

April 2022

A group of yellow flowers

Description automatically generatedIntroduction

Dear All,

Welcome to our **Spring Diabetes Newsletter** which includes information on the NICE Guidance Updates, (particularly changes to **eligibility for technology**); guidance for patients living with diabetes and considering fasting during **Ramadan;** along with updates and information on other project/programmes in the area which we hope you find useful.

We are also really pleased to share with you details of an **HSJ Award** we received for **our ‘Early Adopter’ Programme**, improving use of digital technology to improve our care of those living with diabetes across Cambridgeshire and Peterborough.

**NICE Guidance – Diabetes monitoring guidance regarding diabetes monitoring:**

As with all NICE guidance, before implementation NHS Cambridgeshire and Peterborough CCG need to review the impact this will have on our local population. To support any patient enquires you might have about this, please find attached a communications toolkit with a few resources you might find useful.



**Diabetes and Ramadan**

Diabetes UK has information and advice available for Muslims who live with diabetes, and their carers, who are considering fasting during the holy month of Ramadan, and who would like to know more about whether it is safe for them to do so.

Diabetes UK have worked with Healthcare Professionals and Imam’s to bring the latest information and guidance to you, all of which can be accessed online at: [Diabetes and Ramadan | Fasting | Diabetes UK](https://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/ramadan?msclkid=ad4e7f8ba53f11ecabc0af650a1ca4c5)

The information includes:

* Advice on fasting, including consulting your GP or Diabetes Team in advance
* Choosing whether to fast, and the risks to be aware of
* Planning to fast safely
* Testing your blood sugars during Ramadan
* Healthier food and drink during Ramadan
* Eid
* Alternatives to fasting
* Getting more advice

Factsheets about fasting and managing diabetes during Ramadan are also available to download from the website, which have been developed in partnership with the Muslim Council of Britain’s Diabetes Advisory Group. These are available in English, Arabic, Bengali and Urdu.

**HSJ Award – Best Consultancy Partnership with the NHS**

We are really pleased to announce that Cambridgeshire and Peterborough STP, Kaleidoscope Health and Care, Edge Health won the HSJ Award for Establishing digital diabetes care services in Cambridgeshire and Peterborough.

This programme of work with our Early Adopter PCNs has shown improvement in the following areas:

* The impact of Covid makes it harder to demonstrate quantitative improvements in key measures. Despite this, since the beginning of the implementation phase (July 2020), pilot PCNs have improved their attainment on the eight care processes by 3% more than non-pilot PCNs.
* Some PCNs improved their attainment of the eight care processes considerably - by up to 8-13%. Their improvement was also greater in comparison to the national position.
* Three of the pilot PCNs showed a larger improvement in patients receiving all three treatment targets compared with GP practices not in the pilot.

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**Dates for the Diary**

* + - * **Virtual Diabetes & Obesity Clinical Community Meeting –** Thursday 19th May 2022, 1pm – 2.30pm – all most welcome to attend. Please contact [emma.sheldon@nhs.net](mailto:emma.sheldon@nhs.net) for further details.
      * **Type 2 Diabetes Prevention Week** – 23rd May to 29th May 2022
* **Diabetes Week** – 13th June – 19th June 2022

**Weight Management Enhanced Service**

80 GP practices have signed up to the Weight Management Enhance Service Specification. GP Practices receive **£11.50 per referral** of those **people living with obesity with Obesity**

Acceptable referrals include:

* NHS Digital Weight Management Services (DWMP)
* Tier 2, Tier 3 and Tier 4 weight management services
* National Diabetes Prevention Programme
* Only one referral per patient may be claimed under this Enhanced Service

Please see attachment for referral flowchart for the Enhanced Weight Management Service and Service Codes.



**National Diabetes Prevention Programme**

Attached is the new National Diabetes Prevention Programme Newsletter. This newsletter gives programme updates including information on when face to face sessions will resume and reverting back to HbA1c blood test results to be taken within the last 12 months.



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| Eligibility Criteria   * Be registered to a GP practice in the contract area * Not have been diagnosed with Type 2 Diabetes * Aged 18+ * Have had a blood test completed with past 12 months * Not pregnant at time of referral * Have a HbA1c test score 42-47 mmol/mol (6.0% - 6.4%) OR a FPG test result of level 5.5mmol/mol – 6.9 mmol/mol * Previous GDM – HbA1c<42 mmol/mol with the past 12 months * Pt over 80 years – discussion whether the benefits of programme outweigh the potential risks of weight loss. |

**Very Low Calorie Diet Programme**

This programme aims to promote significant weight loss and therefore diabetes improvement/remission in significantly overweight patients with Type 2 Diabetes, as per the DiRECT trial. A pilot programme is currently being undertaken with North Brink PCN to enrol 100 eligible patients on the Counterweight Plus 12 month-programme which includes:

* 12 week **Total Diet Replacement** phase (soups and shakes) with fortnightly support appointments.
* 12 week **Food Reintroduction** phase with fortnightly support appointments
* 6 month **Weight Maintenance** phase with monthly support appointments

Following the pilot the ambition is to roll out a locally-developed programme to the wider area. This programme is subsidised by the NHS but does require some payment from the patient for the meal replacement products.

So far:

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| * 22 patients currently enrolled in the programme * 6 patients have completed the first phase of the programme – 12 week total meal replacement * 3 patients have achieved diabetes remission * 1 patient’s HbA1c has reduced by 15 mmol * Average weight loss is 10.7kg |

**Digital Weight Management Programme (DWMP)**

The NHS Digital Weight Management Programme supports adults living with obesity who also have a diagnosis of diabetes, hypertension or both, to manage their weight and improve their health.

It is a 12 week online behavioural and lifestyle programme that people can access via a smartphone or computer with internet access.

E-referral templates are available on EMIS and SystmOne IT systems ready to use.

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**Eligibility Criteria**

**Aged 18+**

**BMI > 30 BAME >27.5**

**Diagnosed with Hypertension clinic reading 140/90 mmHg (ABPM 135/8 mmHg) & T1 or T2 Diabetes**

**The programme is only available to people with a smartphone, tablet or computer with internet access.**

NHS staff can self refer to DWMP (without the need to go through their GP). To register use the link: [**https://staff.wmp.nhs.uk**](https://staff.wmp.nhs.uk)

Further information is available at: [**https://www.england.nhs.uk/digital-weight-management/**](https://www.england.nhs.uk/digital-weight-management/)

**Healthy You – Tiers 1, 2 & 3**

Healthy You is the public health lifestyle services commissioned and funded by Cambridgeshire County Council and Peterborough City Council. All services are free for residents registered with a GP in Cambridgeshire or Peterborough. Referrals can by via the Clinical support tool or:

Visit: [www.healthyyou.org.uk/professional-referral/](http://www.healthyyou.org.uk/professional-referral/)

Email: [eh.healthyyou@nhs.net](mailto:eh.healthyyou@nhs.net)

Call: 0333 005 0093

Tier 1 Physical Activity and Healthy Eating

Delivered by a consortium made up of the District and City Councils, Vivacity and Living Sport

* Information and support to individuals who want to be more physically active, whether that be to lose weight, build strength or mobility, or improve their mental or social wellbeing.
* Support for individuals and families to eat more healthily and maintain a balanced diet.
* Universal service, suitable for all individuals and families who would like to become healthier across Cambridgeshire and Peterborough

Once a referral has been received the District Coordinator from that area will contact the referral and facilitate access to the activity that best suits the patient

Tier 2 Services

Services include Adult Weight Management, Stop Smoking, NHS Health Checks, Falls Prevention and Health Trainers, Behaviour Change Training, National Child Measurement Programme, School Based Nutrition and Physical Activity Programme.

Adult Weight Management Programmes are available for those living with mental health challenges, adults with a learning disability, new mums, women planning a pregnancy and a virtual parents programme. Leaflets attached below.

Further information is available at: <https://healthyyou.org.uk/services/healthy-weight/>

Tier 3 Adult Weight Management – \*\*Must have already completed Tier 2 within past two years!\*\*

Three options available:

**Fresh Start Low Carb Programme**

A 24-week programme consisting of a 12-group evidence-based sessions and one ton one support from a psychologist, dietitian, medic and physical activity practitioner. With follow ups at 3 months and 6 months post completion. Currently delivered virtually.

**Oviva Way to Wellness**

A fully remote Tier 3 weight management and behaviour change programme, delivered 1-to-1 by a multidisciplinary team of Specialist Weight Management Dietitians, Health Coaches, Clinical Psychologists and Psychological Wellbeing Practitioners overs 18 months.

**Addenbrookes IWMP**

Intensive Weight Management Programme (IWMP) is an evidence-based weight established weight management behaviour change programme, 23-week formula low calorie weight loss programme divided into 3 phases with follow ups at 3 months and 6 months after completion. Delivered by multi-disciplinary team. Delivered mainly 1:1 with some group support.

**Eligibility Criteria**

* **Must have engaged with tier-2 weight loss intervention within the 2 years prior to referral to tier-3 but has not been able to achieve/maintain weight loss.**
* **Aged 18+**
* **BMI 30Kg/m2 if the patient has complex needs and has not responded to previous tier interventions or –**
* **BMI 35kg / m2 with co-morbidities (e.g. type 2 diabetes) or**
* **BMI 40kg /m2**

**(Note: 2.5kg lower BMI figures for anyone from Asian community)**

Additionally, patients must not have:

* Active binge eating disorder or bulimia nervosa
* Active psychosis or a significant mental health disorder that would prevent engagement with the service
* Active Substance Abuse Disorder (SUD) including Alcohol
* Not previously had Bariatric Surgery

Tier 4 Specialist Weight Management Service – \*\* after Tier 3 completed \*\*

Patients can only be referred onto Bariatric services once Tier 3 Obesity intervention has been completed

Diabetes Health Trainer Service available to Early Adopter Sites

This is a pilot programme and, at this stage, patients registered with the 5 early adopter GP practice sites across Cambridgeshire & Peterborough can join the Diabetes Health Trainer service.

These are:

* Boroughbury Medical Centre & Paston
* Cathedral Medical Centre (Ely), St George’s Medical Centre & St Mary’s Surgery
* Staploe Medical Centre, Burwell Surgery & Haddenham Surgery
* Hampton Health & Octagon Medical Practice
* Clarkson Surgery, North Brink Practice, Parson Drove Surgery & Trinity Surgery

If relevant to your practice above – please read here:

**Psychological Wellbeing Service**

Many people living with diabetes will have concurrent poor mental health – it is good practice to consider mental health opportunistically or within your annual reviews of those PwD & do please refer.

Evidence based psychological treatments such as CBT for anxiety and depression secondary to diabetes are available through the Psychological Wellbeing Service. Patients can be referred by their DSN or GP or by self-referring via the link below:

<https://www.cpft.nhs.uk/self-refer-here/>

**Undefeatables (Diabetes) Launched by Huntingdonshire District Council**

In summary:

*‘We will introduce a ‘Long Term Health Conditions’ offer targeted at Huntingdonshire residents who suffer with specific long-term health conditions starting with diabetes (type 1 and 2), who are inactive (undertaking less than 30 minutes of physical activity per week) and have not been a prepaid member of One Leisure for at least 2 years from application. The offer is a discounted membership for a period of 9 months which includes activities such as badminton, indoor cycling, the gym, classes, and swimming, amongst other targeted activities delivered across One Leisure.’*

**For your patients/service users** the URL will be: <https://www.huntingdonshire.gov.uk/undefeat> (this will be live from 1st November)

This will take them to a webpage and from there they can apply directly.

**Health Professionals** working with Diabetes patients may complete an application form on behalf of their clients here: <https://forms.huntingdonshire.gov.uk/HPUNDEFEAT/launch>

We will then contact the client directly to complete the application process.

*Leisure & Health, Huntingdon District Council*



**Diabetes UK Improving Care for People with Diabetes and a Learning Disability**

A new booklet for people with diabetes and learning disabilities is available:

* on DUK’s shop pages for download [What do I need to know about diabetes? – easy read - Diabetes UK Shop](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fshop.diabetes.org.uk%2Fproducts%2Fwhat-do-i-need-to-know-about-diabetes&data=04%7C01%7CPeter.Shorrick%40diabetes.org.uk%7Cd1926e2cbab2416b4bc308da0e5a2975%7C6a42dab649774aa08f8a0584dff9b5d2%7C0%7C0%7C637838077638407806%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=p2JmmrqleMwUsjbURKF1tM8A7%2F7eO96zFxnW%2B%2BaOgEY%3D&reserved=0)
* and DUK’s website under general diabetes information [Improving care for people with diabetes and a learning disability | Diabetes UK](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.diabetes.org.uk%2Fprofessionals%2Fresources%2Fshared-practice%2Ffor-people-with-learning-disability&data=04%7C01%7CPeter.Shorrick%40diabetes.org.uk%7Cd1926e2cbab2416b4bc308da0e5a2975%7C6a42dab649774aa08f8a0584dff9b5d2%7C0%7C0%7C637838077638407806%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=lNWYiUJ6rc37XgwENDlHcOPIP0Hd%2FS48x8UazHcxXb4%3D&reserved=0)

Making choices about food, medication and keeping active when you have diabetes can be confusing for people with learning disabilities. This booklet supports healthcare professionals and supporters in their conversations with people with learning disabilities. It should be used as a guide to help people understand what diabetes means and why it is important to make choices to help manage their diabetes. It explains how diabetes might make them feel and what to do if people need help. It covers physical and mental health and introduces information on relationships, pregnancy, and diabetes.

The guide can be read start to finish, or sections can be printed out and discussed by topic. There are questions at the end for each section to support discussion and learning.

**Diabetes UK Peterborough Peer Support Group**

A new Peterborough Peer Support Group is holding its opening meeting on 25th April, 11am-12pm at the idverde Training Academy, Peterborough. Please see attached flyer.

