

Driving Change in Care Home Diabetes Management: A District Nurse's Initiative

In the evolving landscape of community healthcare, district nurses are uniquely positioned to bridge the gap between national policy and everyday clinical practice. This pilot project, led by a district nurse within a large NHS trust, explored how relational leadership and peer-led education could drive meaningful improvements in diabetes care across care homes.

The Initiative



The project introduced the Libre 2 device; a cutting-edge glucose monitoring tool to frontline care staff. Through interactive training sessions, visual cues, and a scalable “train-the-trainer” model, staff confidence grew, and clinical decision-making became more agile. What began as a practical intervention soon evolved into a movement rooted in empowerment, inclusion, and safer patient care.

Impact and Alignment

Care staff reported enhanced symptom recognition and a stronger sense of agency when managing complex diabetes cases. The initiative was carefully aligned with professional standards, including the NMC Code, Queen's Nursing Institute (QNI) frameworks, and workforce development priorities, ensuring long-term relevance and sustainability.

Challenges Highlighted

Despite the intervention's successes, systemic gaps remain. Just over half of individuals with type 2 diabetes receive all recommended care processes, and fewer than 55% of care homes have a designated diabetes champion. These findings underline the need for compassionate, responsive leadership that listens, adapts, and acts with purpose.

Conclusion

With the right tools and relational support, care home staff can confidently improve diabetes management. Most of all, this work showed that meaningful change doesn't begin with devices, it begins with dialogue, shared purpose, and empowering those who deliver care every day. District nurses are uniquely positioned to bridge the gap between policy and practice. A recent pilot project showcased how relational leadership and peer-led education can transform diabetes care in care homes.