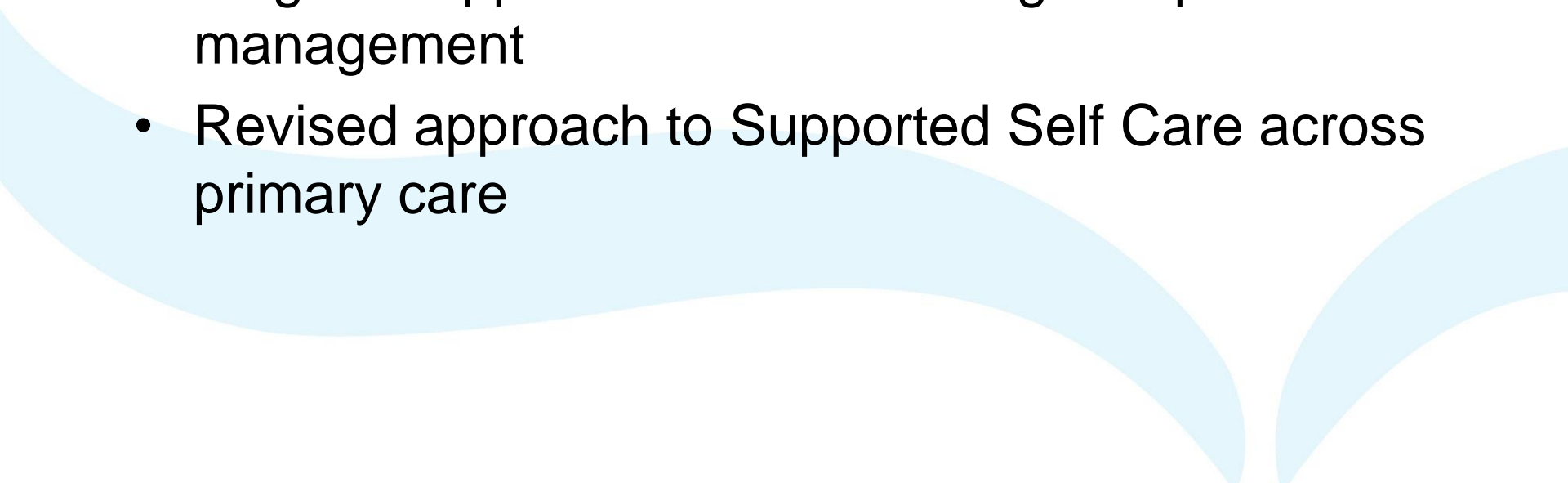


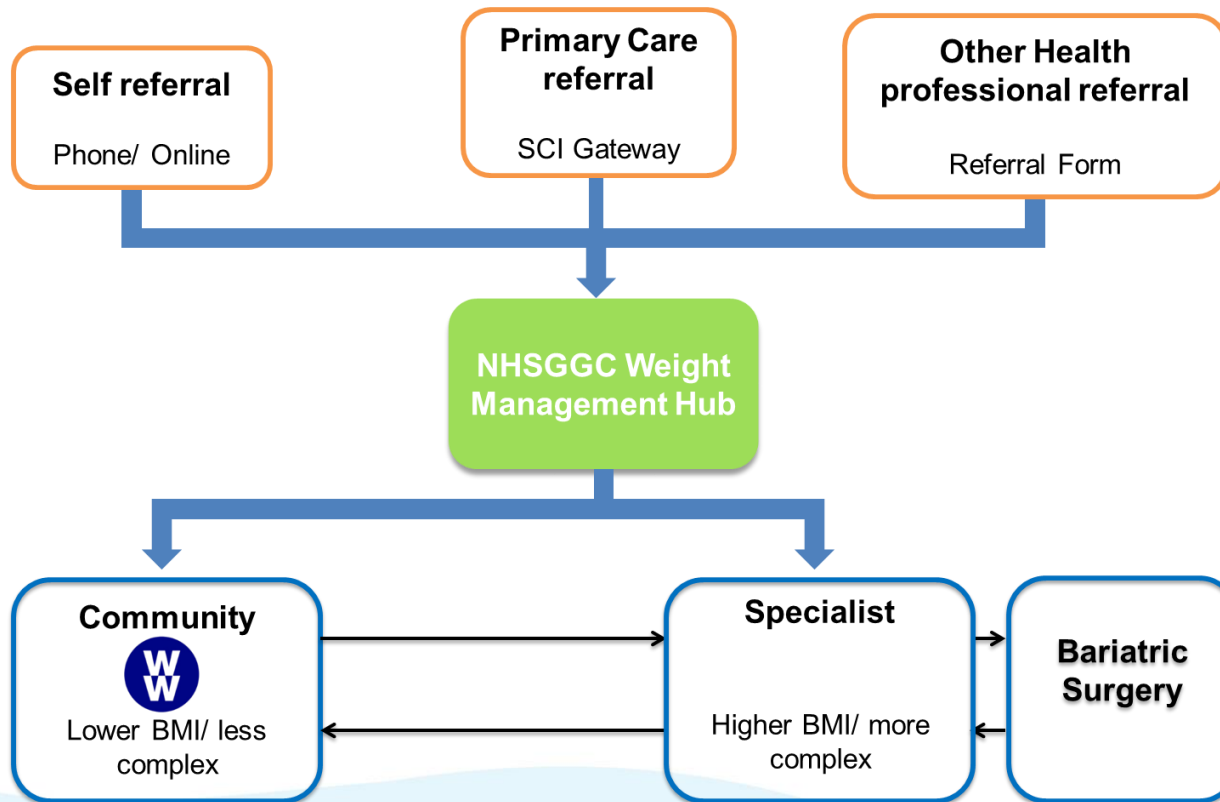
Diabetes Framework Update

GGC Story so far.....

Initial Priorities

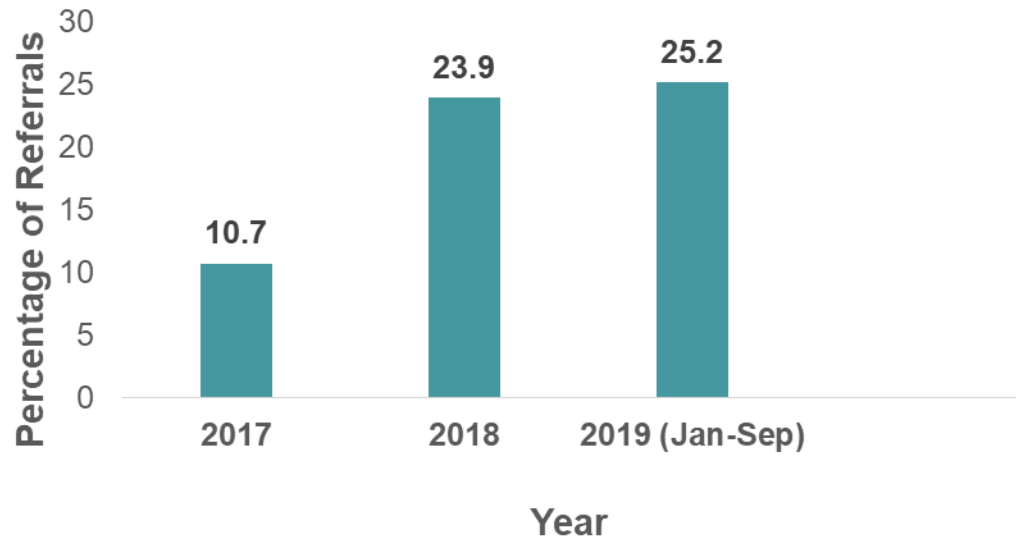
- Comprehensive Weight Management and total meal replacement pilot
 - Gestational Diabetes Mellitus and healthy weight gain during pregnancy
 - Targeted approach to case finding and patient management
 - Revised approach to Supported Self Care across primary care
- 

Weight Management – Progress



- Community WM Service Re-tender
- Low Energy Liquid Diet / Meal Replacement proposal
- National Standards / National core dataset
- Primary Care briefing
- 'Social prescribing' opportunities linked into Live Active

Weight Management



Proportion of CWMS Referrals with T2DM

CWMS in conjunction with WW demonstrates successful weight loss outcomes.

- **39%** of all individuals who engage with CWMS lost $\geq 5\%$
- **53%** of referrals completed pack one - attend 12 weeks (excludes those currently in middle of block)
- **64%** of those who completed pack 1 achieved $\geq 5\%$ weight loss

These figures exceed national benchmarks/ comparator studies for weight loss outcomes. (Ahern et al, 2011; Aston et al, 2007)

Gestational Diabetes – **get UR to check slide for accuracy**

- Business case re-vamped to ensure additional activity to support women at risk of GDM
- Recruitment of additional capacity; HCSW, Midwife, Dietetics and Diabetic Support Nurse.
- GDM Intervention delivery from June 2019
- Review of health education resources underway by Dietetics
- Pilot at PRM to test pathway to meet national guidelines
- Healthy Weight Gain project to be scoped

- Scottish Government convened a national group to identify support in relation to weight gain during pregnancy and the postpartum period; possible development of national standards or guidance for weight management in pregnancy
 - Group met in October 19. SG currently scoping existing provision and examples of best practice

Targeted Case Finding

- Cluster Intelligence reports / HSCP report – January
- Under identification of Diabetes
- Risk stratification approach with practices
- PH Analyst post

- eHealth scoping ‘opt out’ pathways
- Automatic invites to WMServices / Supported self-care
- Telephone intervention/ barrier removal

Supported Self Care – Current State

- Approx 3500 newly diagnosed annually
 - No consistent patient info on diagnosis – **No Preparation**
 - Patients Registered on SCI D last 6 months 1878
 - 784 Patients referred / invited to Conversation Map (41%) (local data)
 - 293 Patients registered on SCI Diabetes attended education session 16%)– **Low Uptake**
 - Completeness issues with SCI Diabetes and education attendance / recording issues (23 attendees recorded)
 - 144 Sessions available across GGC in a year - 51% current capacity utilised – **Capacity**
 - Long wait for session (4 – 6 Months)/ Patients only offered a session in own locality
 - All sessions delivered in Health Centres (+ RAH)
 - Patients happy to attend sessions out with locality / non health venues acceptable-
- Administration**
- MDT approach (Diabetic Nurse Specialists/Community Diabetic Specialist Dietician/Podiatry)
 - Delivery varies 1-3 sessions – half day/full day and monthly/2x month/6 weekly –
- Programme Content**
- Broad content consistent / historical /resource poor / no evaluation /no peer review / inconsistent staff training
 - No follow up Education Sessions available beyond 6 – 12 moths diagnosis for non attendees or *others* - **No follow up**

Opportunities for Improvement – SSC

- ✓ Standardised patient information and materials from diagnosis to support prepared patient
- ✓ Strengthened multi-disciplinary staff training linked to key messages at key stages of Diabetes patient pathway
- ✓ Early adoption / pilot of new Diabetes education programme within NHSGCC and greater consideration of additional need within range of delivery models
- ✓ Adoption of an eHealth patient management system for Diabetes education
- ✓ Centralised co-ordination of Diabetes education maximising flexibility of provision across NHSGCC inc Workforce mapping
- ✓ Increased promotion of digital support through My Diabetes My Way
- ✓ Pilot of group based consultation model for newly diagnosed patients
- ✓ **Skill mix?? Alison to add**