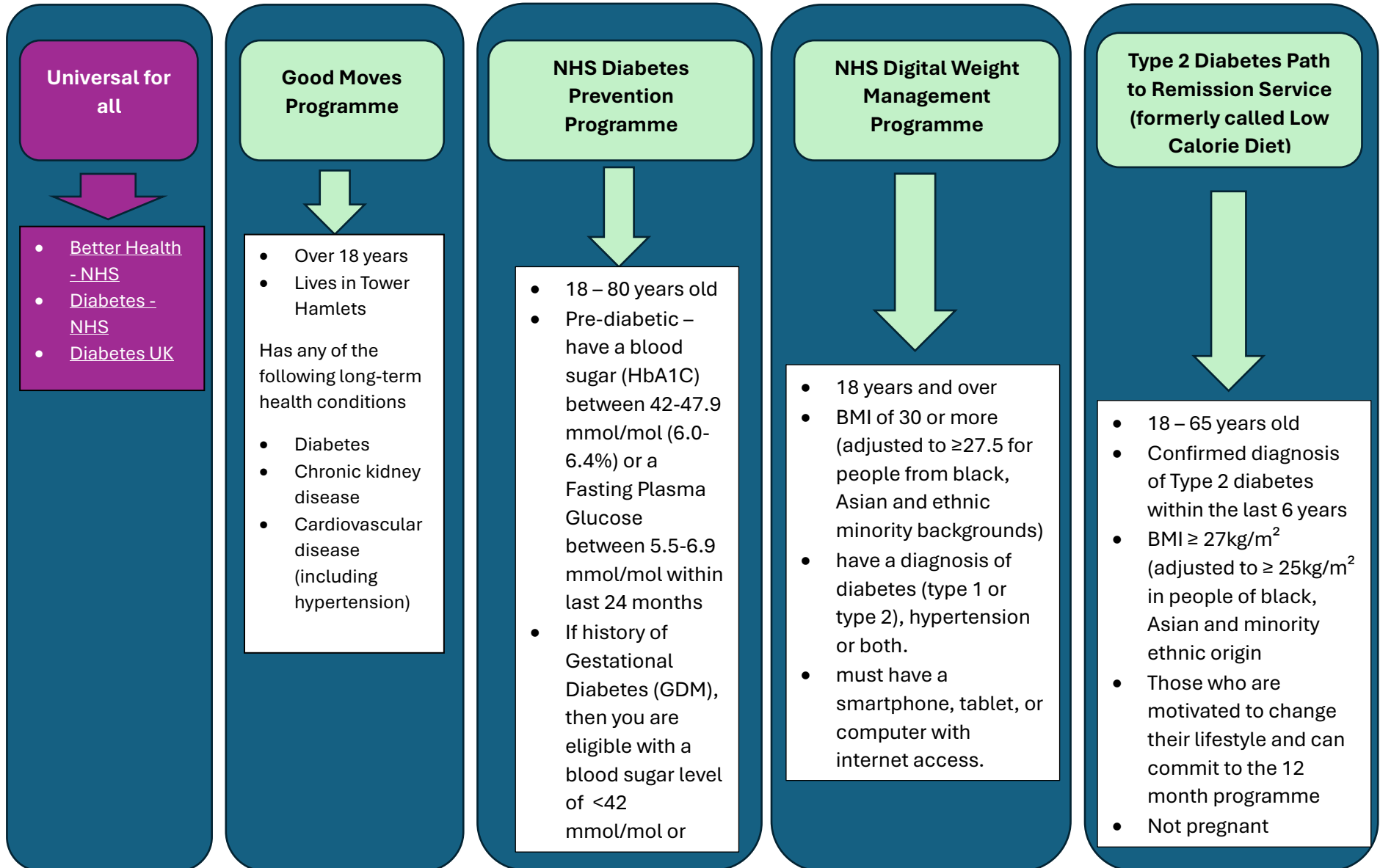


Service Details for Diabetes Prevention/Programmes for Patients with Diabetes



Service	Target Population	Overview	Length	Eligibility criteria	Exclusion criteria	Who can refer	Referral route
<p>Good Moves Programme (provided by Social Action for Health) SAFH - Good-moves</p>	Adults living with diabetes, chronic kidney disease and/or cardiovascular disease	Culturally sensitive self-management programme designed to improve the health and wellbeing of residents with long-term health conditions. Courses support people to learn more about how to manage their condition(s), introduce gentle exercise, make social connection with others and develop sustainable changes. Run in small groups. Courses offered in multiple languages (Bengali, Somali, English and more), and runs both online and in-person.	8- weeks	<ul style="list-style-type: none"> Be a Tower Hamlets resident (or registered with a Tower Hamlets GP) Over 18 years old. Be diagnosed with Diabetes, Chronic Kidney Disease, and/or cardiovascular disease (inc. hypertension). 	<ul style="list-style-type: none"> Under 18s Those not registered with a GP in Tower Hamlets and living outside the borough. Clients without a formal diagnosis of CVD (inc. hypertension), CKD and or diabetes. 	<p>Trained healthcare professional in GP or other settings</p> <p>Self-referrals are allowed but require proof of diagnosis to start course</p>	<p>Referrals via EMIS</p> <p>Self-referral form: Good Moves — Social Action for Health</p> <ul style="list-style-type: none"> Form can be complete for someone else e.g. family member
<p>NHS Digital Weight Management Programme Diabetes - Digital Weight Management Programme - NHS North East London</p>	Adults living with obesity who also have a diagnosis of diabetes, hypertension or both.	It is a 12-week online behavioural and lifestyle programme that people can access via a smartphone or computer with internet access	12-weeks	<ul style="list-style-type: none"> 18 years old and above BMI of 30 or more (adjusted to ≥ 27.5 for people from black, Asian and ethnic minority backgrounds) have a diagnosis of diabetes (type 1 or type 2), hypertension or both. must have a smartphone, tablet, or computer with internet access. 	<ul style="list-style-type: none"> recorded as having moderate or severe frailty is pregnant has an active eating disorder has had bariatric surgery in the last two years people for whom a weight management programme is considered to pose greater risk of harm than benefit. 	<p>Trained healthcare professionals from GP or Community Pharmacies</p>	<p>Referrals via EMIS 'Digital Weight Management NEL CEG (RP) v2.1'</p> <p>or e-RS referral</p>

<p>NHS Diabetes Prevention Programme (NDPP)</p> <p>Diabetes – Diabetes Prevention Programme (NDPP) - NHS North East London</p>	<p>Pre-diabetes</p>	<p>Free 9-month programme available both as face-face group service and as a digital service. When referred, people are free to choose between the two.</p>	<p>9-months</p>	<ul style="list-style-type: none"> aged between 18 and 80 years old and: Registered with a GP in NEL Have a blood sugar level (HbA1c) between 42 – 47.9 mmol/mol (6.0-6.4%) or a Fasting Plasma Glucose between 5.5-6.9 mmol/mol within the last 24 months If you have a history of Gestational Diabetes (GDM), then you are eligible with a blood sugar level of <42 mmol/mol or Fasting Plasma Glucose level of <5.5mmol/l 	<ul style="list-style-type: none"> Currently pregnant Diagnosed active eating disorder If patient has had bariatric surgery in the last 2 years even if the surgery has been reversed 	<p>Trained healthcare professional in GP</p> <p>Or if you have the following information you can self-register:</p> <ul style="list-style-type: none"> NHS Number Blood Test Result (either your HbA1c or FPG reading) Date of Blood Test (must be within the past 12 months) Height & weight 	<p>Complete the NHS Diabetes Prevention programme referral form which is embedded into EMIS and send it to: healthier.you@nhs.net</p> <p>Self-referral: 0333 047 9999 or https://healthieryou.org.uk/gp</p>
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<p>Type 2 Diabetes Path to Remission Service (formerly called Low Calorie Diet) By Oviva (NHS Commissioned Provider) https://oviva.com/uk/en/for-primary-care-t2dr/</p>	<p>Adults who are overweight and living with type 2 diabetes</p>	<p>This free programme takes place over 12 months, includes a 12-week 800-850 kcal/day diet using meal replacement products such as shakes and soups. You will be supported by a diabetes clinician, or a clinician-led support group at a time that suits you. This combined with the Oviva app and online Learn platform supports you to improve your health and better self-manage your condition.</p>	<p>12-months</p>	<ul style="list-style-type: none"> • People aged between 18 and 65 years old • People who are not pregnant • Confirmed diagnosis of Type 2 diabetes within the last 6 years • BMI $\geq 27\text{kg/m}^2$ (adjusted to $\geq 25\text{kg/m}^2$ in people of black, Asian and minority ethnic origin) • Those who are motivated to change their lifestyle and can commit to the 12 month programme 	<ul style="list-style-type: none"> • Current insulin user • Pregnant or planning to become pregnant within the next 6 months • Currently breastfeeding • Discharged in the last 12 months from the NHS Type 2 Diabetes Path to Remission Programme after having commenced the programme • Has other significant comorbidities e.g. active substance use disorder, eating disorder • Has had bariatric surgery 	<p>Trained healthcare professional in GP</p>	<p>Complete the referral form which is embedded into your clinical system and send it to: ovivauk.t2dr@nhs.net</p>
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