

HEALTHIER YOU

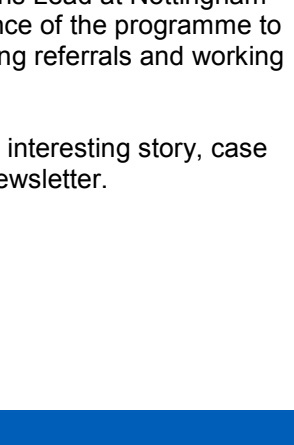
NHS DIABETES PREVENTION PROGRAMME

East Midlands Diabetes Prevention Newsletter – June 2017

Welcome to the latest Healthier You: NHS DPP East Midlands newsletter

Dear all,

At the end of May 2017, we reached over 5,500 referrals to the NHS Diabetes Prevention Programme. May was a challenging month for GP practices and CCGs, mainly due to the cyber attack that limited access to systems. However, despite this we still had a high volume of referrals onto the programme and I would like to thank all staff in GP practices for your work in generating referrals during such a difficult time.



In this edition of the Healthier You: NHS Diabetes Prevention Programme newsletter, you will get some top tips on practice engagement from the Long Term Conditions Lead at Nottingham City CCG, Dawn Jameson. Dawn has shared her experience of the programme to date and how to provide practices with support in generating referrals and working collaboratively to solve any issues.

As always we would love to hear from anyone who has an interesting story, case study or feedback which we can include in next month's newsletter.

Best wishes

Martin Cassidy, Senior Quality Improvement Manager
East Midlands Clinical Networks

Referral update

5,540 referrals at the end of May 2017

By end of May 2017, 5,540 referrals had been made to the Healthier You: NHS Diabetes Prevention Programme in the East Midlands since the programme commenced at the end of July 2016.

The referrals in each locality are broken down as follows:

- Leicester, Leicestershire and Rutland (three CCGs) – 2,501
- Nottinghamshire (six CCGs) – 2,146
- Northamptonshire (two CCGs) – 893

The referrals in each CCG are broken down as follows:

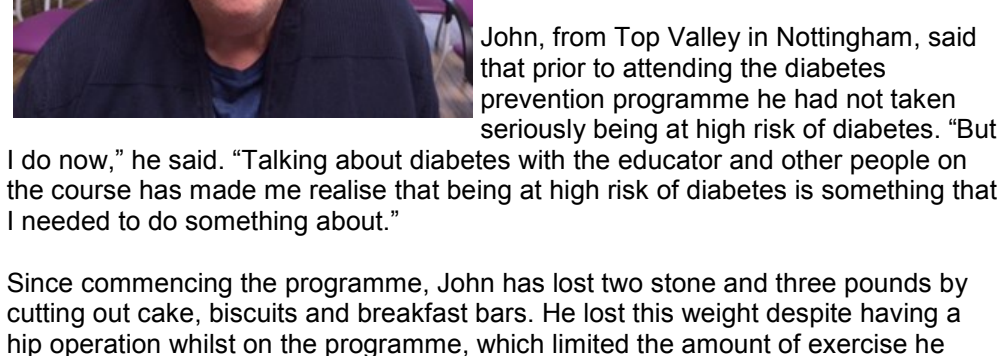
- East Leicestershire and Rutland – 744
- Leicester City – 1,298
- West Leicestershire – 459

- Mansfield and Ashfield – 370
- Newark and Sherwood – 203
- Nottingham City – 536
- Nottingham North and East – 434
- Nottingham West – 296
- Rushcliffe – 307

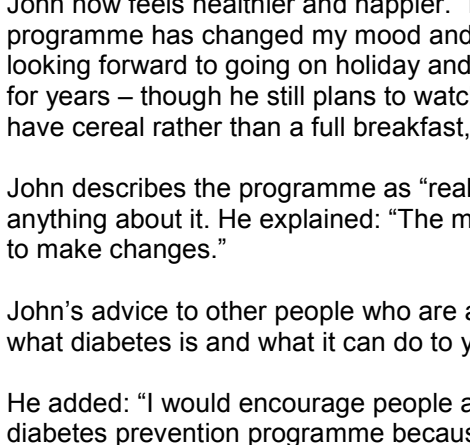
- Corby – 296
- Nene – 597

Referrals: target vs actual

The graph below shows a summary of our referral position at the end of May. We are now meeting 86.2% of the cumulative referral target. In May 2017 we generated 540 referrals, which is 77.3% of the monthly target.



Patient case study: "Take diabetes seriously", urges John



Left: John Foss, 67, from Top Valley, Nottingham

In 2016, John received a letter from his GP practice inviting him to attend the NHS Diabetes Prevention Programme as a previous blood test had shown that he was at high risk of developing diabetes.

John, from Top Valley in Nottingham, said that prior to attending the diabetes prevention programme he had not taken seriously being at high risk of diabetes. "But I do now," he said. "Talking about diabetes with the educator and other people on the course has made me realise that being at high risk of diabetes is something that I needed to do something about."

Since commencing the programme, John has lost two stone and three pounds by cutting out cake, biscuits and breakfast bars. He lost this weight despite having a hip operation whilst on the programme, which limited the amount of exercise he was able to do for two to three months after the operation. He is now able to get into clothes that he has not worn for years and is being encouraged to continue to lose weight. He has set himself a target to lose a further one and a half stone.

John now feels healthier and happier. "I feel better in myself and attending the programme has changed my mood and made me more confident," he said. He is looking forward to going on holiday and being able to wear clothes he has not worn for years – though he still plans to watch what he eats whilst he's away! "I plan to have cereal rather than a full breakfast," John added.

John describes the programme as "really brilliant" and says he would not change anything about it. He explained: "The motivation of being in a group has helped me to make changes."

John's advice to other people who are at high risk of diabetes is "take seriously what diabetes is and what it can do to you".

He added: "I would encourage people at risk of developing diabetes to go to the diabetes prevention programme because it opens your eyes to the dangers of diabetes. At the end of the course you will see the benefit of losing weight and feeling better in yourself."

Top tips for practice engagement: A commissioner point of view

Commissioning Manager Dawn Jameson, from Nottingham City CCG, has shared some top tips for engaging with GP practices in order to support them in increasing and sustaining referral numbers.

Dawn explained: "Having 56 practices in the Nottingham City patch means it's a very demanding task as I'm the only Long Term Conditions lead, but the keeping-in-touch phone calls and trying to explore the issues preventing practices from making referrals really does work."

Dawn has been dealing with a number of issues, including practices struggling with templates, lack of capacity in practices and even helping staff around promoting the programme with appropriate terminology.

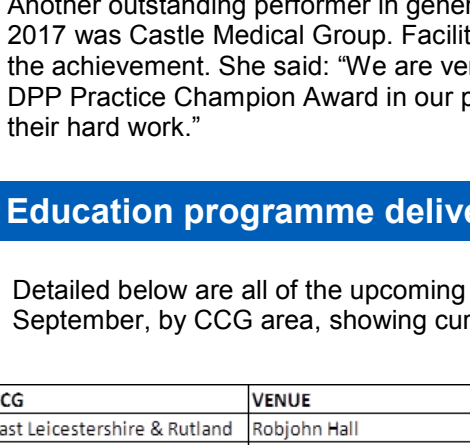
Dawn emphasised: "When encouraging patients to enrol onto the programme, it is important to make sure GPs and nurses refrain from using terminology around the length of the programme. Instead, they should talk about 17.5 hours over the whole programme that could potentially change their life rather than asking patients to commit for nine months".

Nottingham City CCG has been working closely with Ingeus, the provider of the NHS DPP in Nottinghamshire, Leicester, Leicestershire & Rutland, and Northamptonshire, to provide mini training sessions for GPs and nurses in practices. These covered a number of scenarios they could face and the CCG has now developed laminated templates to talk through the various on-line tools.

Dawn said: "The feedback has been very positive and spending only 30 minutes with practice staff over lunchtime can go a long way to supporting practices in the long-term continuity of the programme.

"Organising practice visits along with the provider has been imperative in building relationships and ensuring a transparent means of discussing issues and sharing learning across the city. One of our GPs tweaked the invitation letter to patients, which is now widely used, and we achieved an 80% uptake as they know what works."

April—May Practice Champions



We are pleased to announce the latest winners of the Healthier You: NHS DPP Practice Champion Awards.

The awards are presented to general practices which have generated the highest referrals to the programme.

We would like to recognise the three practices below for generating a high number of referrals during April and May 2017.

April—May 2017 referrals			
Practice Name	CCG	No. of referrals in April & May combined	Referrals as % of total population
The Manor Surgery	Nottingham West CCG	55	0.49%
Dr Wingfield & Partners	Nene	38	0.31%
Empingham Medical Centre	East Leicestershire & Rutland CCG	32	0.52%

Referral recognition

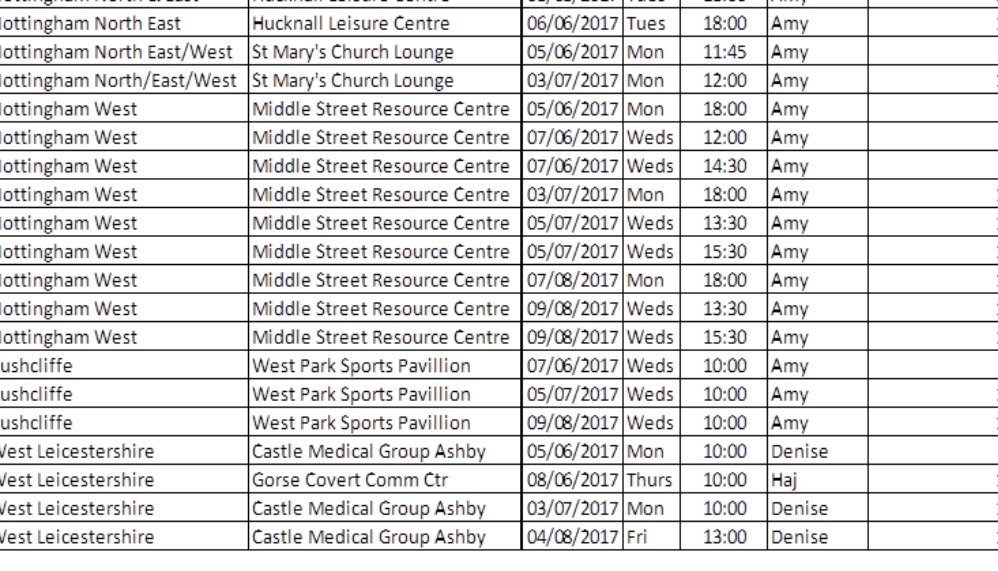


Members of the Rosemary Street Health Centre team in Mansfield were over the moon when they found out they had won a Healthier You: NHS DPP Practice Champion Award for March.

Practice Manager Nicola Ryan said: "Staff members at Rosemary Street Health Centre were chuffed to bits when they received their award; the practice has been working very hard to generate referrals and we are grateful to the East Midlands Clinical Networks for recognising our hard work".

She continued: "It is important we sustain the number of referrals generated on the programme and we will continue to work hard and support patients in prevention type 2 Diabetes".

Above left: Joanne Vincent, Health Care Assistant at Rosemary Street Health Centre



From left to right: Dr James Coleman (New Partner), Nihil Hannah Summers (Receptionist), Chris Robinson (HCA), Gina Evans (Reception Supervisor), Dr Nil Sanganeh (Partner), Jo Lovett (Practice Nurse), Sue Corner (Medical Secretary), Lisa Hunt (Practice Nurse).

Bottom row: Sarah Humphreys (Nurse Practitioner) and Caroline Robinson (Practice Manager).

Another outstanding performer in generating a high number of referrals in March was Castle Medical Group. Facilities Manager Anne Jones was delighted with the achievement. She said: "We are very proud to display the Healthier You: NHS DPP Practice Champion Award in our practice as it is a testament to the staff for all their hard work."

Education programme delivery update

Detailed below are all of the upcoming new cohorts Ingeus has scheduled to September, by CCG area, showing current spare capacity on each cohort.

CCG	VENUE	DATE	DAY	TIME	EDUCATOR	SPARE CAPACITY
East Leicestershire & Rutland	Robjohn Hall	05/06/2017	Mon	14:00	Denise	3
East Leicestershire & Rutland	Two Steeples Medical Centre	05/07/2017	Weds	10:00	Denise	7
East Leicestershire & Rutland	Two Steeples Medical Centre	09/08/2017	Weds	10:00	Denise	12
East Leicestershire & Rutland	Two Steeples Medical Centre	09/08/2017	Weds	10:00	Denise	14
Leicester City	Oak Centre Braunstone	01/06/2017	Thu	09:00	Denise	13
Leicester City	Oak Centre Braunstone	01/06/2017	Thu	11:00	Denise	6
Leicester City	Leicester Diabetes Centre	07/06/2017	Weds	10:00	Denise	1
Leicester City	Leicester Diabetes Centre	07/06/2017	Weds	12:45	Denise	7
Leicester City	Leicester Diabetes Centre	07/06/2017	Weds	14:45	Denise	10
Leicester City	Leicester Diabetes Centre	05/07/2017	Weds	10:00	Rachel	20
Leicester City	Leicester Diabetes Centre	05/07/2017	Weds	12:45	Rachel	19
Leicester City	Leicester Diabetes Centre	05/07/2017	Weds	14:45	Rachel	18
Leicester City	Oak Centre Braunstone	06/07/2017	Thu	09:00	Denise	15
Leicester City	Oak Centre Braunstone	06/07/2017	Thu	11:00	Denise	15
Leicester City	Oak Centre Braunstone	06/07/2017	Thu	13:30	Denise	15
Mansfield & Ashfield	St Peters, Mansfield	04/07/2017	Tues	10:00	Rebekah	8
Mansfield & Ashfield	St Peters, Mansfield	04/07/2017	Tues	13:00	Rebekah	10
Mansfield & Ashfield	Sutton in Ashfield Library	05/07/2017	Weds	12:30	Rebekah	5
Mansfield & Ashfield	Sutton in Ashfield Library	05/07/2017	Weds	15:00	Rebekah	15
Mansfield & Ashfield	St Peters, Mansfield	05/07/2017	Weds	18:00	Rebekah	15
Mansfield & Ashfield	St Peters, Mansfield	08/08/2017	Tues	10:00	Rebekah	15
Mansfield & Ashfield	St Peters, Mansfield	08/08/2017	Tues	13:00	Rebekah	15
Mansfield & Ashfield	Sutton in Ashfield Library	09/08/2017	Weds	12:30	Rebekah	14
Mansfield & Ashfield	Sutton in Ashfield Library	09/08/2017	Weds	15:00	Rebekah	15
Mansfield & Ashfield	St Peters, Mansfield	09/08/2017	Weds	18:00	Rebekah	15
Nene	Camp Hill Community Ctr	06/06/2017	Tues	10:00	Denise	3
Nene	Daverly Leisure Centre	06/06/2017	Tues	14:00	Denise	16
Nene	Camp Hill Community Ctr	04/07/2017	Tues	10:00	Denise	16
Nene	Daverly Leisure Centre	04/07/2017	Tues	14:00	Denise	19
Nene	Camp Hill Community Ctr	06/06/2017	Tues	10:00	Denise	15
Nene	Camp Hill Community Ctr	05/09/2017	Tues	10:00	Denise	14
Newark & Sherwood	Newark Health Centre	09/06/2017	Fri	10:00	Amy	10
Newark & Sherwood	Collingham Medical Centre	07/07/2017	Fri	10:00	Rebekah	15
Newark & Sherwood	Newark Health Centre	07/07/2017	Fri	10:00	Amy	15
Newark & Sherwood	Newark Health Centre	11/08/2017	Fri	10:00	Amy	15
Newark & Sherwood	Collingham Medical Centre	11/08/2017	Fri	10:00	Rebekah	15
Nottingham City	The Place Activity Centre	06/06/2017	Tues	11:30	Amy	11
Nottingham City	The Place Activity Centre	06/06/2017	Tues	14:30	Amy	4
Nottingham City	Clifton Leisure Centre	09/06/2016	Fri	15:00	Amy	11
Nottingham City	Bakersfield Health Centre	16/06/2017	Fri	09:30	Rebekah	12
Nottingham City	Ingeus Nottingham	03/07/2017	Mon	18:00	Rebekah	11
Nottingham City	Ingeus Nottingham	03/07/2017	Mon	14:30	Rebekah	8
Nottingham City	Ingeus Nottingham	03/07/2017	Mon	17:15	Rebekah	11
Nottingham City	The Place Activity Centre	04/07/2017	Tues	11:30	Amy	12
Nottingham City	The Place Activity Centre	04/07/2017	Tues	14:30	Amy	12
Nottingham City	Bakersfield Health Centre	07/07/2017	Fri	14:30	Rebekah	14
Nottingham City	Clifton Leisure Centre	07/07/2017	Fri	15:00	Amy	14
Nottingham City	Ingeus Nottingham	01/08/2017	Tues	11:30	Rebekah	15
Nottingham City	Ingeus Nottingham	01/08/2017	Tues	14:30	Rebekah	15
Nottingham City	Ingeus Nottingham	01/08/2017	Tues	17:15	Rebekah	15
Nottingham City	The Place Activity Centre	08/08/2017	Tues	11:30	Amy	15
Nottingham City	The Place Activity Centre	08/08/2017	Tues	14:30	Amy	15
Nottingham City	Bakersfield Health Centre	11/08/2017	Fri	14:30	Rebekah	15
Nottingham City	Clifton Leisure Centre	11/08/2017	Fri	14:30	Amy	15
Nottingham North & East	Hucknall Leisure Centre	04/07/2017	Tues	18:00	Amy	13
Nottingham North & East	Hucknall Leisure Centre	08/08/2017	Tues	18:00	Amy	15
Nottingham North East	Hucknall Leisure Centre	06/06/2017	Tues	18:00	Amy	11
Nottingham North East/West	St Mary's Church Lounge	05/06/2017	Mon	11:45	Amy	2
Nottingham North/East/West	St Mary's Church Lounge	03/07/2017	Mon	12:00	Amy	15
Nottingham West	Middle Street Resource Centre	05/06/2017	Mon	18:00	Amy	0
Nottingham West	Middle Street Resource Centre	07/06/2017	Weds	12:00	Amy	5
Nottingham West	Middle Street Resource Centre	07/06/2017	Weds	14:30	Amy	5
Nottingham West	Middle Street Resource Centre	07/06/2017	Weds	18:00	Amy	15
Nottingham West	Middle Street Resource Centre	05/07/2017	Weds	13:30	Amy	15
Nottingham West	Middle Street Resource Centre	05/07/2017	Weds	15:30	Amy	15
Nottingham West	Middle Street Resource Centre	09/08/2017	Mon	18:00	Amy	15
Nottingham West	Middle Street Resource Centre	09/08/2017	Weds	13:30	Amy	15
Nottingham West	Middle Street Resource Centre	09/08/2017	Weds	15:30	Amy	15
Rushcliffe	West Park Sports Pavilion	05/07/2017	Weds	10:00	Amy	5
Rushcliffe	West Park Sports Pavilion	05/07/2017	Weds	10:00	Amy	13
Rushcliffe	West Park Sports Pavilion	05/07/2017	Weds	10:00	Amy	15
West Leicestershire	Castle Medical Group Ashby	05/06/2017	Mon	10:00	Denise	0
West Leicestershire	Gorse Covert Comm Tr	08/06/2017	Thurs	10:00	Haj	14
West Leicestershire	Castle Medical Group Ashby	03/07/2017	Mon	10:00	Denise	10
West Leicestershire	Castle Medical Group Ashby	04/08/2017	Fri	13:00	Denise	15

Public Health resources

There are a number of free resources available via Public Health England that can help people manage their diet and motivate them to exercise more on a daily basis. Ingeus, provider of Healthier You: NHS Diabetes Prevention Programme in Nottinghamshire, Northamptonshire, Leicester, Leicestershire and Rutland, regularly signposts patients to these resources.

The Change4Life Be Smart Food app allows people to scan barcodes of any food or drink items. The app will then display the nutritional values of the scanned items, in particular highlighting the amount of sugar, saturated fat and salt the item contains. Not only that, but users will also benefit from a host of simple hints and tips to help make healthier choices.

Similarly, the Couch to 5K app helps users to "get off the couch" and get them running in nine weeks. The app helps build people up gradually with a mix of walking and running. Users can track progress over the nine-week period and beyond, utilise the countdown timer to see how long they've got left and use the app for advice and tips on running.

Ingeus educator Amy Gouldstone said: "We regularly signpost patients to some of these resources during education sessions. They are useful on-the-go tools available to everyone to download and are very easy to use".

There is a host of readily available apps and resources available via the Public Health England website. For more information, please visit: <https://www.gov.uk/government/organisations/public-health-england>

Get in touch

If you have any questions or comments on this newsletter or if you can suggest content to feature in a future edition please contact:
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