

Dr. Tom Milligan

Increasing referrals to T2DR

The NHSE Low Calorie Diet Programme



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



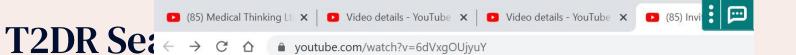


Where we are up to...

- 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!

TODD Coough 1 and Dan Un 1 Audit Setup Links Clinical Tools Workflow User System Help Patient Appointments Reporting Launcher Today Next Acute le: 07391 561125 Favourites T... ... I... Name T2DR Search Clear Show protocols ✓ Show templates Pathology Drawing Start Consultation Next Event **Event Details** Auto-Consultation Show questionnaires Show auto consultations **Patient Home** Clinical Administrative I. Name ∇ CC Cancer Care Review 阿爾威威威威威威 Continue Configure Patient Home DIARIES Quick Glance Local Enhanced Services + Pathology/Radiology to Archive 85 Inf Ouick Glance Nick 3 National Enhanced Services Summary & Family History (28) NCD PCN DES - A Sensitivities & Allergies QOF New Journal FELODIPINE: Reason: Intolerance v VAGINAL THRUSH 84p Tabbed Journal AMLODIPINE: ankle swelling End Mor (P) NHS Health Check /CVD Risk 2015 Allergic reaction More **Haloperidol 1.5-3mg/24hr+0.5-1.5mg .. **Haloperidol 1.5-5mg/24hr+0.5-1.5mg . !! Reminders **Midazolam 10-20mg SD + 2.5-5mg 1h ... Recalls (2) **Midazolam 2.5-5mg sc 1hrly prn x10 m... Active Problems (12) **Morphine 10-20mg sd 24hrs + 1.25-2.... - Issue Nitrofurantoin 100mg 2 times a d...... - Issue Trimethoprim 200mg 2 times a d... Essential hypertension (XE0Uc) (ARKER KREEKERE Alleray Pulmonary embolus (XE0Um) (257 Bladder Gastro-oesophageal reflux diseas Blood-Bourne Infection Imms Cobalamin deficiency (C2621) (19 Chickenpox Imms Type II diabetes mellitus (X40J5) (Childhood Imms COVID-19 Minor Active Problems (7) Drug Injections Acute bronchitis (XE0Xr) (13) Food 6)= Adult health exam (& [triennial][we Headache Gynaecology (Ua0tS) (105) Hepatitis B Imms Otalgia (XE2vk) (19) 26 Favourites 7424 Rows





In SystmOne. ≡



Search

- Reporting
- Find NECS
- Run Report
- Right click "
- Press F12 a
- Answer 5 qu
- Copy and P



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

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



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?