

Diabetes Psychological Medicine Service

Information for referrers

Service offered

We offer a specialist psychiatrist assessment which takes into account the biopsychosocial aspects of the person's presentation.

We aim to provide a written formulation to help the person and their healthcare professionals make use of the available management options available.

This may be assessment only or a short term work to move the person along their journey.

Referral criteria

Patient has H and F or Chiswick GP

Patient has a diagnosis of diabetes type 1 or 2

There is evidence of mental health issues but mental health diagnosis may be unclear

The patient is not currently under secondary mental health services

Referral route/process

Any professional involved in the care of the patient can refer to this service

Initial referral route can come via:
 A) Discussion at ICP case conference Or
 B) Email to Diabetes Service

Our clinicians are very happy to discuss cases for further clarification if you wish.

This should be followed up with a letter with all of the following information:

- A) Preferred language/need for interpreter
- B) Patient's attitude about referral
- C) Diabetes diagnosis
- D) Diabetes control parameters including HbA1C (within 14 days) and details about end organ damage
- E) Medication and any self-management concern
- F) Mental health input in the past
- G) Details about any current counselling /psychotherapy

Patient's preference about initial assessment: please

- A) Telephone
- B) Home visit
- C) Joint appointment with GP at surgery
- D) Charing Cross Hospital outpatient clinic

Contact details

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