

Abstract

‘LISTEN to me, I know MY diabetes :’ Perspectives of people living with diabetes on day case surgery.

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Background What does it mean to a person with diabetes to have day surgery? What do they expect regarding their diabetes through the process? What experiences have they had?

Objectives To collect the perspectives of people with diabetes on day case surgery.

Methods People with diabetes UK-wide were invited to contribute their views via a survey with open, optional questions created by people with diabetes¹. Additionally, four people spoke (one-to-one) about their experiences and expectations. This is a summary of their viewpoints collected and summarised by people with diabetes¹.

Results 184 people (~52% women; aged 20-90years) with varying levels of experience of day surgery (~55% 1 or more) and diabetes (6 months-63years) contributed. 95% were insulin-treated, due to significant response from a Type 1 group. 75% would choose day surgery over staying overnight due to better diabetes control and quicker return to routine but were unaware/partially informed of how it may affect their diabetes. Approximately 50% who had day surgery reported a positive experience: ‘I was fully informed and encouraged to ask questions,’ ‘staff listened to me,’ ‘first on list.’ Despite this, shared concerns included: effects of fasting, stress and surgery on glucose levels, and the level of acknowledgement and information provided on how their diabetes will be/was managed.

Conclusions Patients felt empowered and safer when supported by an advocate and/or diabetes specialist. The most positive experiences from a patient perspective are achieved when their diabetes is acknowledged and managed according to their individual needs working together with the clinical team.