

Cambridgeshire and Peterborough Diabetes Programme Newsletter: Issue 3 – January 2018



Introduction from Dr. Mark Brookes



Welcome to the third edition of our Diabetes programme newsletter.

On Wednesday 21 February, 6-7pm, we are holding an evening session for Practice Nurses and GPs to find out why DAFNE might help your patients with

Type 1 diabetes. It will be held at the Cambridge Professional Development Centre, please email andrea.clark@addenbrookes.nhs.uk if you would like to come.

I am pleased that we have 10 NEW Diabetes Care Technicians (DCTs) working across Cambridgeshire and Peterborough, read more on page 3.

The dates for the healthy conversations training have been finalised and can be found [here](#). I would also like to remind you that practices have FREE access to the Cambridge Diabetes Education Programme (CDEP), details on page 3.

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

In this issue:

- Introduction from Dr Mark Brookes
- DAFNE update
- Additional DESMOND sessions
- Diabetes Care Technicians
- Free CDEP training
- VCR FAQs
- Diabetes LES reminder
- DUK public engagement events – Hunts and Fens
- ICS change of telephone number
- NHS DPP referral numbers and eligibility criteria
- Healthier You classes

Diabetes treatment – update on programmes

Type 1 Diabetes – DAFNE Update

We need your help please!!! Part of the strategy in managing Type 1 diabetes is to encourage all patients to attend structured education. Locally this is provided as DAFNE (Dose Adjustment For Normal Eating). We will have courses running in both the community and in hospital for your patients to attend. We will be holding an evening session for Practice Nurses and GPs to find out why DAFNE might help your patients with Type 1 diabetes, what we cover in the course, assessing suitability, how to refer and a patient's perspective. We will also provide you with an information leaflet to hand out to those patients interested in attending a course. In addition to this we will be running two evening recruitment sessions in the community for those patients who would like to know more with an opportunity to ask questions. Details of all sessions are below.

➤ DAFNE update for primary care

Wednesday 21 February 6-7pm in the Conference Hall at Cambridge Professional Development Centre, Foster Road, CB2 9NL (we will also have leaflets available for the nurses to give to those interested in attending). **Please email andrea.clark@addenbrookes.nhs.uk to register your interest.**

➤ DAFNE patient recruitment evenings for patients interested in attending a course:

- 21 March 2018, 6.30- 7.30pm: Hobson Room, Cambridge Professional Development Centre, Foster Road, CB2 9NL
- 25 July 2018, 6.30 – 7.30pm: Hobson Room, Cambridge Professional Development Centre, Foster Road, CB2 9NL

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 out more contact the DESMOND coordinators at CPFT's Community Diabetes Service by calling 0330 726 0077.

Meet the Team – Diabetes Care Technicians

Following the national funding we have secured to help improve outcomes for people with diabetes, there are a number of new staff working within the Community Diabetes Specialist Teams. There are now 10 NEW Diabetes Care Technicians (DCTs) working across Cambridgeshire and Peterborough to help with delivering better quality care, with a focus on supporting primary care. This is not intended to replace the systems that practices have in place for caring for diabetic patients. The DCTs are intended to be an additional resource that can be used by primary care to support existing processes.

Following the success of the Peterborough model to help practices, the DCTs are being trained to manage the ever increasing annual reviews and newly diagnosed patients with diabetes. We realise the DCT role will be new to some practices, so we thought it would be helpful to share some ways that DCTs can be used to support the teams working in primary care.

For example, this could be working alongside the Practice Nurse and HCA teams to provide some additional support to help complete the annual reviews (bloods, BP, weights and foot checks) either in the practice, or the harder to reach patients who are housebound.

Additionally, DCTs can help with patient education, as they will be trained to deliver DESMOND and will receive some diabetes modules and health coaching through Anglia Ruskin University.

If anyone has any queries, or to find out more please contact sally.berry1@nhs.net in the first instance. If practices would like to contact the DCTs, this can be done via the CPFT locality hubs.

FREE Cambridge Diabetes Education Programme (CDEP)

We thought it would be helpful to send a quick reminder about the funding we have secured to enable local clinicians FREE access to the Cambridge Diabetes Education Programme (CDEP) and encourage you to register. Currently out of the 1500 CDEP accounts purchased, 214 have now been registered (14%).

The 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 (at least two modules completed), although the training can be accessed by all clinicians to support their CPD, and not just those who are the dedicated lead in the practice.

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.

Virtual Clinical Review FAQs

In preparation for the Diabetes Virtual Clinical Reviews (VCR) being set up this year, we thought it would be helpful to share a copy of the [FAQs](#) we have developed.

We are conscious that not all practices will have been part of this model before, so we have tried to answer some of the more common queries that have come up. This forms part of the Diabetes LES that has been offered to primary care to support an improvement in outcomes for people with diabetes. Practices will be contacted by the admin team at CPFT to arrange a convenient date for the VCR, so we appreciate your support with getting the dates booked in.

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).

In summary practices will need to:

1. Provide a brief description to explain the processes in place to support case finding and integrated working between primary, community and acute services.
2. To have a date booked in the diary for the VCR with the consultant or DSN and dietician.
3. To have a date booked in the diary for the practice visit. This may be arranged with neighbouring practices as an opportunity to share best practice and learning.
4. Provide a brief description to explain the processes in place at the practice to support referrals to diabetes structured education, accurate coding, and follow up of patients who DNA.
5. Book onto the healthy conversations training. The dates can be found [here](#). Please complete this [enrolment form](#) to book a place on the training.
6. Provide the numbers of patients offered and accepted referral to the NHS Diabetes Prevention Programme and to provide details of the processes in place at the practice to refer patients to the programme.

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.

Please share these dates with your diabetes patients. To book a place call Diabetes UK on 01376 501390 or email Eastern@diabetes.org.uk

HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME

NHS Diabetes Prevention Programme

ICS change of telephone number – 0333 577 3010

From the **1st January** the NDPP number will change to **0333 577 3010** – this number is equivalent to a landline number (same cost as 01 or 02) and is usually included in inclusive minutes on mobile phones.

In December ICS added a message to the 0800 line to make patients aware that from 1 January the number would be replaced by the new **0333 577 3010** number. From 1-31 January if a patient calls the 0800 number they will receive a recorded message informing them of the new number. From 1 February the 0800 number will no longer connect. However, by this time ICS websites and letters to patients will have all been updated. We have updated the patient letter with the new number and this can be found [here](#). ICS have also updated the patient information leaflet. There is a link through from the practice clinical systems, although we have also included a link for ease of reference [here](#).

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 4,200 people** have been referred to the programme in Cambridgeshire and Peterborough.

95 of our member practices have referred patients into the programme, and we have achieved **109% of our referral trajectory** set by NHS England – thank you for your support with this! Please continue to

proactively refer patients into the programme where appropriate. 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 **59 classes** across Cambridgeshire and Peterborough. A list of the NEW classes confirmed to start in February 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 16th Feb pm)
- **St B's Hall, Yaxley**
PE7 3LZ – 2 classes (start date 9th Feb am and pm)
- **The Oasis Community Centre, Wisbech**
PE13 3NR – 2 classes (start date 28th Feb am and pm)

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!