**County Durham and Darlington Integrated Diabetes Service**

**Key Messages February 2019**

**National Diabetes Audit (NDA) Highlights – Type 2 diabetes**

The 2017/18 National Diabetes Audit first look report has been published. The proportion of T2 patients receiving the 8 key care processes for diabetes has increased across all CCGs, with particularly notable improvements in Durham Dales, Easington and Darlington. There remains significant variation between practices and localities regarding receipt of the diabetes care processes, with foot screening and ACR being the most challenging processes to achieve.

**Proportion of patients with Type 2 receiving the 8 key care processes for diabetes**

|  |  |  |
| --- | --- | --- |
|  | 2016/17 | 2017/18 |
| England | 47.7 | 58.8 |
| Darlington CCG | 46.2 | 65.6 |
| DDES CCG | 49.2 | 63.5 |
| North Durham CCG | 54.3 | 59.8 |

However, there is room for improvement in relation to Treatment Targets – fewer patients have achieved all 3 of blood pressure <140/80, HbA1c <58mmol/mol and Cholesterol <5mmol/L

**Proportion of patients with Type 2 diabetes achieving all 3 treatment targets**

|  |  |  |
| --- | --- | --- |
|  | 2016/17 | 2017/18 |
| England | 41.1 | 40.1 |
| Darlington CCG | 41.4 | 36.9 |
| DDES CCG | 41.5 | 37.5 |
| North Durham CCG | 43.3 | 38.6 |

The Diabetes Governance Board is developing an action plan to improve achievement of treatment targets across County Durham and Darlington, and requests that practices support us to improve this key area of diabetes care.

**NHS Diabetes Prevention Programme (NDPP) – Healthier You**

The NHS Long Term Plan puts prevention, particularly diabetes prevention, as the only viable way at managing costs in the long-term. We are approaching a year since the NHS Diabetes Prevention Programme, delivered by Ingeus, was launched in our region. As you will see in the tables (in attachment below) there is significant variation in access with many practices not referring a single individual. Data thus far suggests participants can expect to lose an average of 3.3kg and reduce their HbA1c by an average of -3.2 mmol/mol. The time to start referring patients with Non-Diabetic Hyperglycaemia is now as all practices are eligible to refer into the Programme. **Dr. Patrick Holmes, GP and Diabetes Clinical Lead , Darlington**

The below document gives an update on key NDPP messages and practice performance

Sian Dryburgh, Practice Nurse with Peaseway Medical Centre in Newton Aycliffe describes how her practice has prioritised identifying people at risk of developing diabetes, and referral into the Healthier You programme.

“With the increasing incidence of type 2 diabetes, screening and identifying people at risk of developing diabetes is important as a long term strategy for preventing type 2 diabetes and the possible long term complications associated with this long term condition.

The Healthier You programme provides up to date, evidence based information in a local setting which empowers patients to choose lifestyle changes that are suitable to them as an individual. From a practice point of view, the referral process is very easy, click on the sugar cube icon on the toolbar, check the autofill details and email the referral to the provider”.

**Diabulimia Awareness**

Diabulimia is an eating disorder that only affects people with T1 diabetes. It is not known how many people are living with [Diabulimia](https://www.diabetes.org.uk/guide-to-diabetes/life-with-diabetes/diabulimia?gclid=Cj0KCQiAlIXfBRCpARIsAKvManzDnhPXbsfQS3wuF23qcHJyAc7UdyWqGb7FFmMIQa--tMVZiXCcTxcaAgVMEALw_wcB#common) but it’s estimated around 4 out of 10 women with T1, aged 15 to 30, take less insulin to lose weight, with devastating consequences. And for young men, it’s around 1 out of 10.

Diabetes UK has created a 20 minute documentary featuring [Lynsey's personal journey](https://www.youtube.com/watch?v=9iC1IlwBCW8&t=1s) recovering from diabulimia, in addition to videos explaining [more about diabulimia](https://www.youtube.com/watch?v=DZqSMNnyDpI), and how to [support someone](https://www.youtube.com/watch?v=ZELUnQk4pGo) with this condition.

**Travelling with diabetes - Guidelines for Nurses** Although developed to support people with Type 1 diabetes in particular, this [guidance](https://www.guidelinesfornurses.co.uk/diabetes/what-your-type-1-diabetes-patient-needs-to-know-before-they-go-on-holiday/454526.article) may be relevant for healthcare professionals to support their patients to manage their diabetes whilst on holiday.

**Coming up - Events**

**Vascular and Diabetic Foot Care Symposium**

Northern England Clinical Networks are pleased to announce the date for this year’s joint vascular and diabetes foot care symposium (see attached flyer).

The target audience is broad and as the symposium will include general workshops aimed at increasing diagnosis of PAD and best practice in diabetic foot checks in addition to more specialised topics. For more information please contact Kate McKay [kate@mumac.co.uk](mailto:kate@mumac.co.uk) or Sue Long [susan.long1@nhs.net](mailto:susan.long1@nhs.net)



**Training and Resources**

**Primary Care Training Centre (PCTC)** has been allocated extra funding this year. If you work in Primary Care in the NHS North of England region (and are not a GP) you can now access any of their courses at no cost to you. This is on a first come, first served basis, but will be restricted to a maximum of two courses per applicant, further details [here](https://www.primarycaretraining.co.uk/)

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**Diabetes UK** offers a range of diabetes development programmes for Healthcare Professionals, including a new [Primary Care Leadership Programme](https://www.diabetes.org.uk/professionals/training--competencies/primary-care-leadership-programme) . The fully-funded residential programme is designed to support enthusiastic primary care professionals to develop the skills needed to drive transformational care in their area. The course is delivered in partnership with the Leicester Diabetes Centre, and applications close on **17th March 2019.**

**Diabetes Information and Education Team (D.I.E.T.)**

X-PERT courses are now scheduled for this year with sessions planned in all localities. Providing more flexibility for patients with work or caring commitments, evening courses are planned in all localities, starting with Darlington, Stanley, Bishop Auckland and Newton Aycliffe. The DIET team are also planning weekend courses to provide even more options, to further improve uptake.

X-PERT is evaluating well and the team have obtained feedback which shows many patients are making sustained changes. Some patients have told us:

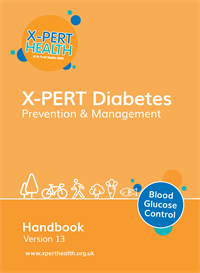
“Very informative and helpful course – it has given me the information and knowledge to make informed choices on my lifestyle and manage my diabetes”

“Very well run course, made easy to follow. Pleased I made the effort to attend”

“The handbook is very helpful”

**You said, we did**.

The team recently attended the local Practice Nurse meetings, where attendees told us that they thought the XPERT patient handbook was an excellent resource. We have ordered an additional stack of books so that we can provide all of our GP practices with a reference copy. The team will be in touch soon.



For further information on structured education please contact [cddft.diabeteseducation@nhs.net](mailto:cddft.diabeteseducation@nhs.net)

**Social Media**

[](http://www.bing.com/images/search?view=detailV2&ccid=wGt+b/ia&id=9B18E9486F3E6FE41305EABF24136050C8993E28&thid=OIP.wGt-b_ia5xh9eQM2geNtggHaHa&mediaurl=http://is4.mzstatic.com/image/thumb/Purple118/v4/f9/29/55/f92955e7-8878-925b-9856-3c7f535477cd/source/1200x630bb.jpg&exph=630&expw=630&q=twittter&simid=608019645989654045&selectedIndex=0) [@cddftdiabetes](https://twitter.com/CDDFTDiabetes)and [](http://www.bing.com/images/search?view=detailV2&ccid=nRPqr2Vm&id=A38B224984B174DB98A8DB73C528874834888DAD&thid=OIP.nRPqr2VmuL33Fb04wRCuwAHaHa&mediaurl=http://3.bp.blogspot.com/-KNqO9JuXUN8/Ti2b1LHRquI/AAAAAAAAAIU/L6k8Wlzxj9k/s1600/logo_facebook.png&exph=1600&expw=1600&q=facebook+logo&simid=608028764205613591&selectedIndex=1) [CDDFT Diabetes](https://www.facebook.com/CCDFTDiabetes/)

Just a reminder that we are on Twitter and Facebook! Patients and healthcare professionals can like and follow us to keep up to date with the latest diabetes news and events.