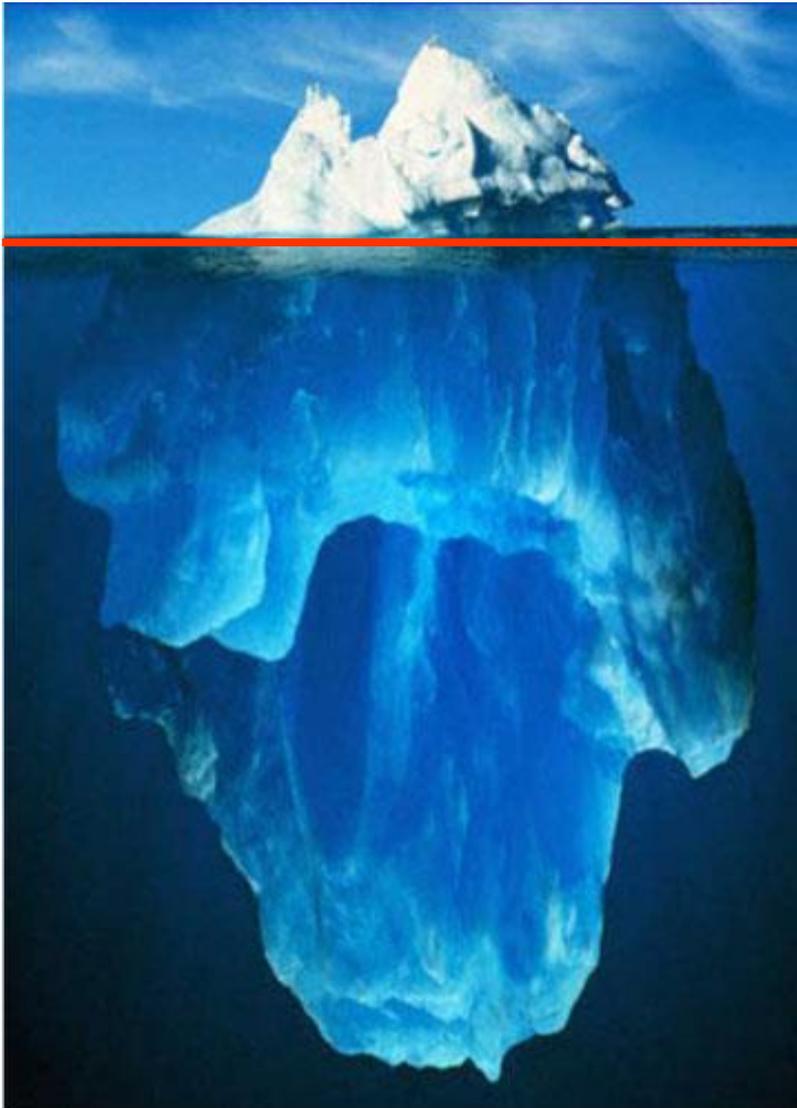


Diabetes In Leicester – Work of the Diabetes Delivery Group



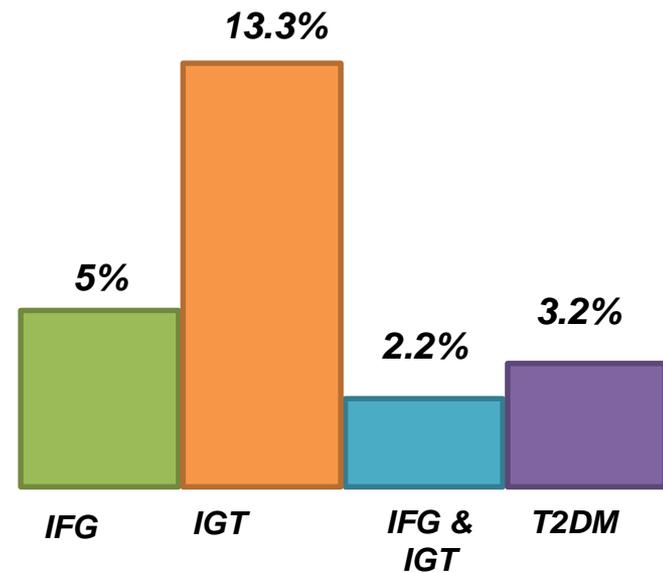
**Professor Azhar Farooqi, chair LC CCG,
Diabetes Lead**





**3 million
with Diabetes**

**6-7 million “at high
risk of diabetes”**



Khunti K et al. Primary Care Diabetes 2010



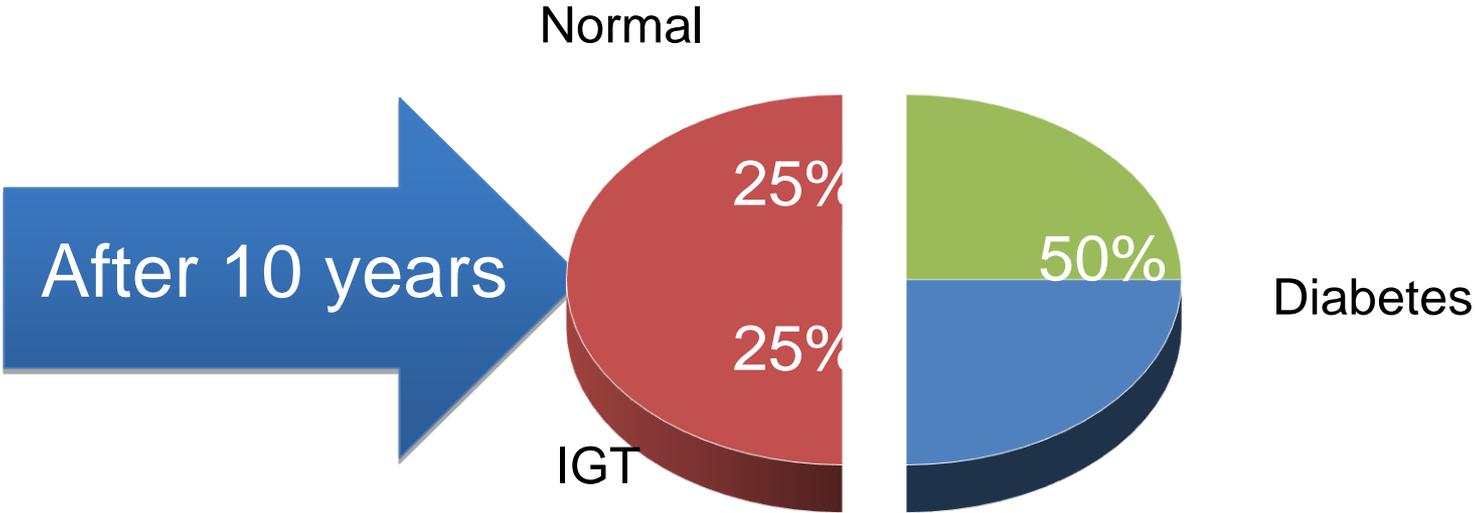
Diabetes in Leicester- some facts

- Approx. 30,000 people with diabetes
 - 90% type 2 disease
 - 60,000 at risk of diabetes
 - Prevalence in around 8.7%
 - 3x rate in BAME communities

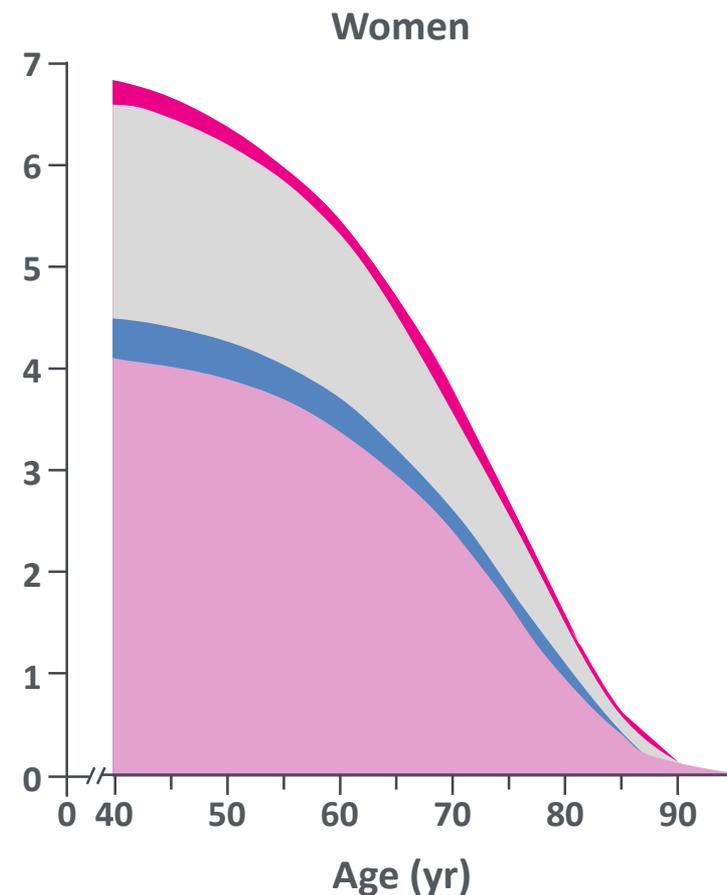
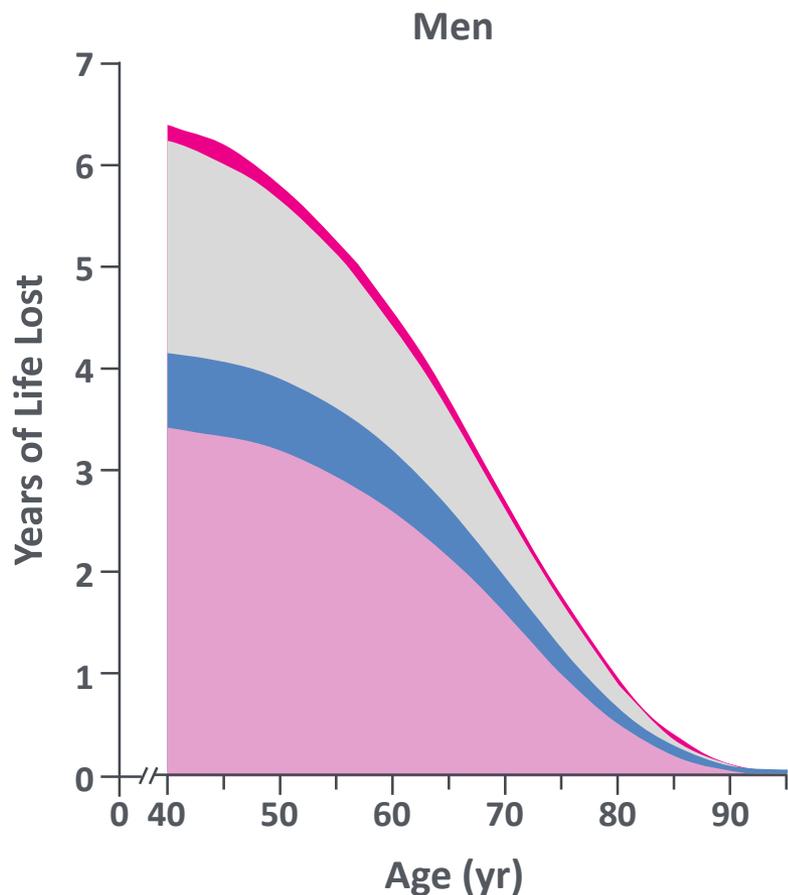


Natural History of IGT

IGT



Diabetes and Survival



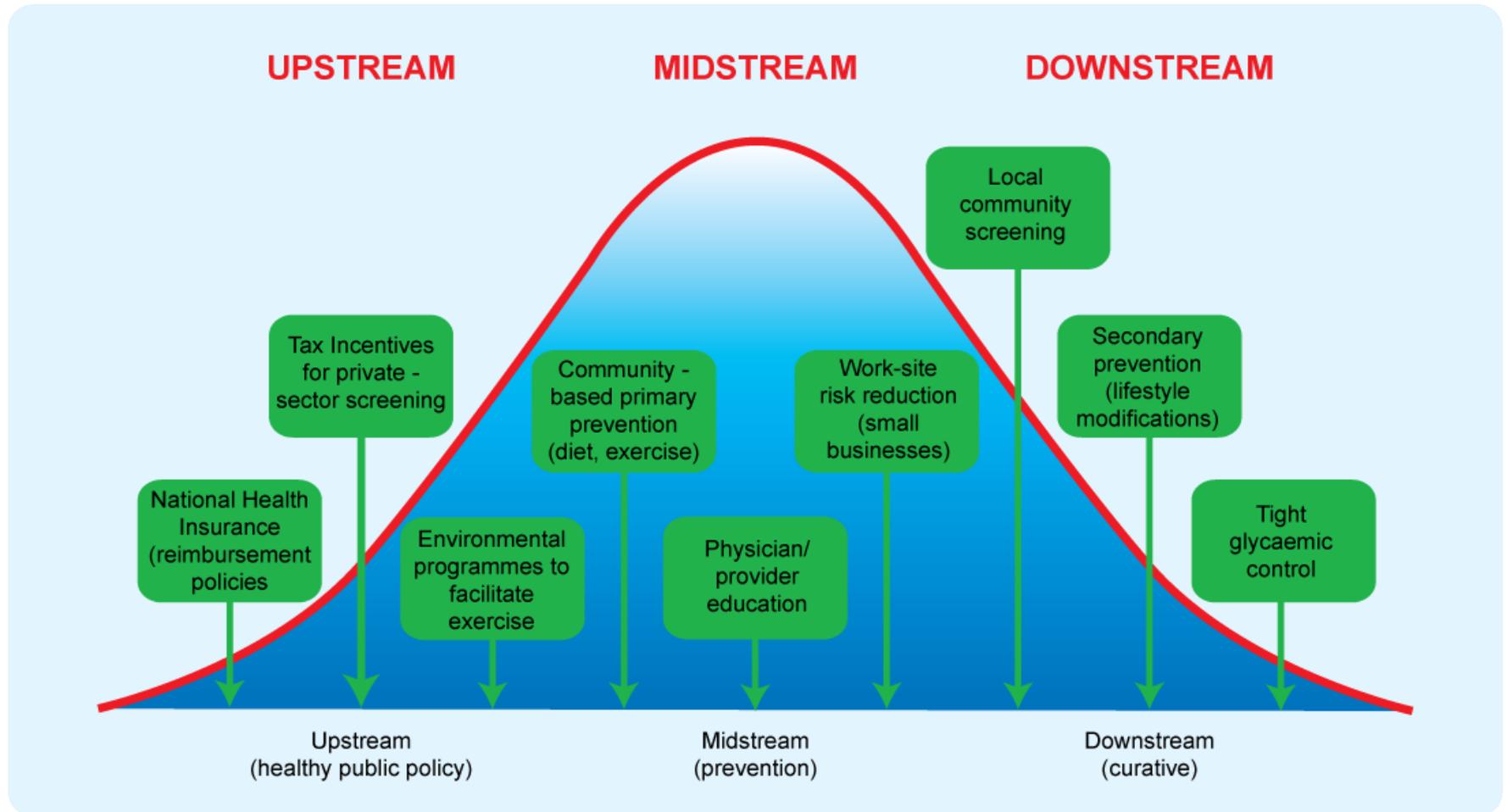
■ Death from unknown causes ■ Noncancer, nonvascular deaths ■ Cancer deaths ■ Vascular deaths

So what are doing about diabetes?

- Prevention
 - Early detection
- Patient empowerment
- Excellent management of the condition
 - Regular surveillance
- Meet evidence based treatment targets
 - Treat complications



Potential Strategies for intervention for a new public-health approach to diabetes given the distribution of risk



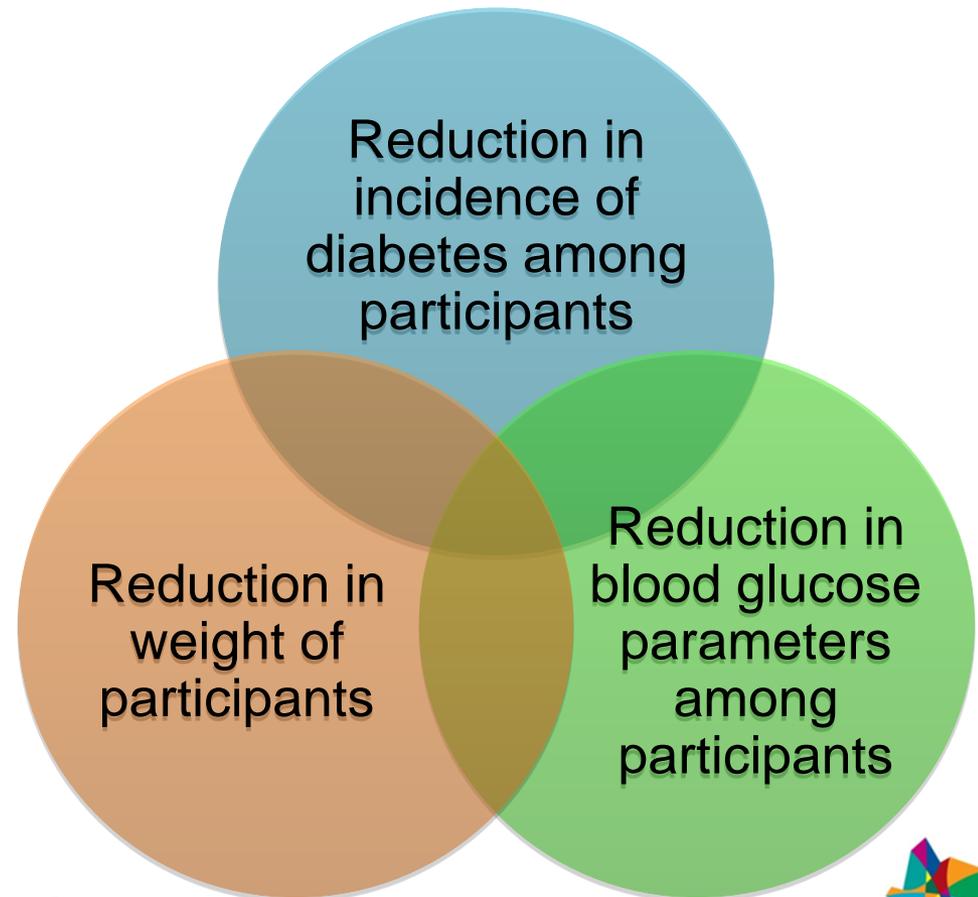
The Lancet, Vol 365, Aug 26, 2000



Diabetes prevention programme - NDPP

- The NDPP is a national programme being led by NHS England, Public Health England and Diabetes UK.
- Designed to empower patients into taking control of their condition.
- The aim of this programme is to reduce or prevent the onset of Type 2 diabetes in individuals at risk of developing diabetes
- So far Leicester City is one of highest referrers into scheme (3,200 to date)

The expected outcomes from the NDPP are:



Lifestyle Services Leicester City Council

Integrated lifestyle service (from 1st April 19) includes:

- Healthy lifestyles hub (single point of access)
- Holistic assessment of lifestyle-related risk factors
- Exercise on prescription and healthy eating advice
 - Smoking cessation support
 - Health walks programme
 - Weight management programme
- Onward referral & signposting to other programmes/ support
- Healthy lifestyle sessions in the community in targeted areas – targeted primarily at the inactive



The importance of screening/early detection - the 'missing million' (Diabetes UK 2000)



T1 EDUCATION – DAFNE

- Newly diagnosed T1 patients referred in
- Involves attending 5 day training course with other patients in a group
 - Structured teaching programme
- Its about learning from experiences – group work and sharing experiences



EMPOWER T2n Structured Diabetes Education



SELF REFERRALS
ACCEPTED VIA

www.empowerllr.co.uk

99%

POSITIVE
FEEDBACK (FFT)

921

PATIENTS ATTENDED
YEAR TO DATE

- EMPOWER T2n programme is provided by Spirit Healthcare for people with type 2 diabetes across Leicester, Leicestershire and Rutland (LLR).
- EMPOWER T2n is a 4-hour course designed to help people understand what diabetes is, the effect it has on their body and how to make small achievable changes to the food they eat and their everyday life.
- Courses available daytime/evening/weekend across LLR.
- EMPOWER T2n is NICE compliant and QISMET certified.



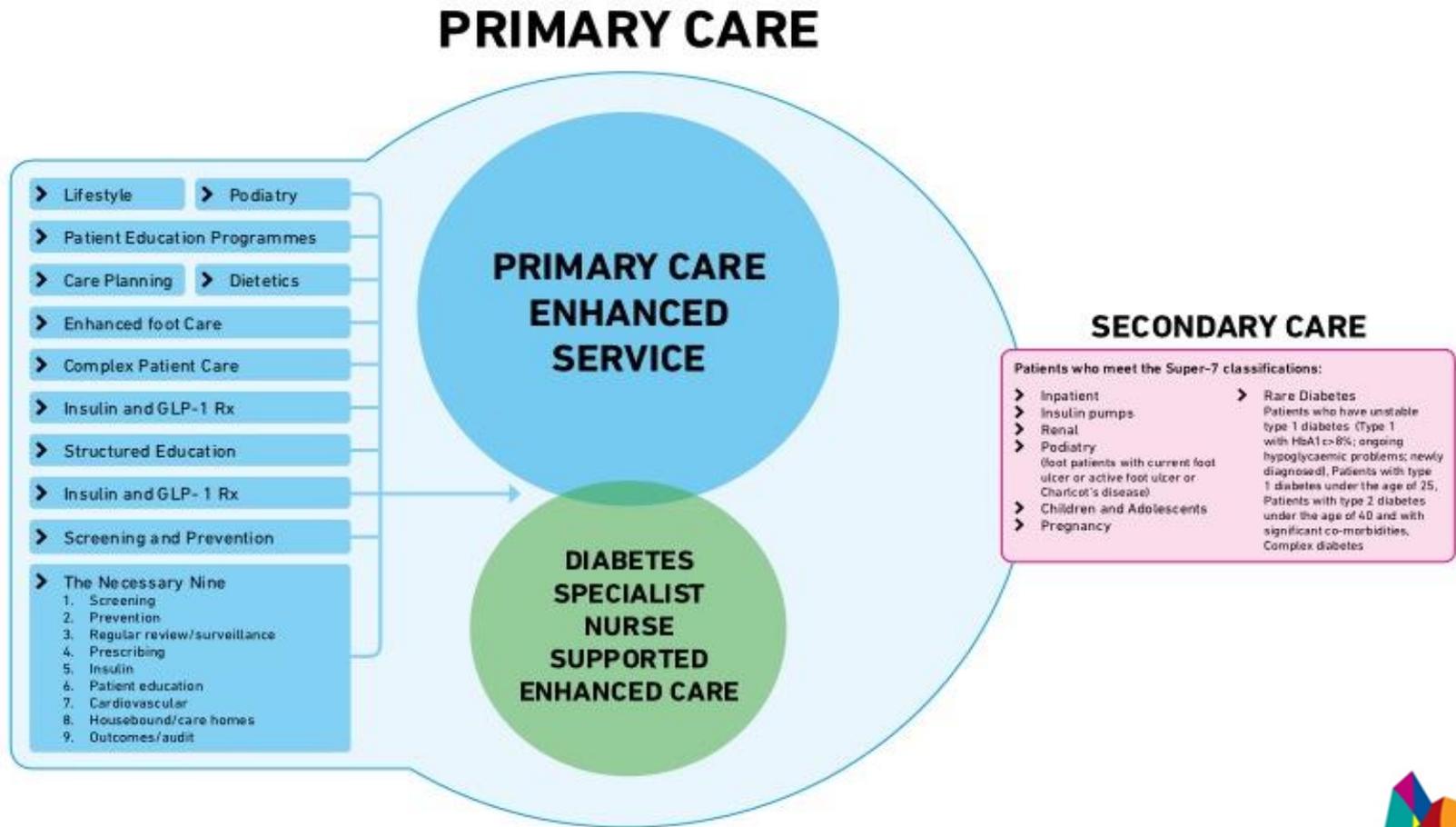
Other diabetes education programmes

- Pre conception (delivered by Oviva)
- Young type 2 programme .18 – 30 year group
 - Ramadan and fasting programmes



Excellent management of Diabetes

A truly integrated practice based enhanced care



Primary Care – Diabetes Enhanced Service

- Management of patients on insulin, including initiation and titration for type 2 patients
 - Management of patients with stable Type 1 diabetes
- Initiation and management of therapies in line with current licence
- Proactive care for all patients, but in particular complex and patients at high risk of acute hospital admission.
 - Housebound patients
 - GP mentor support at monthly clinical forums



Success of Enhanced practices

- Reduced hospital admission with hypo and DKA
 - Reduced OPD referral (50% less)
- Better achievement of 3 treatment target and care processes (NDA)
 - Holistic “one stop” care for patients





eden

**EFFECTIVE DIABETES
EDUCATION NOW!**



Leicester Diabetes Centre
Committed to Growing International Research, Education & Innovation

Effective Diabetes Education Now! - EDEN

- Established in 2012 as a wide scale transformation programme across Leicester City
- Transform diabetes care by enhancing the skill levels of staff involved in diabetes treatment
 - Training delivered to HCPs by F2F, PLT, eLearning and Mentoring to meet pressures in Primary Care



Menu

- **Post graduate certificate**
- **Regular updates**
- **Case reviews**

- **Msc Diabetes**
- **Case reviews & management**
- **Journal club**
- **Regular updates**
- **Behaviour change trainin**

- **Mini modules**
- **Mentorship**
- **Healthcare Assistant training**
- **Patient education**

- **Mini modules**
- **CPD accredited training**
- **Insulin training**
- **Nursing home Community Nurse support**
- **Mentorship**



Improving inpatient care

- 7 day availability of DSN and consultants
 - Training ward staff
 - Aim to Reduce length of stay
- Further education opportunities for patients



In summary

- Diabetes is a high priority in Leicester
- Large investment and energy put in this area
- Leading most parts of the country , with positive results and achievements

But....

Still a long way to go , particularly in preventing diabetes in the first place



Thank You for listening

Any Questions?

