

## **Kirsty Winkley**

### **BIOGRAPHY**

Kirsty is a diabetes nurse and health psychologist based at King's College London where she is Reader in Diabetes & Primary Care. She also works clinically as a diabetes specialist nurse within primary care. Her expertise is mainly centred on supporting people with Type 2 diabetes. Her research interests include structured education for diabetes and how to improve attendance and developing psychological interventions that support diabetes self-management, including insulin initiation and ongoing treatment. She is the programme lead for the MSc Diabetes: Clinical Care and Management at King's College London, UK.

## **Is Primary Care Sufficiently Resourced to Provide Comprehensive Diabetes Care?**

### **SUMMARY**

Most countries need to adapt and develop the way in which diabetes care is delivered in response to the epidemic of type 2 diabetes. Therefore, many European countries have moved or plan to move to primary care delivery of diabetes care for adults with type 2 diabetes.

What diabetes care is delivered depends on the age and stage of the person in terms of the natural history of diabetes. They may have been recently diagnosed or had diabetes for several years. If recently diagnosed there may be initial consultation with a general practitioner (GP) and or nurse practitioner about the diagnosis and what it means, lifestyle and treatment. They may be referred for structured education and offered regular follow-ups and targets for glycaemia, blood pressure and cholesterol. This is a typical 'non-complex' model for adults with type 2 diabetes which may be achievable for delivery in some contexts. However, as the age of type 2 diabetes diagnosis has come down, and there are innovations in the treatment and management of type 2 diabetes this brings with it more complexity. In this lecture, we will consider the current models for the delivery of diabetes in primary care, current challenges and what innovation might be needed to support people with diabetes in primary care.