

# DIABETES UPDATE

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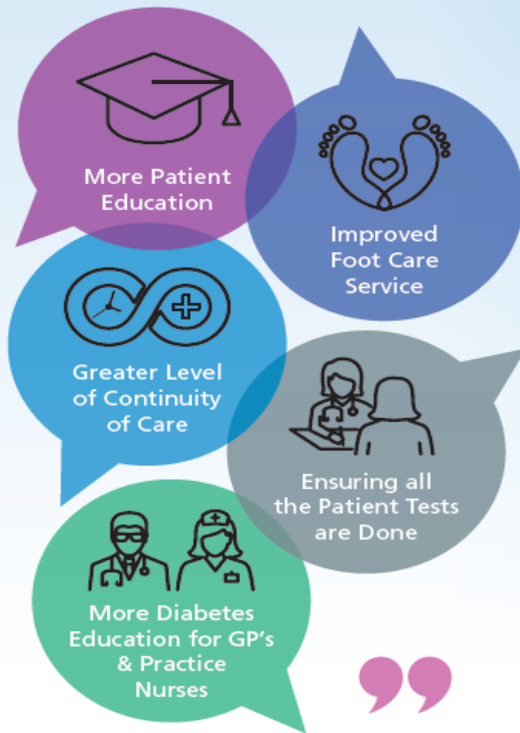
Dr Sam Khan – Rother House Medical Centre

Natasha Lloyd-Lucas – South Warwickshire CCG

# Last 12- 18 months

## Diabetes Update 2018

### WHAT YOU SAID



### WHAT WE HAVE DONE



### WHAT WE ARE STILL WORKING ON



# National Diabetes Prevention Programme

- Healthier You: NHS Diabetes Prevention programme has been developed collaboratively by NHS England, Public Health England and Diabetes UK
- Launched May 2018
- Development of local education and support programme for pre-diabetes offered through pilot sites.
- Offered to patients with a HbA1c 42-47 mmol/mol
- Patients are required to commit to a 9 month programme



**STAGE 1**  
Initial Assessment



**STAGE 2**  
Nutrition and physical  
activity sessions



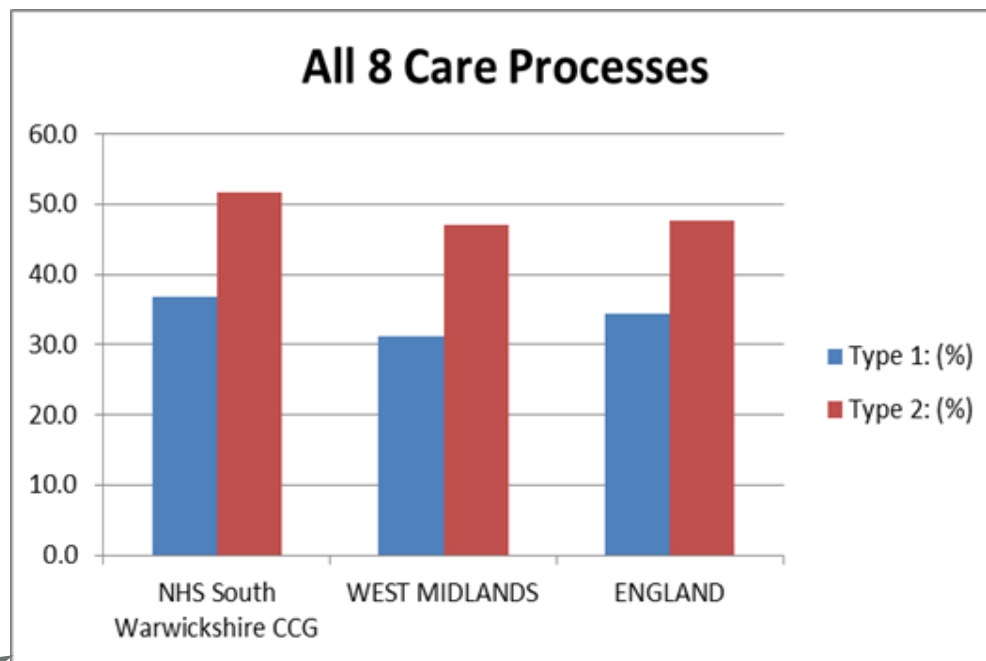
**STAGE 3**  
Build on sustaining  
lifestyle changes



**STAGE 4**  
Six and nine month  
one-to-one review

# Primary Care input

Really Good  
@ T2  
HbA1C, BP,  
Cholesterol &  
Serum  
Creatine



Rated  
as  
**GOOD**

Not so good  
@ testing  
your urine

# Education & Information

## Type 1

- **SWITCHED – South Warwickshire Insulin To Carbohydrate and Health Education for Diabetes**
- New Type 1 course now available for patients
- 3 locations

## Type 2

- Patients can now also self-refer to DESMOND
- Half day sessions and online version now available
- Patients can be seen within 4 weeks of referral.
- DESMOND taster sessions on offer for GP's and Practice Nurses who want to find out more out it.

# Education & Information con't

## Videos

- Pocket medic
- Scarlet - <https://www.southwarwickshireccg.nhs.uk/Your-Health/Diabetes>
- SWFT - <https://www.swft.nhs.uk/our-services/adults-out-hospital-services/diabetes/type-2-diabetes-structured-education-desmond>

Looking forwards..

What do you want to  
see?

Please complete the online survey or paper copy

[www.menti.com](http://www.menti.com)

Code 450440

# Local Pharmacist talks about helping his Dad with diabetes

<https://www.youtube.com/watch?v=ZQBiSJ-h8dQ>



# Patient video - Desmond

<https://www.youtube.com/watch?v=aD1zhY6Bppc&feature=youtu.be>