

Insulin initiation

Groups versus one to one appointments

Groups

- Greater engagement with services and improved self-management skills
- Reduced waiting times for patients
- Patients able to see specialist nurse, dietitian and psychologist in one appointment
- Peer learning and support
- More efficient use of clinicians' time
- Reduced A&E attendances and admissions



No difference was demonstrated in clinical outcomes for patients

Not enough patients were started on Insulin for groups to be effective

One to one appointments

- Individualised care
- May be more appropriate for certain groups of people, e.g.
 - Patients with complex needs
 - Patients with multiple co-morbidities
 - Patients with mental health problems
 - Patients with a learning difficulty
 - Patients who need an interpreter
- More appropriate for people who don't like groups
- Patient choice



Insulin management groups for people already on Insulin would be a more effective approach