



Healthcare policies and programmes in practice

Preventing ill health and supporting people to live healthier lives

Programme

Objective 4 within the NHS Mandate 2016-17, states and advises Clinical Commissioning Groups (CCGs) “To lead a step change in the NHS in preventing ill health and supporting people to live healthier lives”¹.

Furthermore, planning guidance from the NHS requires CCGs to identify local opportunities for improving care for patients with diabetes².

In Practice

Where?

Working in partnership with North West Surrey Clinical Commissioning Group (CCG) we are delivering a series of 6-week patient education courses on diabetes to support newly diagnosed patients. The aim is for the patients to develop the knowledge, skills and confidence to help them make informed decisions about their lifestyle and management of their condition.

What?

The project aims to work with the CCG and GP surgeries in 3 localities in North West Surrey to identify newly diagnosed patients with diabetes and support them to improve their diet and lifestyle choices to reduce the impact of their long-term condition and improve their health.

Why?

Treatment of diabetes is estimated to cost the NHS £10 billion per year, with this cost indicated to rise to £17 billion in the next 25 years. Evidence shows that people with diabetes are more at risk of developing further complications and long-term conditions. In fact the NHS states that if you have diabetes you are up to five times more likely to develop heart disease or have a stroke³.

self management uk

Keeping populations as healthy as possible is a priority for the NHS, Public Health and all health and social services.

This initiative will enable us to provide a rapid response to those patients who are newly diagnosed with diabetes and are unsure how to best manage their condition on a day-to-day basis. In addition we will be supporting them to make changes in their lifestyle choices at an early stage of their condition to prevent exacerbation.

How?

Potential participants will be invited to take part in one of the diabetes courses organised in their area.

On the courses participants learn self-management tools, skills and techniques to help them manage their condition better, improving their health and wellbeing. A key feature of the diabetes 'X-PERT' course is that within the 6 week period previous participants have reported a reduction in blood glucose; blood pressure; blood cholesterol; body weight and waist circumference with an overall improvement in quality of life.

The resources table at courses promotes local groups and activities that are relevant to helping participants maintain their healthier lifestyle choices. Volunteering, social action and social prescribing are vital to the sustainability of communities supporting people to live healthier lives.

Progress

We hope that this sustainable model of support for newly diagnosed patients will be adopted by other CCGs who wish to prioritise support for newly diagnosed diabetes patients to complement the work they are undertaking as part of the National Diabetes Prevention Programme.

An update on the results will be printed later in 2016.

References:

¹ "The Government's mandate to NHS England 2016-17, A mandate from the Government to NHS England: April 2016 to March 2017", January 2016.

² Delivering the Forward View: NHS planning guidance 2016/17 – 2020/21", December 2015.

³ NHS website.

Further reading:

1. See the NHS website for information on the National Diabetes Prevention Programme (NHS DPP).