

## T1DE

# Type 1 Diabetes and Eating Disorders Pilot Project

The T1DE pilot project brings diabetes, eating disorders and mental health care into one team to help people manage their diabetes safely, get treatment for their eating disorder and improve their mental health.

City Health Care Partnership CIC, Hull University Teaching Hospitals NHS Trust and Humber Teaching NHS Foundation Trust have been given funding by NHS England to run this project until April 2025.

During the process of treatment, we will ask if you agree for some of your treatment information to be collected and submitted to the Rapid Service Evaluation Team (REVAL) at the University of Manchester to contribute to a research study. You may also be invited to take part in an interview as part of this study. This is **completely voluntary** and if you decline this will not affect your care in any way.

### Who is this service for?

T1DE is for people aged 18 and over who have Type 1 diabetes and an eating disorder. You need to have a Hull or East Riding GP.

## Who is in the T1DE Team?

- **Diabetologist**
- **Liaison psychiatrist**
- **Diabetes specialist nurse**
- **Specialist dietitian**
- **Eating disorder practitioners**
- **Mental health nurse**
- **Multi-disciplinary team co-ordinator**

You may see some or all of the team at different points in your recovery journey. At your first appointment we will explain about their different roles.

We may invite your friends or family to join the sessions to learn about how they can support you if you're happy about this.

## What happens during my appointments?

One of the team will call you to talk about your referral and tell you a bit more about the service. They will book you in for your first appointment and a physical health check, which will include weight, height, pulse, blood pressure, temperature, ECG (heart check) and some blood tests. You will be asked some questions and we'll help you to complete some questionnaires about your mood, anxiety, eating, diabetes and your quality of life. You will have regular monitoring throughout your treatment.

After your assessment (which may take a few appointments), we will talk to you about treatment options and write a treatment plan. This will be reviewed regularly. We will help you set small, realistic goals so that you can manage your own diabetes.

Treatment options include:

- **Eating disorder therapies** from a specialist practitioner
- **Carer support** for families, showing them ways to support you best
- **Optimising your diabetes care**, using technology to support you to manage your diabetes
- **Medication reviews** for your diabetes and mental health
- **Dietetic support** from a specialist eating disorder dietitian to help improve your relationship with food and your diabetes management
- **Mental health support** focusing on treating common mental health issues and reducing diabetes distress
- **Inpatient admission** either to a medical ward or eating disorders unit.  
This will only happen in cases where someone's health or life is at risk.

## What happens to my diabetes care?

Your diabetes care won't change and you will stay with your usual diabetes team but you will get extra support from our T1DE diabetes specialist nurse.

## How is my progress monitored?

We offer face-to-face, video and telephone appointments depending on your needs and wishes. You will also need to come to physical monitoring appointments.

We will regularly check your mood, physical health, diabetes self-care, eating disorder thoughts and behaviours and repeat the questionnaires you completed at your first assessment. We will meet with you (and your family if you wish) to share feedback about what's going well and what could work better.

## What happens at the end of treatment?

You will have a review with everyone involved to decide what will be best for you. Some people may be well enough to return to their local teams. Others may be at different stages of recovery.

## Your information

As part of the project we will ask if we can collect information anonymously about your diabetes, mood, lifestyle and mental health. This information will be stored and used to evaluate the pilot but it will not include any details that could identify you. We will also ask for your consent to share your information with the REVAL team.

More information about the REVAL team and the T1DE evaluation can be found at:  
[www.sites.manchester.ac.uk/reval/current-evaluations/t1de/](http://www.sites.manchester.ac.uk/reval/current-evaluations/t1de/)

## Care provided by students

We provide clinical training for students to get practical experience by treating patients. If you don't want students to be involved in your care, please tell us. Your treatment will not be affected.

## Contact the team

Tel: **01482 230721** Email: [chcp.t1deservice@nhs.net](mailto:chcp.t1deservice@nhs.net)

City Health Care Partnership will, on request, provide this document in braille, audio or large print.

If you would like this document in an alternative language or format such as audio tape, large print or braille, please call **01482 347649**.

