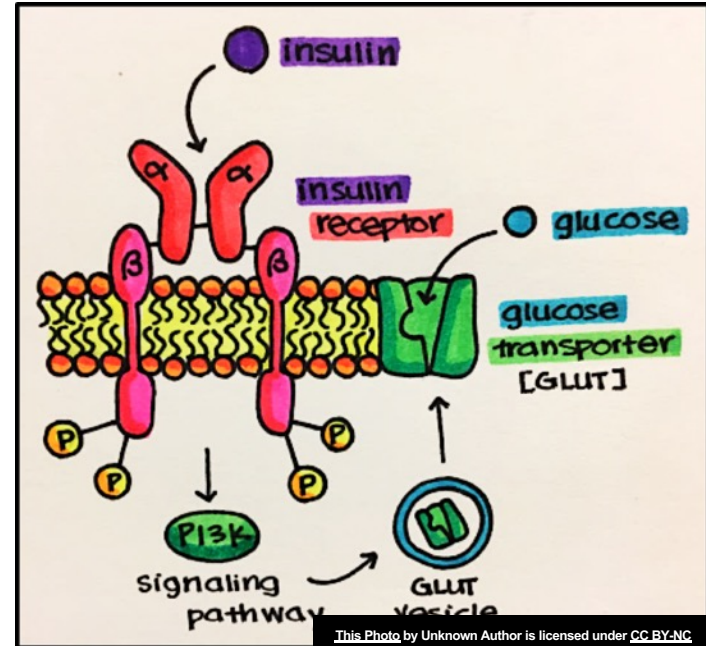
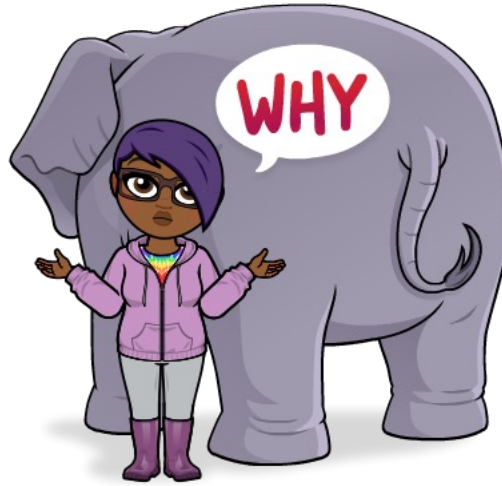
Along came non medical prescribing



Patient Group Direction training

- Attended PGD training within the trust
- But
- Not suitable for the adjustment of medication so continued use of direction to advise with expanded guidelines
- As job role evolved to full time paediatric diabetes dietitian led on the development of insulin adjustment guidelines

Why does a dietitian need to adjust insulin?



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2016

Move to UCLH and supplementary prescribing now an option for dietitians

Barriers to prescribing by dietitians (reported)

Organisational



Time



Funding

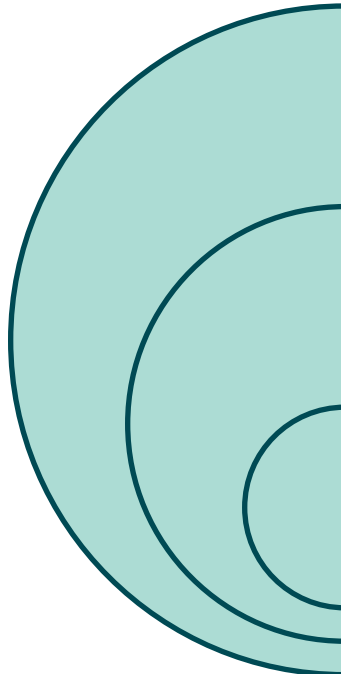


Support

Personal

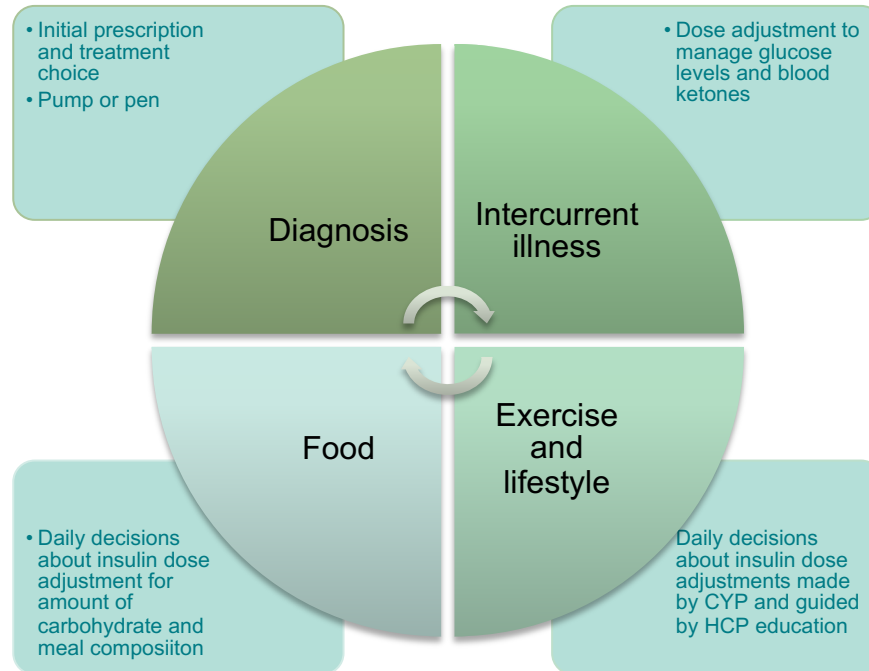
- It is too hard
- We only need to know about insulin
- What is the point we will only have to another course to become independent prescribers

2019 LSBU Paediatric Non NMP course



May 2019	<ul style="list-style-type: none"> • 2 dietitians on course • Peer support
December 2019	<ul style="list-style-type: none"> • Passed
2020	<ul style="list-style-type: none"> • HCPC registration updated • Trust register July 2020

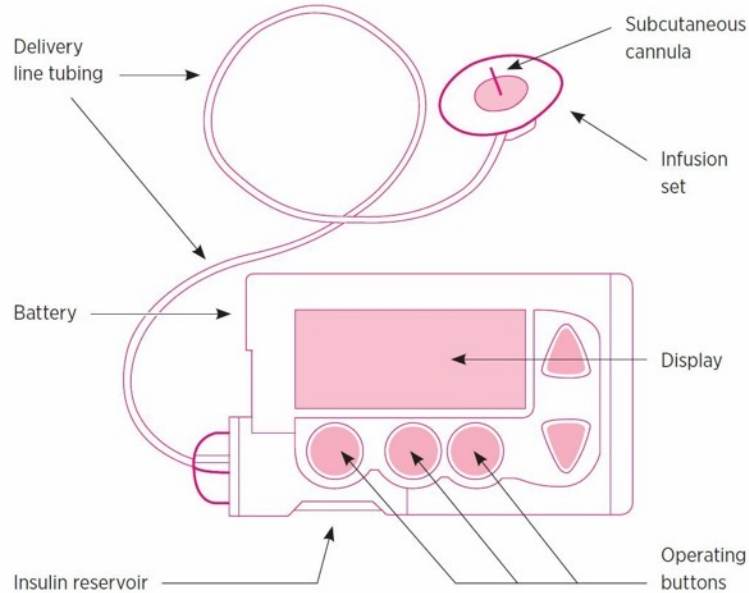
Prescribing in Type 1 Diabetes



IT IS NOT JUST INSULIN

Treatment choices

Pump



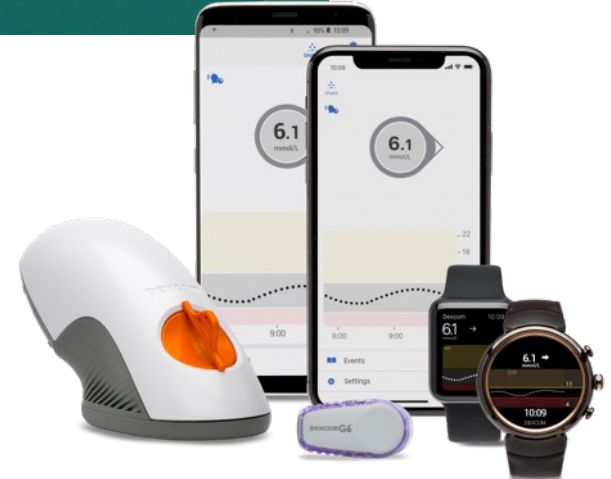
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Pen



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Meters and Sensors



Algorithms - Hybrid closed systems



It is not just insulin.....



- Specialist exercise and diabetes management clinic
 - Therapeutic use exemption
 - Banned medications
 - Asthma medications
 - Supplements

Prescribing and adjustment across the team

- Junior doctors
- CNS
- Dietitians
- Consultants



What is different now?



But.....





francesca.annan@nhs.net