

# Diabetes in Somerset

**James Loder** - [james.loder@nhs.net](mailto:james.loder@nhs.net)

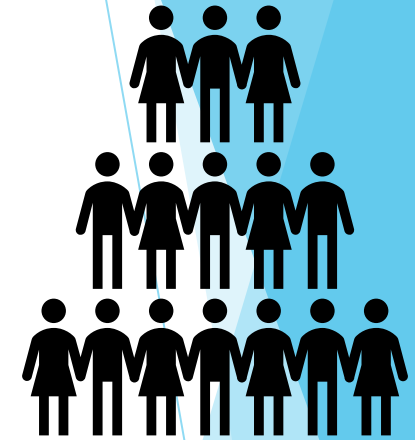
Director of Development

Somerset Primary Healthcare

# Current status of Diabetes in Somerset

## Eclipse data 30 September 2023

- ▶ Somerset Population 604,215
- ▶ 38,304 Patients Living with Diabetes (PLWD) (6.4%)
- ▶ 35,321 T2D (92.2%)
- ▶ 2,983 T1D (7.8%)
- ▶ Similar number with pre-diabetes - Only getting worse
- ▶ Very hard to identify exact spend on diabetes but estimated at 10% of NHS budget, with 10% of that on medication.
- ▶ For Somerset that represents approximate costs of £100m with £10m on meds.



# Key issues for Somerset



- ▶ Projected to rise to 54,000 by 2035 - Low estimate.
- ▶ Identifying and supporting people in Somerset with undiagnosed diabetes.
- ▶ There are many services and support, but signposting is not clear or easy to navigate.
- ▶ The percentage of Somerset CCG/ICB GPs meeting all three treatment targets in 2021/22, was below England average.
- ▶ In 2017/18 - 19/20 minor diabetic lower-limb amputation procedures higher than England average and the highest per 10,000 out of all CCGs in England.
- ▶ The additional risk of mortality among people with diabetes was 42.4% in the Somerset (England, 21.8%).
- ▶ Data is very poor.

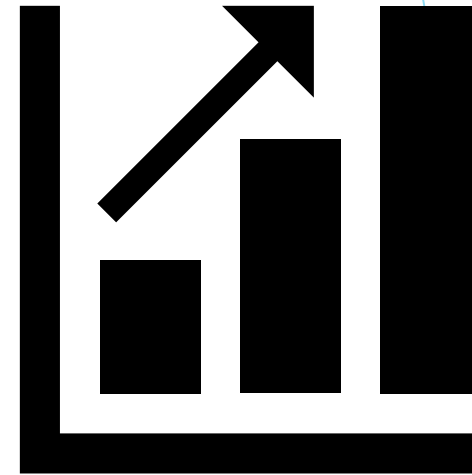
# Somerset Diabetes Programmes

- ▶ NHS Diabetes Prevention Programme (NDPP)
- ▶ Diabetes Recovery Programme
  - Risk stratification
  - Digital diabetes
- ▶ Type 2 Diabetes Path to Remission (T2DR)
- ▶ Peri-operative Service



# Diabetes Recovery Programme

Supporting practices to improve diabetes care following the impact of COVID on patients with diabetes.



# Diabetes Recovery Programme

## Objectives

- ▶ Increase number of PLWD receiving all 8 care processes annually
- ▶ Increase number of PLWD attaining all 3 treatment targets
- ▶ Improve clinical outcomes for ‘high-risk’ patients

# Eclipse data 31 March 2023 (QoF Year 2022/23)

- ▶ **52%** of PLWD received all 8 care processes in last 12 months (18/77 ICBs in England)
- ▶ **27%** of PLWD in range for all 3 treatment targets (57/77 ICBs in England)



# Diabetes Recovery Programme

## Current Status

- ▶ Recruitment of project and nursing team
- ▶ Supporting 8 practices intensively
- ▶ Notable improvements in care process completion in all
- ▶ Treatment targets still an issue and slower to change
- ▶ Reviewed over 150 high-risk patients and developed treatment plan





# Diabetes Recovery Programme

## Practice Assessment

- ▶ Initial assessment with practice including
  - Validation of Eclipse data with practice level data
  - Review of current practices processes/protocols
  - Identification of staffing requirements (recruitment, training)
- ▶ QI action plan developed with agreed milestones
- ▶ Regular review meetings at 4, 8 and 12 weeks



# Diabetes Recovery Programme

## Support Offer

- ▶ Practice assessment with improvement plan
- ▶ Diabetes resources, training and education for staff
- ▶ DSN and Consultant led virtual clinics
- ▶ Group Consultation Training
- ▶ Pier Support
- ▶ Collaborative working (PC, PCN, ICB, DICT, SFT, PH)
- ▶ Diabetes Engagement Events for healthcare professionals

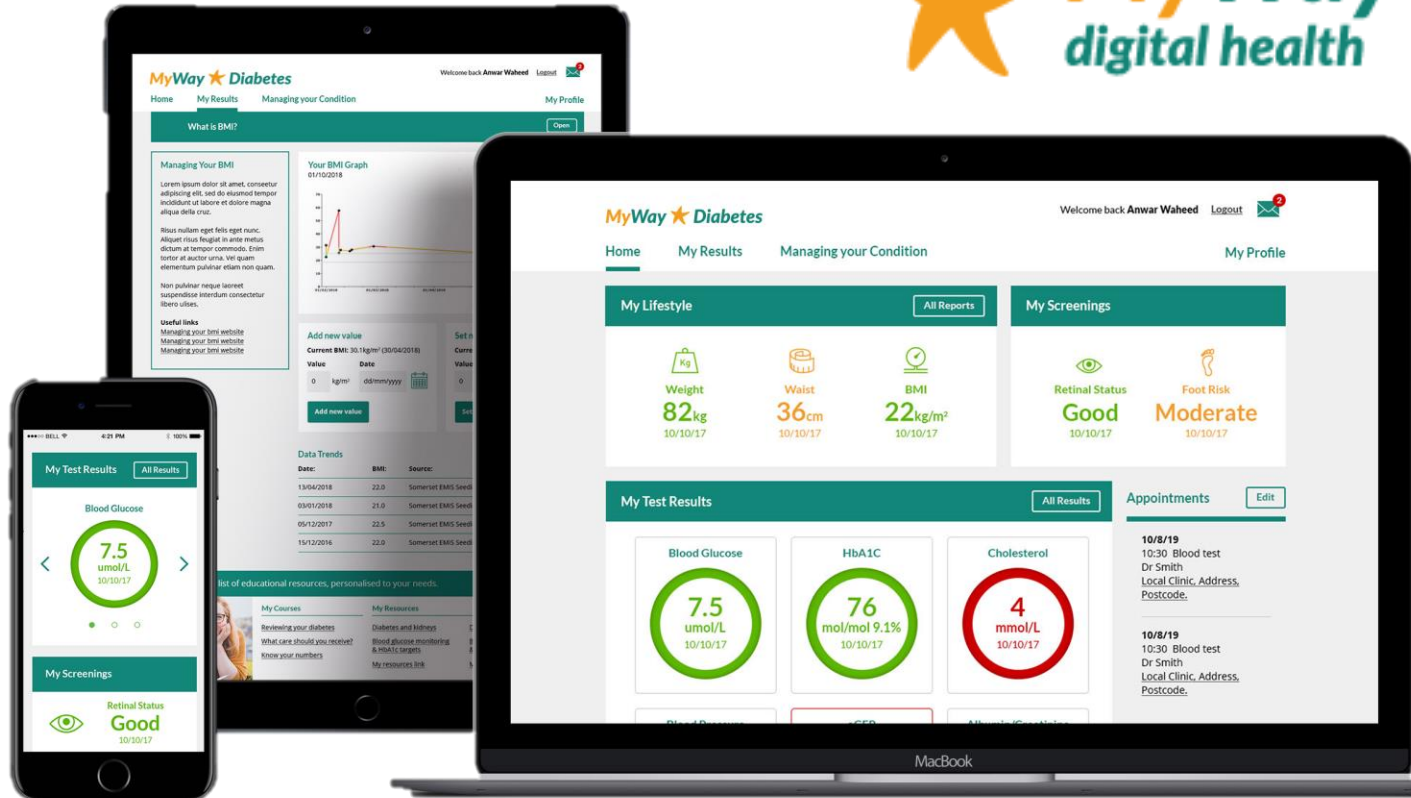


# Next steps

- ▶ Continue to work with practices seeking support
- ▶ Recruitment of pharmacist to support high risk patients
- ▶ Continue group consultation training
- ▶ Continue development of education and training resources
- ▶ Increase awareness of services and referral pathways



# Digital diabetes - MyWay Diabetes



Data Trends

Date:	BMI:	Source:
13/04/2018	22.0	Somerst EMS Seed
09/01/2018	21.0	Somerst EMS Seed
05/12/2017	22.5	Somerst EMS Seed
15/12/2016	22.0	Somerst EMS Seed

# Digital diabetes - MyWay Diabetes

- ▶ Over 11 000 patients living with diabetes (PLWD) registered (30%)
- ▶ Projected reduction in complications such as heart attacks and strokes leading to saving of over £500 000 per year

For registered PLWD in Somerset, improvements noted in:

- ▶ Blood sugar control
- ▶ Blood pressure
- ▶ Cholesterol
- ▶ Weight



# Digital diabetes - MyWay Diabetes

## Next Steps

- ▶ Continue to increase number of patients registering with MWD
- ▶ Increase number of patients starting/completing structured education
- ▶ Increase number of staff attending MWD introductory webinars



# Digital diabetes - TeamNet



- Web based information sharing portal
- Somerset ICS healthcare professionals and organisations
- Access:
  - Practice TeamNet
  - <https://teamnet.clarity.co.uk/Topics/ViewItem/e5cb48fb-0824-40b8-b1c5-aeb700e1420f>

# Cambridge Diabetes Education Programme (CDEP)

- A competency-based E-learning platform
- Based on nationally recognised framework of competencies for healthcare practitioners
- Free to Somerset Primary Care staff to help:
  - Improve knowledge
  - Boost confidence
  - Promote safer patient care
- Each CDEP topic generates a CPD certificate and reflection document to support revalidation and appraisals.





# Any Questions?

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