



Post COVID-19 recovery:

Type 2 diabetes support for  
clinical reviews

The following slides provide a guide for clinicians – e.g. GPs, nurses, clinical pharmacists - to review patients with type 2 diabetes

Review of patients with type 2 diabetes by a clinician can be augmented by remote consultation with **healthcare assistants & non-clinical staff** with appropriate training. For example, these staff can:

- Use online resources to teach blood sugar and home blood pressure monitoring
- Support patient education and self-management
- Support lifestyle change (e.g. diet, physical activity, smoking cessation)

This will help ensure holistic care for the patient, while saving clinician time. UCLPartners is providing training and a range of resources to support these roles.

### Content

- Type 2 diabetes stratification
- Overview of clinical review
- Resource links for patients and clinicians

Training and development support is available from UCLPartners

## 1 Identify & 2 Stratify

This search identifies all patients with T2 Diabetes. These patients are then stratified into priority groups based on HbA1c levels, complications, co-morbidity, social factors and ethnicity

High risk		Medium risk		Low risk
<p><b>Priority One</b></p> <p><b>Hba1c &gt;90 OR</b></p> <p><b>Hba1c &gt;75 WITH any of the following:</b></p> <ul style="list-style-type: none"> <li>• BAME</li> <li>• Social complexity**</li> <li>• Severe frailty</li> <li>• Insulin or other injectables</li> <li>• Heart failure</li> </ul> <p>** Social complexity includes Learning disability, homeless, housebound, alcohol or drug misuse</p>	<p><b>Priority Two</b></p> <p><b>Hba1c &gt;75 OR</b></p> <p><b>Any HbA1c WITH any of the following:</b></p> <ul style="list-style-type: none"> <li>• Foot ulcer in last 3 years</li> <li>• MI or stroke/TIA in last 12 months</li> <li>• Community diabetes team codes</li> <li>• eGFR &lt; 45</li> <li>• Metabolic syndrome</li> </ul> <p>(Except patients included in Priority 1 group)</p>	<p><b>Priority Three</b></p> <p><b>Hba1c 58-75 WITH any of the following:</b></p> <ul style="list-style-type: none"> <li>• BAME</li> <li>• Mild to moderate frailty</li> <li>• Previous coronary heart disease or stroke/TIA &gt;12 months previously</li> <li>• BP≥140/90</li> <li>• Proteinuria or Albuminuria</li> </ul> <p>(Except patients included in Priority 1 and 2 groups)</p>	<p><b>Priority Four</b></p> <p><b>Hba1c 58-75 OR</b></p> <p><b>Any HbA1c WITH any of the following:</b></p> <ul style="list-style-type: none"> <li>• eGFR 45-60</li> <li>• BP≥140/90</li> <li>• Higher risk foot disease or PAD or neuropathy</li> <li>• Erectile Dysfunction</li> <li>• Diabetic retinopathy</li> <li>• BMI &gt;35</li> <li>• Social complexity</li> <li>• Severe frailty</li> <li>• insulin or other injectables</li> <li>• Heart failure</li> </ul> <p>(Except patients included in Priority 1, 2 or 3 groups)</p>	<p><b>Priority Five</b></p> <p><b>All others</b></p> <p>(Except patients included in Priority 1-4 groups)</p>

## **Type 2 Diabetes: core elements of clinical review**

- Patient concerns and questions
- Diabetes education
- Monitoring – bloods (HbA1c, lipids, kidney) urine, blood pressure, BMI
- CVD risk assessment – QRISK2
- Foot and leg checks for neuropathy and vascular disease
- Attendance for retinal screening
- Treatment optimisation – BP, statins, glycaemic control
- Adherence
- Lifestyle advice and signposting – diet, smoking, physical activity, alcohol



**Confidential diabetes helpline:** 0345 123 2399\*, Monday to Friday, 9am to 6pm

## **Living with Type 2 Diabetes**

NHS UK video library - <https://player.vimeo.com/video/215821359>

## **Healthy eating with Diabetes**

[www.diabetes.org.uk/preventing-type-2-diabetes/ten-tips-for-healthy-eating](http://www.diabetes.org.uk/preventing-type-2-diabetes/ten-tips-for-healthy-eating)

NHS UK video library - Fats and Oils <https://player.vimeo.com/video/215816344>

## **Type 2 Diabetes and exercise**

NHS UK video library - <https://player.vimeo.com/video/215817415>

[www.diabetes.org.uk/preventing-type-2-diabetes/move-more](http://www.diabetes.org.uk/preventing-type-2-diabetes/move-more)

Public Health England Resources to support exercise at home: <https://campaignresources.phe.gov.uk/resources/campaigns/50-resource-ordering/resources/5118>

[www.diabetes.org.uk/Preventing-Type-2-diabetes/Waist-measurement](http://www.diabetes.org.uk/Preventing-Type-2-diabetes/Waist-measurement)

[www.nhs.uk/oneyou/for-your-body/move-more/](http://www.nhs.uk/oneyou/for-your-body/move-more/)

## **Foot care**

[www.diabetes.org.uk/guide-to-diabetes/complications/feet/taking-care-of-your-feet](http://www.diabetes.org.uk/guide-to-diabetes/complications/feet/taking-care-of-your-feet)

## **Blood sugar – how to test:**

[www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/testing](http://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/testing)

## **What health checks do you need when you have Diabetes**

NHS UK video library <https://player.vimeo.com/video/215816727>

## **Support from others living with Type 2 Diabetes:**

<https://healthunlocked.com/>

## **Mental Well-being**

[www.nhs.uk/oneyou/every-mind-matters/](http://www.nhs.uk/oneyou/every-mind-matters/)



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[www.nhs.uk/oneyou/for-your-body/move-more/](http://www.nhs.uk/oneyou/for-your-body/move-more/)

## What health checks do you need when you have Diabetes

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For more Diabetes videos, visit the [NHS UK video library](#)

**NHS diabetes prevention programme:** Supports people to understand pre-diabetes and reduce their risk of developing type 2 diabetes by making sustainable improvements to their diet, activity and weight. Based on international research and psychological theories of behaviour change, it empowers participants with the knowledge, skills and support that they need to improve their health.

- North Central London: <https://preventing-diabetes.co.uk/north-central-london/>
- North East London: <https://preventing-diabetes.co.uk/north-east-london/>
- Mid and South Essex: <https://preventing-diabetes.co.uk/essex/>

## Locally commissioned digital tools:

[Healthy.io](#): Albumin-creatinine ratio (ACR) home urine test kits utilising the smartphone camera

[My Diabetes My Way](#): structured education integrating with the GP record

[Oviva Diabetes Support](#): Digital structured education and behaviour change programme including 1:1 remote dietician support

[Low Carb Program](#): Digital support for people with type 2 diabetes to achieve a lower carbohydrate lifestyle



**NHSE sick day rules:**

[www.england.nhs.uk/london/wp-content/uploads/sites/8/2020/04/3.-Covid-19-Type-2-Sick-Day-Rules-Crib-Sheet-06042020.pdf](http://www.england.nhs.uk/london/wp-content/uploads/sites/8/2020/04/3.-Covid-19-Type-2-Sick-Day-Rules-Crib-Sheet-06042020.pdf)

**Using a blood sugar monitor:** <https://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/testing>

**RCGP Module**

The Royal College of General Practitioners has now launched a new e-module to help healthcare professionals not only learn about non-diabetic hyperglycaemia, but also about the NHS Diabetes Prevention Programme, how it works, who is eligible – and importantly how to make a quality referral.

<https://elearning.rcgp.org.uk/course/info.php?id=359>

**More information can be viewed here:** [www.england.nhs.uk/blog/learn-about-the-nhs-diabetes-prevention-programme-this-diabetes-awareness-month/](http://www.england.nhs.uk/blog/learn-about-the-nhs-diabetes-prevention-programme-this-diabetes-awareness-month/)

# Thank you

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