

Cambridgeshire and Peterborough Diabetes Programme Newsletter:

Issue 4 – February/ March 2018



Introduction from Dr. Mark Brookes



Welcome to the fourth edition of our diabetes programme newsletter.

The teams at CPFT have been working hard to run additional DESMOND sessions, by the end of March we anticipate an additional 50 courses will have taken place.

I would like to take the opportunity to remind practices the opt in deadline for automatic extraction process (GPES) for the National Diabetes Audit is Friday 9 March 2018. I am pleased to see the majority of practices have done this, and the team will contact practice managers directly to ensure we reach 100% participation for the 2017/18 audit.

Thank you very much for taking the time to read this newsletter and please do not hesitate to contact us with any queries you have about the programme.

Best wishes, Dr Mark Brookes, Interim Diabetes Clinical Lead

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Diabetes treatment – update on programmes

National Diabetes Audit 2017-18 – opt in deadline 9 March 2018

The NDA team have sent a report showing the CCG practices who have opted in to the automatic extraction service (GPES) for participation in the NDA 2017/18 audit. Almost all practices have done this – thank you!

The option to opt in to the NDA was sent out via CQRS. However, we appreciate with the recent half term, not all practices will have had chance to do this. Therefore, we thought it would be helpful to remind you the deadline for the automatic opt in process is **Friday 9 March 2018**.

[Sally](#) and [Emma](#) will be contacting practice managers directly where this has not been done to ensure no one misses this opportunity – as you should be aware this now forms part of practice GMS contracts. To try to reduce the number of emails that are sent to primary care, we will not contact practices who have already approved the automatic extraction process. If anyone has any queries, please do not hesitate to contact us.

Type 2 Diabetes – Additional DESMOND courses now available

CPFT's Community Diabetes Service provides DESMOND (Diabetes Education for Self-Management – Ongoing and Newly Diagnosed) structured education programmes for patients with Type 2 diabetes. The courses, which are held across Cambridgeshire and Peterborough, are free and help patients understand how to manage their condition better. **They are open to anyone who has had a diagnosis of Type 2 diabetes** and has not previously attended a DESMOND course. The courses are group sessions and are friendly, interactive and fun. To book your place or to find our more contact the DESMOND coordinators at CPFT's Community Diabetes Service by calling 0330 726 0077. A link to the DESMOND course dates can be found [here](#).

We are now working to develop a Communications and Engagement plan to help raise awareness of the importance of structured education with members of the public and to support an increase in the numbers of people who are attending the additional courses that are taking place across the area.

DESMOND Posters

To help with promoting DESMOND courses to patients, we have some posters we can share with practices. Please contact [Emma](#) if you would like us to send you a copy.

PDAC Courses 2018

Four new dates have been booked so far for people with Type 1 diabetes living in the Peterborough area. The courses are delivered one day a week for 3 weeks, with the fourth day delivered 4 weeks after the first course of training.

Venue: Healthy Living Centre, Peterborough

Start Date	Day 2	Day 3	Day 4
16 th April 2018	23 rd April 2018	30 th April 2018	28 th May 2018
2 nd July 2018	9 th July 2018	16 th July 2018	13 th May 2018
7 th Sept 2018	14 th Sept 2018	21 st Sept 2018	19 th Oct 2018
29 th Oct 2018	5 th Oct 2018	8 th Oct 2018	5 th Nov 2018

DAFNE Courses 2018

We have previously shared the dates for DAFNE courses with practices, although for ease of reference the link to the courses taking place in Cambridge can be found [here](#), and the courses taking place at Hinchingsbrooke Hospital can be found [here](#).

Making Every Contact Count – Healthy Conversations training for primary care

As part of the Diabetes LES, we are pleased to offer the Healthy Conversations training for practice staff. The dates can be found [here](#), and staff will need to complete the enrolment [form](#) to book a place. We are currently exploring dates for running the courses in Peterborough too, and will share these with practices shortly.

Please contact changeointcambs@everyonehealth.co.uk with any queries you may have.

Diabetes LES Reminder – 15 April 2018

We thought it would be helpful to include a quick reminder to practices that the Diabetes LES Reporting Template is due back on **15 April 2018**. A link to the Diabetes LES Reporting Template has been included for ease of reference [here](#), and a link to the original Diabetes SLA can be found [here](#) (section 5 service delivery can be found on page 1).

We shared a summary with practices in our last newsletter, although if anyone has any queries or would like to discuss any aspect of the Diabetes LES please do not hesitate to contact [Sally](#) or [Emma](#) Diabetes Project Support Officer.

Diabetes UK Public Engagement Events – Hunts and Fens dates

Following the success of the DUK events in Cambridge and Peterborough we have now booked dates for the events taking place in Hunts and Fens:

- Thursday 19 April 2018, 6.30pm – 8.30pm, Countryside Centre, Hinchingsbrooke Park, Huntingdon, PE29 6DB.
- Wednesday 25 April 2018, 6.30pm – 8.30pm, March Town Hall, March, PE15 9JF.

We will share leaflets with practices in these localities and would appreciate your support in helping to promote these events with your patients.

Update from Hunts Diabetes UK Patient Group

An article in the December newsletter covered the struggle that the Huntingdonshire Diabetes UK Group were having in finding someone to take over the Chair when the current incumbent stands down at the Annual General Meeting on 27 February. Thankfully, a volunteer has come forward at almost the last minute. The future of the group should now be assured for at least the next 12 months. The new Chair will be Tripti Woolf, currently a member of the Group's Committee. The retiring Chair, Martin Davies, will continue to edit and distribute the Huntingdonshire Group's Newsletter and has agreed to act as Vice-Chair, to assist Tripti as she settles in to her new role.

Virtual Clinical Review Update

Thank you to the teams who are working hard to meet the requirements of the Diabetes LES. We have received a number of queries from practices regarding the Virtual Clinical Reviews, so we thought it would be helpful to send a quick update to everyone.

As you may be aware, our local providers have experienced significant capacity pressures in recent months. Unfortunately, this has impacted on their ability to release consultant time to support the VCR clinics although these are now starting to take place, and we have had some positive feedback from the consultants and practice teams.

We would like to remind practices, that VCR clinics can be booked with the DSN teams and the dieticians. Whilst we recognise this is a change for some practices to one of the previous VCR models we have had in place across the CCG, we would encourage you to get a suitable date booked in the diary to avoid further delay. We appreciate this is a busy time for practices, so realise it may not be possible to get a date booked in the diary before the end of March. However as long as there is a date booked in for early into the next financial year, this will not impact on the practice's ability to meet the LES requirements. If you anticipate a problem with this please do not hesitate to contact [Sally](#) as soon as possible.

In order to meet the LES requirements, practice diabetes leads need to attend the equivalent of at least one virtual clinic and practice visit per financial year. Some practices have found it helpful to book a combined VCR and practice visit, with a follow up a couple of months later, although it is left to practices discretion to decide how this will work best.

Please contact **Angie Busfield** to book the VCRs in the Hunts area, or **Emma Smith** to book the VCRs in Fenland. They can be contacted via: angela.busfield@cpft.nhs.uk and emma.smith2@cpft.nhs.uk.

HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME

Cap increase application – approved by NHSE!

Thank you to practices for your hard work to help us to recover the underperformance against the referral trajectory for the NHS Diabetes Prevention Programme. In 2016/17 we reached 56% of our target set by NHS England.

This year we have seen a fantastic turnaround, and are currently at 110% of the referral trajectory set by NHS England. We have recently applied for a cap uplift of 12% to ensure we have enough interventions to last us until the end of the current contract in July 2018. We are pleased to let you know

this has been approved by the national team, and therefore our provider ICS can continue to provide the current levels of activity to help prevent local people from developing Type 2 diabetes.

A procurement process is currently taking place to ensure 100% national coverage from the Summer 2018

Referral Numbers and Eligibility Criteria

Thank you to practices for your continued work on referring patients to the NHS Diabetes Prevention Programme. To date, **over 4,800 people** have been referred to the programme in Cambridgeshire and Peterborough.

Of our member practices 97 have referred patients into the programme – thank you for your support with this! Please continue to proactively refer patients into the programme where appropriate.

****Diabetes LES reminder ☺ ****

We thought it would be helpful to include a quick reminder to practices – if you have signed up to the **Diabetes LES 2017/19**, one of the requirements is to ensure you have **developed an in house referral process** to ensure **eligible patients are being referred** onto the NHS Diabetes Prevention Programme. Please contact [Sally](#) or [Emma](#) with any queries!

Whilst the programme is available to anyone who meets the eligibility criteria, **it is important to check whether the offer of referral is appropriate for individual patients.**

Please remember only patients who meet the following criteria are able to take part in the programme:

- HbA1c results between 42 – 47 mmol/mol (6.0 – 6.4%) in the last 12 months
- OR**
- Fasting plasma glucose result between 5.5 – 6.9 mmols/l in the last 12 months

AND:

- Aged 18 years or over
- Registered with a GP practice within Cambridgeshire and Peterborough
- Not pregnant
- Does not already have Type 2 diabetes
- There is no medical reason why this patient should not take part in a programme that includes light-moderate physical activity.

NHS Diabetes Prevention Programme Classes

We now have 70 classes across Cambridgeshire and Peterborough. A list of the NEW classes confirmed to start in March and April 2018 is shown below. Additional courses are being booked and we will share with practices once the dates have been finalised:

- **Milton Community Centre, Cambridge**
CB24 6BL – 1 class (start date 15 March 2018, 9.30am-11.30am)
- **Free Church Hall, High Street, Sawston**
CB22 – 2 classes (start date 11 April 2018, 9.30am-11.30am and 2.30pm-4.30pm)
- **Medway Centre, Huntingdon**
PE29 – 1 class (start date 10 April 2018, 2.00pm – 4.00pm)
- **Chestnuts Community Centre, Peterborough**
PE1 5LD – 2 classes (start date 20 March 2018, 9.30am-11.30pm and 2.30pm-4.30pm)
- **Chestnuts Community Centre, Peterborough**
PE1 5LD – 1 class (start date 21 March 2018, 6pm-8pm)
- **Copeland Community Centre, Peterborough**
PE3 6YJ – 1 class (start date 23 March 2018, 2.30pm-4.30pm)
- **Gladstone Park Community Centre, Peterborough**
PE1 2AN – 1 class (start date 27 March 2018, 9.30am-11.30am)
- **St Andrews Hall, Whittlesey**
PE7 1BZ – 1 class (start date 20 March 2018, 12.30pm-2.30pm)
- **St B's Hall, Yaxley**
PE7 3LZ – 1 class (start date 4 April 2018, 9.30am-11.30am).

Please let us know your thoughts

We are keen to hear how the Diabetes Programme is working for patients and practices. If you would like to share your feedback, or if you have any queries please do not hesitate to contact Sally sally.berry1@nhs.net. The team are happy to visit practices where this would be helpful.

Thank you for taking the time to read this newsletter. If anyone has any suggestions for useful topics to include please let us know!