

Cambridgeshire and Peterborough Diabetes Programme

Newsletter: Issue 1 – October 2017



Introduction from Dr. Mark Brookes



Welcome to the first edition of our NEW Diabetes newsletter. This newsletter is to keep GP practices up to date with the work of the whole Diabetes programme including increasing structured education, achievement of treatment targets, improving foot care and diabetes prevention.

We will continue to update practices on the NHS Diabetes Prevention Programme, the behaviour change programme aimed at patients who have been identified as at risk of developing Type 2 diabetes (patients with non-diabetic hyperglycaemia).

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

FREE Diabetes Education Online Training (CDEP)

We are pleased to have secured funding to enable our clinicians FREE access to the Cambridge Diabetes Education Programme (CDEP).

The new registration key code is: **Cambspboroccg**. Details for how to register can be found in the [attached flyer](#). We would encourage as many clinicians to register as possible, and this will support achievement of the Diabetes LES.

If anyone has any queries please do not hesitate to contact Sally Berry, Diabetes Programme Manager sally.berry1@nhs.net, or Candice Ward, Lead CDEP Educator candice.ward@addenbrookes.nhs.uk.

Opportunities available for GP Clinical Lead and Practice Nurse Champions

Following the Diabetes update at the CCG member practices' event, we are pleased to have been contacted by GPs and Nurses who are interested in supporting the Cambridgeshire and Peterborough Diabetes Programme. We are looking for GPs and Practice Nurses who would like to work as locality leads with Practices in Cambridge, Fens, Hunts and Peterborough.

The sessional rate for a GP is £285 and for a Practice Nurse is £140 – sessions are based on 3½ hours and can be worked to best suit your availability.

Dr Mark Brookes is currently Interim Diabetes Clinical Lead at the CCG, and is happy for people to contact him with any queries they may have regarding the role, his email address is mark.brookes@nhs.net. Please contact sally.berry1@nhs.net for a copy of job descriptions.

Virtual Clinical Review Bookings

The dates for the virtual clinical review bookings are being collated. A copy of the VCR booking process has been shared with practice diabetes leads and practice managers. For ease of reference the link to the VCR booking process can be found [here](#).

The Diabetes Administrator at CPFT will be contacting practices shortly with the available dates to book the VCRs with the consultants and diabetes specialist teams. Please contact sally.berry1@nhs.net with any queries you may have.



Cost Effective Prescribing of Insulin Needles

We would like to remind practices that the most cost effective and preferred brands are currently BD Viva, GlucoRx FinePoint and Ultra FinePoint, Microdot, and Mylife Penfine Classic, and NEON Verifine and Verifine Ultra.

Using needles of shorter length (6mm or less) helps to prevent inadvertent intramuscular (IM) injection of insulin.

Safety needles which incorporate automatic safety locks are available but should not be prescribed on FP10 by GPs, except in exceptional circumstances.

Safe Disposal & Safety Needle Devices

- ✓ Ensure patients are educated about the safe disposal of needles and lancets via a sharps bin.
- ✓ Sharpsguard yellow 1litre / Sharpsafe yellow 1 litre are suitable for insulin needles and lancets and are available on FP10.

Safety needles which incorporate automatic safety locks are available but should not be prescribed on FP10 by GPs, except for the following exceptional use:

- patients whose insulin is administered by a non-professional healthcare worker, e.g. carer
- AND where the patient is known to have a blood born virus e.g. HIV, hepatitis, OR who is known to be aggressive.

For further information please see our guidance available [here](#).

Cambridgeshire and Peterborough National Diabetes Treatment and Care Programme Bid Summary

<p>Bid Area: Increasing Attendance at Structured Education</p> <p>Investment Secured: £222k</p> <p>Overview:</p> <ul style="list-style-type: none"> ▪ Increased provision of DAFNE and PDAC to ensure capacity for 100% newly diagnosed T1 patients can access ▪ Increased provision of DESMOND by 51 sessions - now available to patients within the first two years of diagnosis ▪ Adapt timings of DESMOND courses to offer evenings and weekends if there is the demand ▪ DESMOND to be made available on e-referral ▪ Offer culturally adapted courses in Peterborough area ▪ Improve coding of attendance at structured education. <p>Expected Outcomes:</p> <ul style="list-style-type: none"> ▪ Increased attendance at structured education ▪ Improved patient knowledge and confidence to self manage their condition. ▪ Delay or prevention of long term complications of diabetes through better control ▪ Courses more accessible to patients. 	<p>Bid Area: Improving Achievement of NICE Recommended Treatment Targets</p> <p>Investment Secured: £1.1m</p> <p>Overview:</p> <p>Cambridgeshire and Peterborough CCG is currently rated as “greatest need for improvement” for diabetes.</p> <p>The following areas identified for investment:</p> <ul style="list-style-type: none"> ▪ Diabetes Care Technicians ▪ Consultant Led Community Diabetes Teams ▪ Virtual Clinical Reviews (VCR) ▪ Health Coaching for primary care ▪ Staff online training (CDEP) ▪ Work closely with Psychological Wellbeing Practitioners – <i>already funded through national programme</i> ▪ Youth Worker Band 5 to support the achievement of HbA1c in Paediatrics in the Peterborough area ▪ Local match funding – Diabetes LES to support more integrated working with specialist teams and completion of training. <p>Expected Outcomes:</p> <ul style="list-style-type: none"> ▪ Improved achievement of NICE recommended treatment targets ▪ Delay or prevention of long term complications of diabetes through better control ▪ More integrated working between primary care, community teams, and secondary care.
<p>Bid Area: Implementation of Multidisciplinary Footcare Team</p> <p>Investment Secured: £260k</p> <p>Overview:</p> <p>Implementation of a new service that will work across the North West Anglia NHS Foundation Trust, but focus in particular on ensuring we meet NICE guidelines in the Peterborough area, in order to reduce variation in number of amputations for patients with PE postcodes.</p> <ul style="list-style-type: none"> ▪ advanced level specialist podiatrists ▪ podiatry assistants/ plaster technicians ▪ consultant led specialist foot clinics ▪ MDFT with vascular, orthopaedic and Total Contact Casting services <p>Expected Outcomes:</p> <ul style="list-style-type: none"> ▪ Reduction in number of diabetes related emergency admissions through more proactive management of foot ulcers ▪ Reduction in length of stay for people with where admission cannot be avoided through better control and more proactive management. 	

NHS Diabetes Prevention Programme Referral Numbers and Eligibility

Criteria

Thank you to practices for your continued work on actively referring patients to the NHS Diabetes Prevention Programme. To date, **over 3094 people** have been referred to the programme in Cambridgeshire and Peterborough.

90 of our member practices have referred patients into the programme, and we are currently at **97% of our referral trajectory** set by NHS England. Please continue to proactively refer patients into the programme where appropriate.

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 **42 classes** across Cambridgeshire and Peterborough. A list of the current classes taking, or due to take place is below:

- **Botolph Bridge Community Health Centre**
PE2 9QB – 1 class
- **Bottisham Medical Practice**
CB25 9DU – 1 class
- **Cambridge Central Library**
CB2 3QD – 2 classes
- **Methodist Church Hall, Ramsey**
PE26 1AA – 1 class
- **Milton Community Centre**
CB24 6DD – 2 class
- **Oasis Community Centre, Wisbech**
PE13 3NR – 1 class

- **Cherry Hinton Village Leisure Centre**
CB1 9EJ – 1 class
- **Chestnuts Community Centre**
PE1 5LD – 3 classes
- **Coombs Community Centre, Royston**
SG8 5PT – 1 class
- **Eastrea Centre, Whittlesey**
PE7 2DF – 1 class
- **Fletton House, Oundle**
PE8 4JA – 1 class
- **Gladstone Park, Peterborough**
PE1 2AN – 5 classes
- **King Edward, Chatteris**
PE16 6NG – 1 class
- **March Community Centre**
PE15 8LE – 2 classes
- **Medway Centre, Huntingdon**
PE29 1SF – 1 class
- **Ormiston Children's Centre, Chatteris,**
PE16 6PH – 1 class
- **Paston & Gunthorpe Community Association**
PE4 7YH – 1 class
- **Queens Park Hall, Yaxley**
PE7 3AU – 1 class
- **Rosmini Centre, Wisbech**
PE13 2PH – 2 class
- **St B's Hall, Yaxley**
PE7 3LZ – 5 classes
- **St. Mark's Church, Peterborough**
PE1 2SN – 4 classes
- **St. Paul's, Cambridge**
CB2 1JP – 2 classes
- **Whittlesey Youth and Community Centre**
PE7 1SD – 2 classes

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.

Thank you to those Practices that have requested visits. For the ones that we have seen we hope that it was informative and useful for knowledge about the programme. The team are happy to come out to explain about the programme where this would be helpful – please contact us to arrange a convenient time.

HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME

Thank you for taking the time to read this newsletter!