



Midlands & East

**NHS Diabetes
Prevention Programme**

Date: March 2017 Issue: 2

Welcome to the second edition of the Midlands & East regional newsletter for the Healthier You: NHS Diabetes Prevention Programme (NHS DPP), keeping you up to date with the latest news on the programme – and how you can get involved.

Update from Medical Directorate

All CCGs and STPs were invited to apply for national transformation funding for diabetes, including areas to support delivery of improvements with the highest evidence-based impact and value.

The primary care-focused bids supported organisations in improving their CCG IAF indicators for increasing uptake of structured education, and improving the achievement of the NICE 3 treatment targets for people with diabetes.

The other two areas were:

- to support the reduction in the high cost of care required to reduce the number of foot amputations by increasing the number of multi-disciplinary foot care teams
- to reduce the length of stay in hospital for people with diabetes by increasing the number of diabetes in-patient specialist nurses.



The board reviewing the allocation of funding will be announcing successful sites shortly. The regional teams and clinical networks will aim to support successful and unsuccessful sites in delivery of improved care for people with diabetes.

(Left) Mark Sanderson, Deputy Regional Medical Director for NHS England (Midlands & East) Co-Chair of Diabetes Oversight Group, Midlands & East

Healthier You: NHS DPP patient case study

Veronica Savory is feeling like a new woman!

Being diagnosed with pre-diabetes was just the wake-up call she felt she needed – and in just two months the improvements she has made to her lifestyle have not only seen her lose weight but have also seen her asthma and Chronic Obstructive Pulmonary Disease (COPD) improve. Best of all, she is getting a good night's sleep.

Veronica (66) said: “The course I went on was brilliant! Without it I wouldn't be feeling as good as I feel now: I've started doing more activity by joining a local gym and I go swimming, aquafit each week. I feel the exercise has helped me no end; I feel less stressed and have lots more energy. I've also joined a slimming club and gone from 12 stone to 10 and a half stone. I went to a party the other day and wore a dress I hadn't worn for ages, and no-one could believe it was me.”



Veronica said: “I've changed my eating pattern by cutting out bread and cutting down on potatoes. I used to have bread every day. I used to have a glass of wine every day too, but now I have a glass once a week. I was eating pretty healthily; there was just too much of it. I have had to cut out the cheese – that has had to go. Sharon, the co-ordinator is really good and it is a small group so we support each other and it has really helped to motivate me. I wouldn't have made the

changes without Sharon and the group.”

The knock-on effect has meant Veronica has also managed to bring her asthma under better control. She said: “I am also living with a long-term condition of COPD and asthma which I'm controlling with medication. My breathing feels so much better; I'm not using my blue inhaler as much since I've started doing this activity. The blue inhaler is a reliever for when I really struggle to breathe.

“This has changed my life. I would recommend other people like me to go on this programme. I am feeling very focused and motivated. I'd like to thank Sharon Small for all her support on the course; without her I would not feel the way I do.”

Latest news

National Diabetes Audit – participation, treatment and structured education targets

Public Health England has produced a regional briefing on National Diabetes Audit data for 2014/15 and 2015/16 (full data available from [NHS Digital](#)).

It looks at variation in participation rates and treatment targets by Clinical Network and Director of Commissioning Operations (DCO) geographies. The analysis is broken down by CCG with

comparisons made to the England average, and variation across GP practices is also indicated. The briefing also includes information on structured education and is [available to view here](#).

Key figures:

- 2015/16 participation in the National Diabetes Audit was **80.6%** for the **East Midlands**, **69.4%** for the **West Midlands**, and **83.1%** for the **East of England**.
- The proportion of participating patients meeting all three treatment targets was **40.8%** for the **East Midlands**, **42.5%** for the **West Midlands** and **38.8%** for the **East of England**. The national average was 40.4%.
- Of patients diagnosed in 2014, **9.9%** received structured education in the **East Midlands**, **5.3%** in the **West Midlands** and **10.6%** in the **East of England**. The national average was 7.6%.

NHS DPP – referrals update

There are 10 Year 1 NHS DPP sites across Midlands & East, and latest reports show a total of **12,119 referrals** to the programme had been made in the region as of the end of February 2017.

This is up from 9,527 referrals as of the end of January, with an overall target to achieve 15,339 referrals by the end of March 2017.

There are two Year 2 sites for the region – Bedfordshire, Luton and Milton Keynes; Wolverhampton and Walsall – and providers have been identified to work with these sites, with services due to begin in April 2017.

NHS England mandate now published

The Government's mandate to NHS England for 2017-18 has now been published, and includes a focus on promoting healthier lifestyles by reducing obesity and preventable illness – including diabetes. Among the goals set out in the mandate are to support 100,000 people to reduce their risk of diabetes through NHS DPP by 2020, achieve 60,000 referrals to the NHS DPP in 2017/18, and to bring about a measurable reduction in the variation in management and care for people with diabetes.

Mark Sanderson, NHS England's Deputy Medical Director for Midlands & East, said: "The mandate asks NHS England to lead a step-change in the NHS on helping people to live healthier lives by tackling obesity and preventable illness. In particular, this includes contributing to the Government's goal to reduce child obesity and doing more to reach the five million people at high risk of diabetes and improve the management and care of people with diabetes."

[Click here to read the Government's mandate to NHS England for 2017-18 in full.](#)

Diabetes updates from the Healthcare Quality Improvement Partnership (HQIP)

- Hypoglycaemic hospital episode rates falling, clinical audit finds. Details [here](#).
- Diabetes control for children in England and Wales has 'significantly improved', finds latest NPDA report. Details [here](#).
- Diabetic foot disease: report highlights need for early intervention. Details [here](#).

Could You Be A Diabetes UK Clinical Champion?

Diabetes UK is currently recruiting for new Clinical Champions, and is looking for healthcare professionals who are committed to improving local diabetes care. The role is open to any healthcare professional from across the diabetes pathway, including consultants, GPs, nurses, dietitians, podiatrists and senior pharmacists.

The Diabetes UK Clinical Champions programme is a unique opportunity for healthcare professionals to develop their personal leadership style and to learn new skills. Applicants should be experienced in treating the complex needs of people with diabetes, and have the potential to lead real change.

The two-year leadership development programme is voluntary and runs alongside Clinical Champions' day-to-day role. The application deadline is Monday 27 March and further information - including current Clinical Champion case studies – is available [here](#).



Diabetes UK's 2016-18 Clinical Champions

Patient Leaders lead the way

Since December 2014, Diabetes UK has been trialling a different approach in how patients can actively be a part of the solution for improving diabetes care by co-designing services with Commissioners and Healthcare Professionals. Funded by the Department of Health, the Patient Leaders Project has been giving patients the opportunity to work in partnership with the NHS at a strategic level, using their personal experience influence to bring about lasting change.

Project support from Diabetes UK and project partners the Centre for Patient Leadership ends in March 2017, but seven of the eight participating CCGs involved will continue working with their Patient Leaders and more than half of Patient Leaders will continue in their roles.

Alan Cox, a Patient Leader in Birmingham, said: "I think that to get things moving you have to be very proactive as things won't just come to you – you have to be constantly pushing but know when it's time to stop. I am just reviewing the m-Health program which looks very good and has some good features but I think needs some improvement so I will make some suggestions both to the developers and the CCG."

CDEP diabetes competency tool

CDEP is a unique tool for measuring staff diabetes competency online, aimed at all levels of staff working in a variety of areas – not just diabetes specialist roles.

Endorsed by Diabetes UK, the Cambridge University Health Partners and the British Dietetics Association, CDEP currently offers 14 different diabetes topics that support staff to demonstrate diabetes competencies, undertake professional development and reflection, and obtain practice-based feedback for revalidation purposes.

For more information visit www.cdep.org.uk or email Candice.ward@addenbrookes.nhs.uk.

Promoting equality and tackling inequalities

Dr Giri Rajaratnam, deputy regional director for Public Health England Midlands & East, is leading on a piece of work ensuring that each of the NHS DPP sites consider promoting equality and tackling inequalities.

He said: “Tackling inequalities in health outcomes and access to health and care services is probably the most important element of modern public health practice in England and the critical element in transforming the health and care system.

“As such, the statutory duties expected of us in the context of the Equality Act 2010 and the Health and Social Care Act of 2012 provide the legislative basis for taking forward this work.”

Attached is a briefing document and assessment tool for all colleagues involved in planning, service design, implementation, monitoring and evaluation of health and care services. Their purpose is to enable an understanding of how the legislative duties strengthen our approach to commissioning and delivering services that meet the needs of our diverse communities.



Dr Giri Rajaratnam

News from the Clinical Networks

Diabetes in the Spotlight

The East Midlands Diabetes in the Spotlight conference in February confirmed the importance of supporting people with prevention, treatment and management of diabetes, and highlighted the region’s commitment to deliver high-quality care for people with and at risk diabetes.

The event featured a range of presentations including diabetes structured education, foot care, paediatric diabetes, and an update on prevention and treatment from each STP area in the East Midlands. The consensus statement on the management of young people with Type 2 diabetes was also launched on the day.

Martin Cassidy, Senior Quality Improvement Manager for East Midlands Strategic Networks, said: “Feedback from the conference was extremely positive, with delegates complimenting speakers on their informative yet valuable information within presentations as well as noting the importance to take back the data that was shared to their own localities and working with colleagues to use the data to move forward.”

[Click here](#) to view the presentation updating on NHS DPP in the East Midlands.

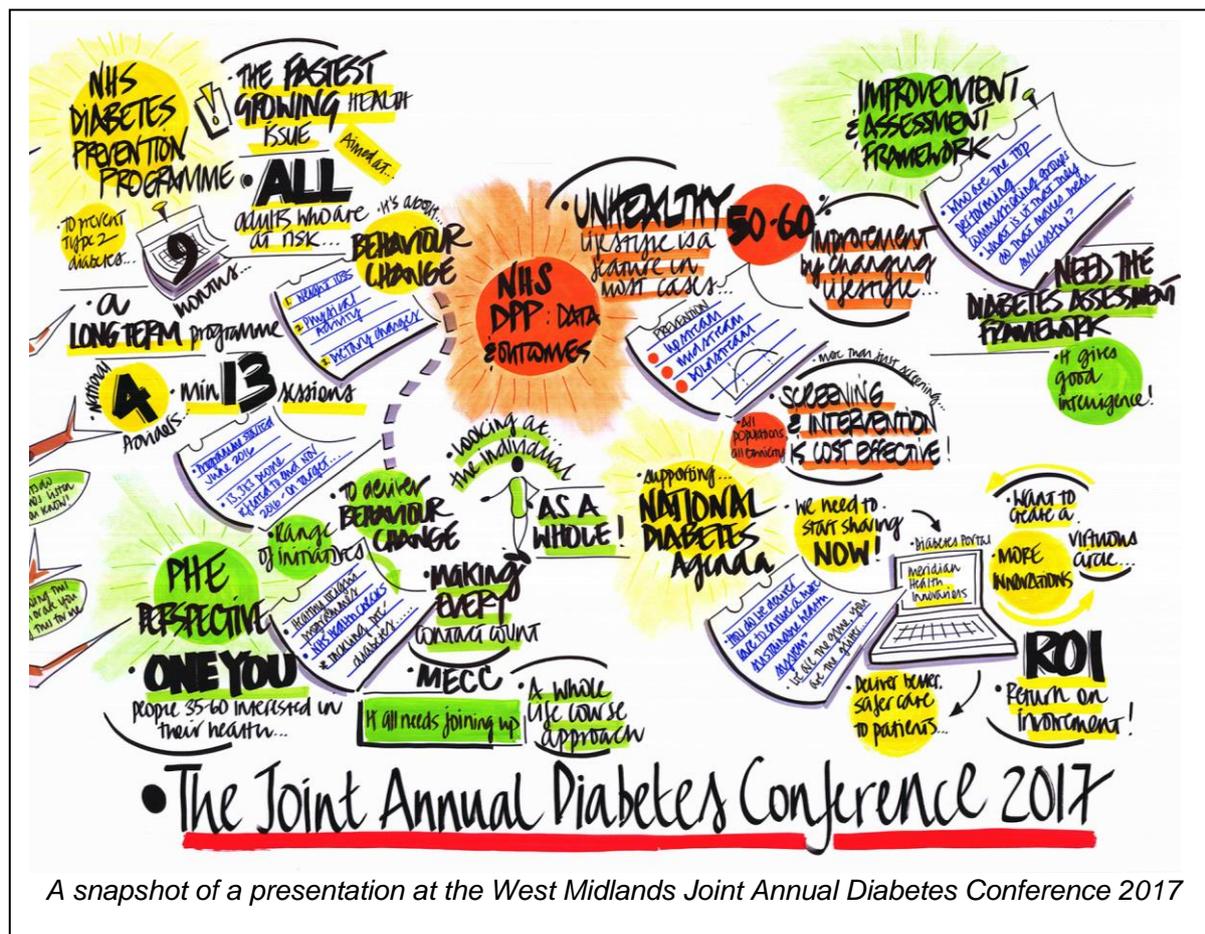
Working together to support patients with or at risk of developing diabetes

Pledges to improve diabetes care working with healthcare professionals and patients to increase choice and access to patient education and support were made by delegates at the West Midlands Diabetes Conference.

The event offered health professionals the chance to discover the latest developments on a range of topics, including the National Diabetes Audit, NHS DPP, diabetes education, STP plans for diabetes and more.

Peter Shorrick, Midlands Regional Head at Diabetes UK, said: “It was great to see clinicians and commissioners representing all 22 CCGs from across the West Midlands. The event provided an

excellent opportunity to network and share good practice, which will ultimately benefit thousands of patients across the region.”



A snapshot of a presentation at the West Midlands Joint Annual Diabetes Conference 2017

Dates for your diary

- 31 March 2017, 9.30am to 4pm – East of England Diabetes Prevention & Treatment Conference, Cambridge Belfry, Cambourne**
 A great opportunity for healthcare professionals and patients with diabetes to find out about the good work that is taking place in relation to diabetes prevention and treatment and care across the region. Refreshments and a healthy buffet lunch provided. Contact taz.islam@nhs.net for more information.
- 26 April 2017 – East of England NHS DPP workshop, Cambridge**
 Hosted by the East of England Clinical Network for commissioners and clinicians with an interest in NHS DPP. Will include learning and sharing from Wave 1 and Wave 2 sites, developing bids, programme implementation, local lifestyle pilots and more. Further information to be provided.

And finally...

We're pleased to welcome our year 2 NHS DPP sites – Bedfordshire, Luton and Milton Keynes; and Wolverhampton and Walsall – who will be starting their services on 1 April 2017. CCGs and STPs not offering the service will be invited to apply in the summer of 2018-19.

Please contact your regional clinical network colleague for further info: alice.twitchin@nhs.net (West Midlands), martin.cassidy@nhs.net (East Midlands), penny.thomas@nhs.net (East of England).

To keep up to date with NHS DPP news from around the country, the national team also produce a regular e-bulletin. If you would like to subscribe, please email diabetesprevention@phe.gov.uk.

Get in touch



If you want to share any news, achievements, announcements or examples of best practice or learning please email [Atiya Chaudhry-Green](mailto:Atiya.Chaudhry-Green) or [Chris Capewell](mailto:Chris.Capewell)