

NHS Diabetes Prevention Programme in Somerset – Quick Start Guide

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Introduction – The NHS DPP in Somerset

In Somerset, the NHS Diabetes Prevention Programme or NHS DPP is provided by Xyla Health and Wellbeing. Xyla are one of five providers who deliver the NHS DPP across the UK, which aims to help the 5 million people who are at risk of developing diabetes. [Xyla health and wellbeing](#)

When a patient joins the NHS DPP, they will take part in a mixture of 1-to-1 and group sessions delivered by Xyla's specialised health and wellbeing coaches. These sessions focus on empowering participants to take charge of their health and learn how to prevent diabetes by incorporating healthier eating, physical activity, problem-solving, stress-reduction and coping skills into their daily lives.

Following a decrease in referrals throughout the pandemic, we are now encouraging practices to run EMIS searches to identify all patients who meet the eligibility criteria and then send these patients a letter or text message offering them the opportunity to join the programme.

It is acknowledged that this work may have an associated cost. As such, some funding is available to support practices with this work (see funding section).

<p>Eligibility criterion, searches and coding</p>	<p>Eligibility criterion:</p> <ul style="list-style-type: none"> • 18 years or older • Registered with a GP practice in Somerset • Not pregnant and with either: <ol style="list-style-type: none"> 1. HbA1c between 42-47 mmol/mol (6.0-6.4%) within previous 12 months 2. or Fasting Plasma Glucose between 5.5-6.9 mmol/l within previous 12 months 3. or past diagnosis of Gestational Diabetes Mellitus (GDM) and a normoglycaemic blood reading within previous 12 months (HbA1c <42 mmol/mol or Fasting Plasma Glucose <5.5 mmol/l) • able to take part in light/moderate physical activity • are not currently enrolled in the programme or have recently completed (in the last 6 months) <p>EMIS searches:</p> <p>Due to many practices having a backlog in referrals, initially we recommend practices refer all patients who met the eligibility criteria in 2021 and have not previously been offered the opportunity to join the NHS DPP.</p> <p>An EMIS search has been developed to enable practices to identify patients who met the eligibility criterion in 2021. Information about the searches is available on the NHS DPP TeamNet page NHS Diabetes Prevention Programme - TeamNet Link.</p> <p>Subsequent referrals can then be completed routinely by the practice (possibly monthly or quarterly ensuring practices also re-contact patients who do not join the programme following their initial invitation).</p>
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Practice toolkit	<p>A TeamNet page with open access to all staff has been developed to support practices with this work and can be found below.</p> <p>NHS Diabetes Prevention Programme - TeamNet Link</p> <p>If you have any problems accessing this link, please contact james.loder@nhs.net (Business Manager, Somerset Primary Healthcare)</p> <p>The TeamNet page contains the following information and resources:</p> <ul style="list-style-type: none"> • Practice user guide (NHS DPP in Somerset presentation) • EMIS searches and coding information • NHS DPP process pathways • Patient engagement (NHS DPP draft letters and text message) • Example letters sent to practices by Xyla (includes coding information) • Promotional materials (leaflets/posters/social media)
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<p>Additional Support</p>	<p>Referrer drop-in-sessions:</p> <p>Monthly referrer information meetings are held by Xyla Health and Wellbeing. These sessions will cover course content, new referrer information and offer an opportunity to ask questions. For more information, please contact Georgina Clayton, Lead Officer for Diabetes Prevention Programme, Somerset CCG, georgina.clayton@nhs.net</p> <p>These sessions take place on the third Thursday of each month at 12.30pm. The following content will be covered in January to March 2022:</p> <ul style="list-style-type: none"> • 20 January - Gestational Diabetes and prevention • 17 February - Programme structure and content refresher • 17 March - A chance to update knowledge on the referral process and what works well <p>Data:</p> <p>On a monthly basis, Xyla provide a range of practice level data (including referral data and status reports) this data and more detailed analysis can be made available to practices on request.</p> <p>Funding:</p> <p>A small amount of funding is available to support practices with referring patients identified in 2021 who are yet to be offered the opportunity to join the programme. We appreciate this will take both time and have possible cost implications (sending letters etc.).</p> <p>Moving forward this routine referral process should become part of business as usual and payments will be made based on the practice's achievement of the relevant QOF and Enhanced Service targets related to this work.</p>
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<p>Contact information</p>	<p>Somerset Primary Care Contacts</p> <ul style="list-style-type: none"> • Georgina Clayton georgina.clayton@nhs.net – Lead Officer - Diabetes Prevention Programme, Somerset CCG • James Loder james.loder@nhs.net - Business Manager, Somerset Primary Healthcare <p>NHS Diabetes Prevention Programme</p> <ul style="list-style-type: none"> • Antony Wood antony.wood@xylahealth.com - Southwest Regional Manager, Xyla Health and Wellbeing • Xyla Health and Wellbeing website: xylahealthandwellbeing.com/our-services/diabetes-prevention/ • NHS Diabetes Prevention Programme Website: preventing-diabetes.co.uk • Email: info@preventing-diabetes.co.uk • Phone: 0333 577 3010
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