



REWRITE PETER'S STORY



EARLY DIAGNOSIS OF TYPE 1 DIABETES - A GUIDE FOR GPs



DiABETES UK

DEALL DIABETES. BRWYDRO DIABETES.
KNOW DIABETES. FIGHT DIABETES.

CYMRU



Diabetes UK Cymru is calling on all GPs in Wales to:

- ✓ Think 4Ts when diagnosing patients
- ✓ Perform a quick and simple finger prick test
- ✓ Follow the relevant clinical pathway if blood glucose levels are raised
- ✓ Signpost newly diagnosed patients to Diabetes UK for resources
- ✓ Signpost parents to The ELSA Study for children aged 3-13 to find out their risk of developing type 1 diabetes
- ✓ If blood glucose levels are raised refer to local Acute Paediatric Service on the SAME day

PETER'S STORY



Peter Baldwin, 13, from Cardiff, died in January 2015 suddenly and unexpectedly from DKA, as a result of undiagnosed type 1 diabetes.

His mum had taken Peter to the GP with flu like symptoms, he was diagnosed with a chest infection. Peter was prescribed antibiotics and sent home.



Less than 24 hours later, Peter was fighting for his life. His condition had worsened and mum Beth called 999. Upon seeing Peter, the first responder gave him oxygen and performed a finger prick test.

Peter's blood glucose level was extremely high and he was rushed to A&E. Peter was, by this point, already in DKA – Diabetic Ketoacidosis. Sadly, Peter passed away a few days later after falling into a diabetic coma.



His death was preventable. Instant blood glucose finger prick tests take seconds, and the results are instant.

We're asking GPs across Wales to ask more questions during appointments, think 4Ts and perform a simple finger prick test.

DO YOU KNOW THE SIGNS OF TYPE 1 DIABETES?

KNOW THE **4Ts** OF TYPE 1 DIABETES



The benefits of early diagnosis

- ✓ Prevent DKA, which is life threatening
- ✓ Earlier treatment avoiding long-term damage to the pancreas and other organs
- ✓ Improved mental wellbeing
- ✓ Better long-term prospects associated with diabetes complications
- ✓ Earlier access to the right support, treatment and technology



How can you support early diagnosis?

- ✓ Think 4Ts when diagnosing patients
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PETER'S LEGACY



Peter's mum Beth and family have campaigned tirelessly since 2015 to raise awareness about type 1 diabetes, which has influenced government policy and practice in Wales.



We know 12 children who received a prompt diagnosis and avoided DKA thanks to our 4Ts campaign. Peter's legacy has saved lives, and can go on to save many more.

Our mission is to make everyone aware of the symptoms of type 1 so other families don't have to go through the heartbreak of losing a child, especially when it could have been prevented."

Beth Baldwin





We want to arm GPs in Wales with as much knowledge as possible to help diagnose type 1 earlier, the 4Ts is so easy to remember, and could save a life.

Please help me to rewrite Peter's story and prevent other families losing a child."



Beth Baldwin

The ELSA Study



UNIVERSITY OF
BIRMINGHAM



Screening children for type 1 diabetes

Find out if your child is at risk of type 1 diabetes
in the future through The ELSA Study

Open to children aged 3-13 years



Simple
finger
stick test



Can be done at
school, home or at
the GP's



Post the
result
back

Contact us:

elsa@contacts.bham.ac.uk

Phone: 0121 414 7814

<https://elsadiabetes.nhs.uk/>

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