



### Diabetes newsletter – Coventry and Warwickshire



## Issue 4

### Welcome to the fourth edition of the Coventry and Warwickshire Diabetes newsletter

We will distribute on a quarterly basis, so feel free to tell us what you think and where we could improve.

Our aim is to keep you informed of all our diabetes patient education projects and most importantly let you know about any training, education, wider support and opportunities that are available to you as you deliver diabetes care to your patients. Please do contact us if you have any items you would like to see included in future newsletters, including your top tips!

Desmond NHS  
Helping you to  
**TAKE CONTROL OF YOUR DIABETES!**  
The **DESMOND** programme is:  
• a chance to find out more about Type 2 diabetes  
• designed to help you manage the changes diabetes can bring to your life  
• an opportunity to meet and share experiences with others - you are also welcome to bring a family member or friend with you  
Call free on 0800 599 1229 or email 01226 255000@nhs.uk to find out more about the options available to you.  
You can also speak to your GP or Nurse to discuss your diabetes management.

### DESMOND update

We still want you to continue referring your Type 2 diabetic patients to the DESMOND structured education programme. We are seeing a continuous steady flow of patients either being referred through primary care or self-referring in via the online form or by calling the Freephone number. Please remember to refer your patients to DESMOND so that they can start to benefit from the education and even if it means making small changes to their lifestyle and eating habits... it will be a good start for them!

[Click here](#) to read the latest DESMOND report.

### Diabetes Strategy Group meeting

On March 26th, the first meeting was held following the STP Workshop in December 2018. The strategy group has evolved from the Diabetes Transformation Group, and has widened to review the whole diabetes pathway from prevention to Super 6 specialist care.

The group have agreed the overarching Governance Structure, Terms of Reference and pathways, including the expected outcomes for each path, and are now progressing with identifying the people who will sit on each pathway to drive forward the changes and ensure interventions are created to facilitate this change.

## Rugby diabetes education sessions - practice nurses

Please see the following diabetes education sessions for Practices Nurses, at Swift House Seminar Room, 12.30pm-1.30pm on the following dates, no booking is required you can simply turn up for the session:

Injectable therapy - with case studies	Thursday 26th September 2019
Insulin regime change - with case studies	Thursday 12th December 2019
Complex pharmacological management - with case studies	Thursday 20th February 2020

***Please note: Drinks only will be provided, please bring your own lunch.***

## Community Diabetes Specialist nurse in South Warwickshire

The CCG commissioned a Community Diabetes Nurse Specialist for 2 years, which started in June 2018. The main focus of the role is to facilitate early discharge from hospital and reduce admissions and try and prevent readmissions due to diabetes.

The service provides two types of clinics. The first of these is the HOT clinic which occur twice a week. These are based mainly at Warwick Hospital but also at Stratford. The clinics help to provide timely access for GP, Consultants, Practice Nurses, DNS and other healthcare providers for patients that would potentially require hospital admission or would have their discharge delayed. Further clinics include Libre and Continuous glucose monitoring clinics. These occur monthly and further support is offered also virtually by telephone.

**If you would like to know more information about the service and clinics offered in South Warwickshire, please [click here](#).**

**TYPE 2  
DIABETES PREVENTION WEEK**  
**1-7 APRIL 2019**



## Community Events - Diabetes Awareness Week 2019

A number of community events were held in North Warwickshire, a fundraising staff sports day was held on Wednesday 12/6/19 at Camphill in Nuneaton to raise money for Diabetes UK during diabetes week and also promote the year of health and wellbeing. The north community diabetes team also took part in the diabetes UK walk a million steps in July to August to raise money for Diabetes UK and also linking into the year of health and wellbeing.

Please [click here](#) for more information.



## Diabetes Community Champions

The Diabetes Community champion's project is well underway and proving to be an attractive project that people are keen to get involved in. The champions will be a local voice in the community who will support the CCG's to spread the prevention and managing diabetes messages. Currently, we have recruited almost 14 champions from across Coventry and Warwickshire and we've secured some free training for them with Diabetes UK. We are continuing to look for more champions, so if you do come across any patients or local contacts please get in touch with:

Suman Ghaiwal, Communications and Engagement Manager - Diabetes and Cancer. Email, [suman.ghaiwal@coventryrugbyccg.nhs.uk](mailto:suman.ghaiwal@coventryrugbyccg.nhs.uk) or call 07917 067252 for more information.

[Click here to view a copy of the poster and flyer!](#)

## Homelessness Project

The Long Term Health Conditions commissioning team at NHS Coventry and Rugby Clinical Commissioning Group and NHS Warwickshire North Clinical Commissioning Group (CCG) are working in partnership with public health, local authority, charities and housing organisations.

The aim of this project is to offer support ahead of the winter months 2019-2020 and to provide homeless people with an emergency pack of essentials (which will be free of charge/donations) including; diabetes healthcare advice, basic foot care advice for diabetics, accessing mental health services and some practical items to see them through the winter period. More information will be shared in the next newsletter!

Suman Ghaiwal, Communications and Engagement Manager - Diabetes and Cancer. Email, [suman.ghaiwal@coventryrugbyccg.nhs.uk](mailto:suman.ghaiwal@coventryrugbyccg.nhs.uk) or call 07917 067252 for more information.



## Community Health and Wellbeing Event - Nuneaton

NHS Warwickshire North CCG are linking in with a number of local community lead people to understand what the key health issues are and how we can work together. Suman Ghaiwal and Anna Wheatley from NHS Coventry and Rugby CCG will be working closely with the community leads in the run-up to a community Health and Wellbeing event which is due to take place on Saturday 28<sup>th</sup> September 2019. This is being led by the Equality, Inclusion in Partnership (EQuIP).

[Click here](#) for more information.

**Suman Ghaiwal, Communications and Engaegment Manager - Diabetes and Cancer.**  
Email, [suman.ghaiwal@coventryrugbyccg.nhs.uk](mailto:suman.ghaiwal@coventryrugbyccg.nhs.uk) or call 07917 067252 for more information.

## *Local support services across Coventry and Warwickshire...*



## Pocket Medic stats - June 2019

People Living with Diabetes across Coventry and Warwickshire can watch a short series of films as part of their treatment plan (digital prescription). Each film has been created by NHS healthcare professionals and people living with diabetes to help patients further understand and manage their condition.

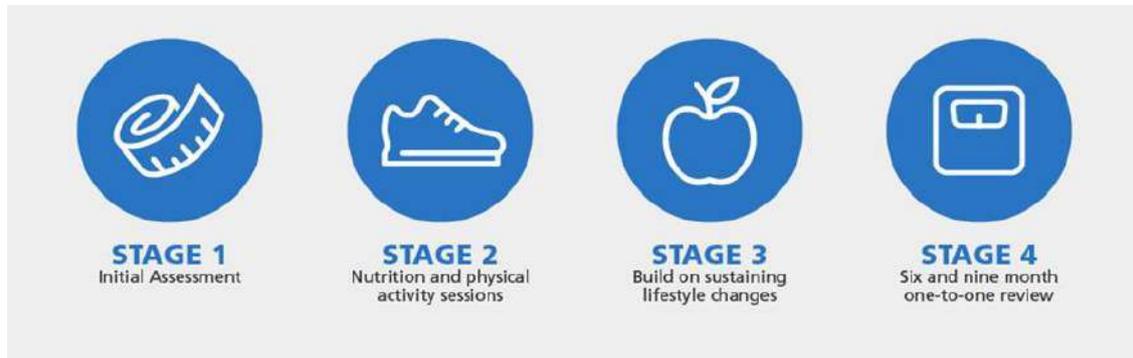
All 3 CCG's evaluated additional education materials for people with diabetes in 2018, and have purchased these videos to support your patients self-management and greater understanding of their diabetes. They are free to watch, and can be re-visited as many times as the person wishes. We urge you to please provide each patient with the link, following a consultation. Evidence from the research team who supported the production of these videos has shown a reduction in HbA1c and increased self-management and wellbeing. Please click on the

following links to view the videos online:

[NHS Coventry and Rugby CCG](#)

[NHS Warwickshire North CCG](#)

[NHS South Warwickshire CCG](#)



## NHS Diabetes Prevention Programme (NDPP)

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An essential part of primary care work is prevention. We are required to provide the prevention programme for our at risk population, which you can refer all your patients with a Hba1c between 42 to 47 minimal to, and you will receive a payment for every patient referred. ICS Health and Wellbeing are our provider across Coventry and Warwickshire.

Those referred to the service will receive tailored, personalised support to reduce their risk of Type 2 diabetes including education on healthy eating and lifestyle, help to lose weight and physical exercise programmes, all of which together have been proven to reduce the risk of developing the disease. For local information about the NDPP service, [click here](#) or contact:

Naomi Jones, Healthier You Regional Manager [Naomi.Jones@icshealth.co.uk](mailto:Naomi.Jones@icshealth.co.uk) 07442 011444

[Click here to read a copy of the latest newsletter](#)

[Click here to read a case study](#)

## Groundworks - Cook Together, Eat Together

Cook Together Eat Together is a free cooking club in Coventry offering the chance to meet new people, cook new things and learn new recipes for residents of Coventry aged 55 and over. The project is funded by the National Lottery and delivered by Groundworks West Midlands. If you have any patients in Coventry, who are aged 55 and over, and want to know how to cook and eat in a healthier way while meeting new people, then these cooking clubs will be ideal!

**For more information about this service, please [click here](#).**

## Healthy Lifestyles

The Healthy Lifestyles team in Coventry can support patients who may be at risk of diabetes, the team offer NHS Health checks for people over 40, the service helps to prevent heart disease, stroke, diabetes, kidney disease and dementia. 3,200 people have been referred to the

service from April 2018 – March 2019. This year is looking even more promising with the new referral pathways being developed.

The team offer one to one or online support and tailor a health plan based on individual needs. Patients who are 'at risk' of diabetes can self-refer or be referred in to the service to get free advice and support about healthy eating, being more active, maintaining a healthy weight and stopping smoking. For more information, please contact:

**Healthy Lifestyles Team on 0800 122 3780 or email [info@hlscoventry.org](mailto:info@hlscoventry.org) visit [www.hlscoventry.org](http://www.hlscoventry.org)**

## **Fitter Futures - Warwickshire**

Fitter Futures in Warwickshire aim to support people to improve their health. Any healthcare provider, social care professional or pharmacy who wants to refer someone to weight management on referral, family weight management or physical activity/healthy lifestyle on referral (previously called Exercise on Referral) services? Patients who want to take part in the Fitter Futures Warwickshire scheme need to be registered with a Warwickshire GP. Each service requires that individuals referred meet a specific set of criteria.

**For more information about the service please [click here](#).**

## **IAPT - Improving Access to Psychological Therapy**

Your IAPT teams are able to see your patients with mild, moderate and moderate to severe symptoms of anxiety or depression. Recent evaluations from Desmond courses highlighted patients commenting that they would value access to this type of service.

**Patients can self-refer via the IAPT web-site or Freephone number, and they have some very useful self-help resources: <https://www.cowarkpt.nhs.uk/iapt>**

**Tel: 024 7667 1090**

## **Footcare reminder!**

A recent National Diabetes Audit (NDA) data has highlighted the importance of prompt referral to foot specialists for episodes of foot ulceration. Locally, we identify that some patients have a delay in referring into our podiatry services, leading to more severe foot pathologies presenting as a first occurrence.

Please [click here](#) to read the NDA report summary. The Diabetes Strategy Group have agreed to form a foot pathway group to focus on local service requirements and ensure our services meet the needs of our populations.

[Click here](#) for CWPT foot referral form

[Click here](#) for SWFT foot referral form

## **Freestyle Libre - policy and position statement**

Coventry and Rugby and Warwickshire North CCG are preparing a revised policy which will be reviewed and considered by the Area Prescribing Committee in July. Training for staff and patient group education sessions to support using Libre will also be provided. Any queries or

questions about Libre, please email Anna Wheatley, [anna.wheatley@coventryrugbyccg.nhs.uk](mailto:anna.wheatley@coventryrugbyccg.nhs.uk)

**Please click on the links below for more information:**

[Position statement - Coventry, Rugby and Warwickshire North CCG's Policy - South Warwickshire CCG](#)

## Research and evidence

### GP Notebook - CREDENCE

The CREDENCE trial recently reported in the NEJM exploring the effect of the SGLT2 inhibitor canagliflozin on cardiovascular (CV) and renal outcomes in those with type 2 diabetes (T2D) and chronic kidney disease (CKD). The results were impressive with a 30% relative risk reduction in a composite of end-stage renal disease (ESRD), doubling of serum creatinine levels from baseline or death from renal or CV disease. Absolute risk reduction was 4.5% translating into an NNT of 22 over 2.5 years.

[Click here](#) for more information.

### GP Notebook – Updates in diabetology

<https://mailchi.mp/473d313b97af/updates-in-respiratory-from-gpnotebook-188345?e=ae5573e621>

## Happy to help

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**If you have any questions or queries about the information included in the newsletter or the Diabetes Transformation Programme, please email [crccg.diabetes@nhs.net](mailto:crccg.diabetes@nhs.net)**

### Local point of contact

**If you have any queries, ideas or positive news stories to share in relation to Diabetes services please contact:**

**Natasha Lloyd-Lucas, Senior Commissioning Manager, SWCCG  
Anna Wheatley, Diabetes Education Lead, CRCCG/WNCCG  
[anna.wheatley@coventryrugbyccg.nhs.uk](mailto:anna.wheatley@coventryrugbyccg.nhs.uk)**

