

Dr. Tom Milligan

Increasing referrals to T2DR

Referral information



Inclusion criteria

- Min age of 18 and max age of 65 years old
- Min BMI of 27kg/m² (25kg/m² in people of ethnic minority origin).
- BMI obtained from self-measured weight is acceptable for referral. If this cannot be obtained, a clinic-measured value within the last 12 months may be used, provided there is no concern that weight may have reduced, such that the individual would not be eligible for the LCD programme at present.
- Diagnosed with within the last 6 years
- HbA1c eligibility, most recent value, which must be within 12 months:
 - If on diabetes medication, HbA1c 43-87 mmol/mol
 - If not on diabetes medication, HbA1c 48-87 mmol/mol
- If there is any concern that HbA1c may have changed since last measured, such that repeat testing may indicate that the individual would not be eligible for the LCD programme at present, HbA1c should be rechecked before referral is considered.
- Must have attended for monitoring and diabetes review when last offered, including retinal screening, and commit to continue attending annual reviews, even if remission is achieved. This does not exclude newly diagnosed patients.

Exclusion criteria

- Current insulin use
- Pregnant or planning to become pregnant within the next 6 months
- Current breastfeeding
- Significant physical comorbidities:
 - active cancer
 - heart attack or stroke in last 6 months
 - severe heart failure defined as equivalent to the New York heart Association grade 3 or 4 (NYHA)
 - recent eGFR <30 mls/min/1.73m²
 - active liver disease (non-alcoholic fatty liver disease (NAFLD) is not an exclusion), a history of hepatoma or <6 months of onset of acute hepatitis

- Active substance use disorder
- Active eating disorder (including binge eating disorder)
- Porphyria
- Known proliferative retinopathy that has not been treated
- Had bariatric surgery (those on the waiting list not excluded)
- Patient has started the programme previously within the last 12 months
- Health professional assessment that the person is unable to understand or meet the demands of the treatment programme and/or monitoring requirements

Why should we refer more patients to T2DR?



- Local Remission Rates
- Remuneration
- How powerful compared to normal work – our impact
- Personal Stories and Job satisfaction

Having Diabetes costs the NHS approx. £51 000 additional spend per patient

Where we are up to...

- Diabetes is the most expensive condition in the NHS
- We have a practical solution that works
- The future cost of patients who could be in remission

- 50% of practices have done a referral
- Local Referral Rates
- One practice has done 88 referrals...

Clinical Searches!

T2DR Search and Pop Up



Patient Appointments Reporting Audit Setup Links Clinical Tools Workflow User System Help

Search Task Notify Note Discard Details Today Next Acute

Start Consultation Next Event Event Details Pathology Drawing Auto-Consultation Settings

Clinical Administrative

Patient Home

Continue Configure

+ Pathology/Radiology to Archive 85 Info

- Sensitivities & Allergies

FELODIPINE: Reason: Intolerance End Mor

AMLODIPINE: ankle swelling End Mor

Allergic reaction More

Reminders

Recalls (2)

Active Problems (12)

- Major Active Problems (5)
 - Essential hypertension (XE0Uc) (
 - Pulmonary embolus (XE0Um) (257
 - Gastro-oesophageal reflux disea
 - Cobalamin deficiency (C2621) (19
 - Type II diabetes mellitus (X40J5) (
- Minor Active Problems (7)
 - Acute bronchitis (XE0Xr) (13)
 - Adult health exam (& [triennial][we
 - Gynaecology (Ua0tS) (105)
 - Otalgia (XE2vk) (19)

Launcher

Favourites

Name
A
B
C
D
E
F
G
H
I
J
K
L
M
N
O
P
Q
R
S
T
U
V
W
X
Y
Z

28 Favourites

All

T2DR Search Clear

Show templates Show protocols

Show auto consultations Show questionnaires


Name
CC Cancer Care Review
DIARIES
Local Enhanced Services
National Enhanced Services
NCD PCN DES
QOF
v VAGINAL THRUSH 84p
(P) NHS Health Check /CVD Risk 2015 ...
**Haloperidol 1.5-3mg/24hr+0.5-1.5mg ...
**Haloperidol 1.5-5mg/24hr+0.5-1.5mg ...
**Midazolam 10-20mg SD + 2.5-5mg 1h ...
**Midazolam 2.5-5mg sc 1hrly prn x10 m...
**Morphine 10-20mg sd 24hrs + 1.25-2...
- Issue Nitrofurantoin 100mg 2 times a d...
- Issue Trimethoprim 200mg 2 times a d...
Allergy
Bladder
Blood-Borne Infection Imms
Chickenpox Imms
Childhood Imms
COVID-19
Drug Injections
Food
Headache
Hepatitis B Imms
Hepatitis B Non-hep Imms

7424 Rows

T2DR Search

In SystemOne

- Reporting
- Find NECS
- Run Report
- Right click 'S
- Press F12 a
- Answer 5 q
- Copy and P



The screenshot shows a web browser with multiple tabs. The active tab is a YouTube video. The video player shows a man with glasses and a beard speaking in an office. The video title is "Invite to the NHS Type 2 Diabetes Remission Programme to reverse Type 2 Diabetes through Diet". The video is marked as "Unlisted".

Browser tabs: (85) Medical Thinking Lt x | Video details - YouTube x | Video details - YouTube x | (85) Invi

Browser address bar: youtube.com/watch?v=6dVxgOUjyuY

YouTube logo: YouTube^{GB}

Search bar: Search

Video player controls: 0:04 / 1:55

Video title: Invite to the NHS Type 2 Diabetes Remission Programme to reverse Type 2 Diabetes through Diet

Video status: Unlisted



T2DR Search 2



In SystmOne...

- Reporting > Clinical Reporting
- Find NECS 'T2DR search 2'
- Run Report
- Right click 'Show Patients'
- Press F12 and search for T2DR Search 2
- Fill in referral form
- Inform patient about medication changes

Practicalities of roll-out of searches

Humber, Coast and Vale

NECs

Have done the searches
All or nothing
Avoiding pop-ups



How-to Guide

Will be sent
electronically

Coordination

Pilot in April
Given months for
your practice

Questions?