

## Quality Improvement project Type 2 Diabetes Group consultations

### **What Are Group Consultations?**

Group consultations are an innovative approach in primary care that brings individuals together to support each other in managing long-term conditions. These sessions create an opportunity for patients to share their experiences, learn from one another, and gain valuable insights into managing their health more effectively.

### **What Did We Do?**

Our lead nurse, Sharon Norbury, noticed that many of our patients were being referred to the NHS-funded Diabetes Prevention Programme, but a significant proportion of them were not attending. This absence could be attributed to several factors, particularly the barriers to healthcare faced in North Trafford, such as language difficulties, limited access to technology, and the challenges of attending sessions outside the area due to logistical constraints.

To address this, Sharon, along with our lead pharmacist, Ishaq Goga, decided to run a pilot project. They reached out to local health champions for support, and Carolyn Driver, a retired nurse and ambassador for Public Health Collaboration UK, agreed to help us with this initiative. This collaboration allowed us to explore ways to overcome the barriers patients were facing and improve their engagement with the program.

We sent out an expression to our patients and formed a group of 10 people.

### **The programme**



Week 1 – Understanding diabetes. Why low carb?  
What are carbohydrates, getting started.



Week 3 Understanding elements of a healthy diet -  
meal ideas



Week 5 – Healthy lifestyle– exercise



Week 8 – Healthy lifestyle – sleep hygiene



Week 10 - Healthy Lifestyle – stress, review of  
important features of low carb way of life



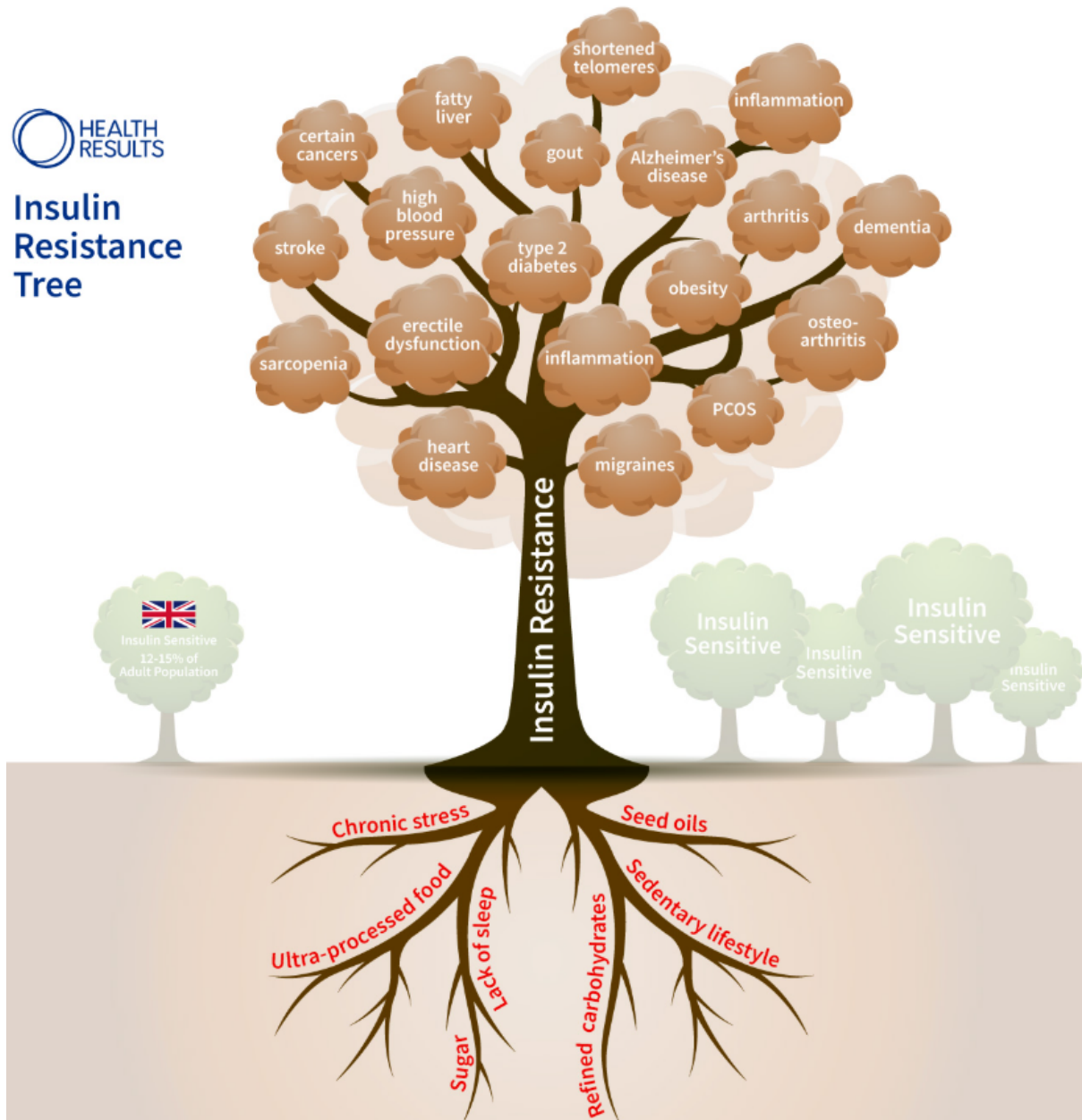
Week 12 – progress reports and moving forward

We informed our patients that we would be meeting as a group every two weeks for one hour at the Limelight Health and Well-Being Hub. During these sessions, we would cover a variety of topics. While the focus was on diet, we emphasized that managing health is multi-factorial. In addition to diet, we also addressed the importance of getting enough sleep, maintaining good mental well-being, and incorporating regular exercise, all of which significantly impact overall health.

To track progress, we measured key health markers such as blood pressure, weight, and relevant blood tests, including HbA1c, prior to the first meeting.



## Insulin Resistance Tree

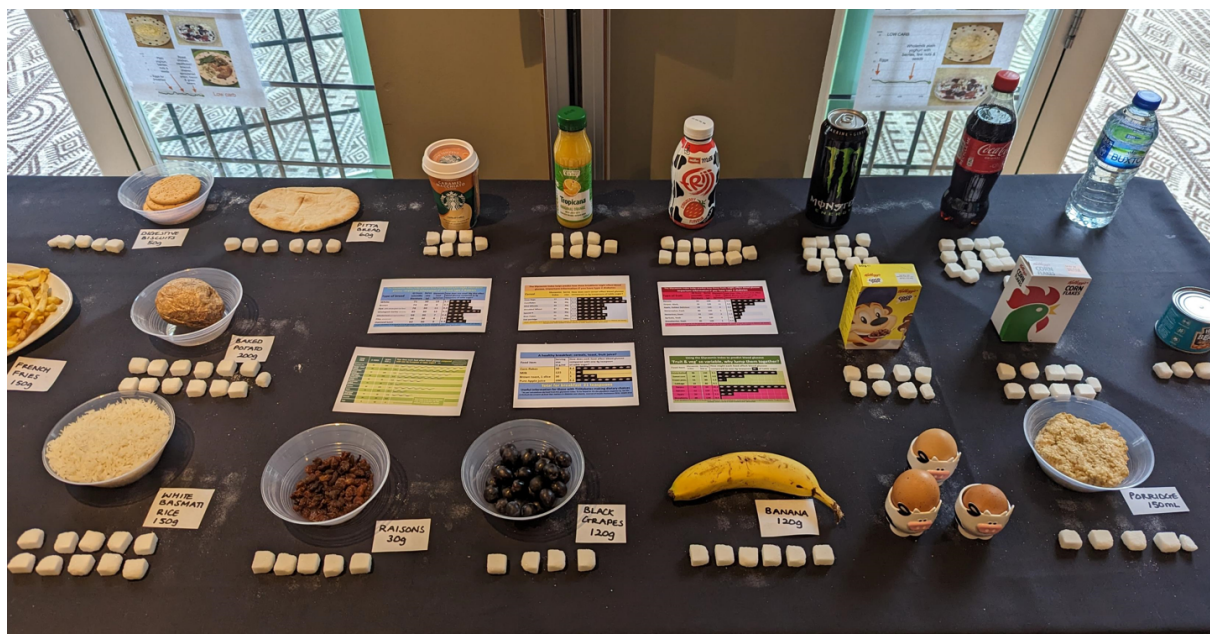


The programme covered a range of educational topics, including the types of food to eat and the importance of recognizing the “hidden” sugars found in many everyday foods. These hidden sugars are often a root cause of poor metabolic health, which can lead to various health complications, as illustrated in the tree image above. Our patients were shocked when we presented them with information about the hidden sugars in common foods, highlighting how they contribute to health issues.

The Glycaemic Index helps predict how these breakfasts might effect blood glucose, important information if you have type 2 diabetes

Cereal	Glycaemic Index	Serve size	How does each cereal effect blood glucose compared to 4g teaspoons of table sugar?
Coco Pops	77	30g	7.3
Cornflakes	93	30g	8.4
Mini Wheats	59	30g	4.4
Shredded Wheat	67	30g	4.8
Special K	54	30g	4.0
Bran Flakes	74	30g	4.8
Oat porridge	63	150ml	4.4

We discussed the image above with the group, highlighting that even simple cereals, which are often perceived as healthy, may not be suitable for individuals with type 2 diabetes. This served as an eye-opener for many, as it demonstrated how some seemingly harmless foods can negatively impact blood sugar levels.

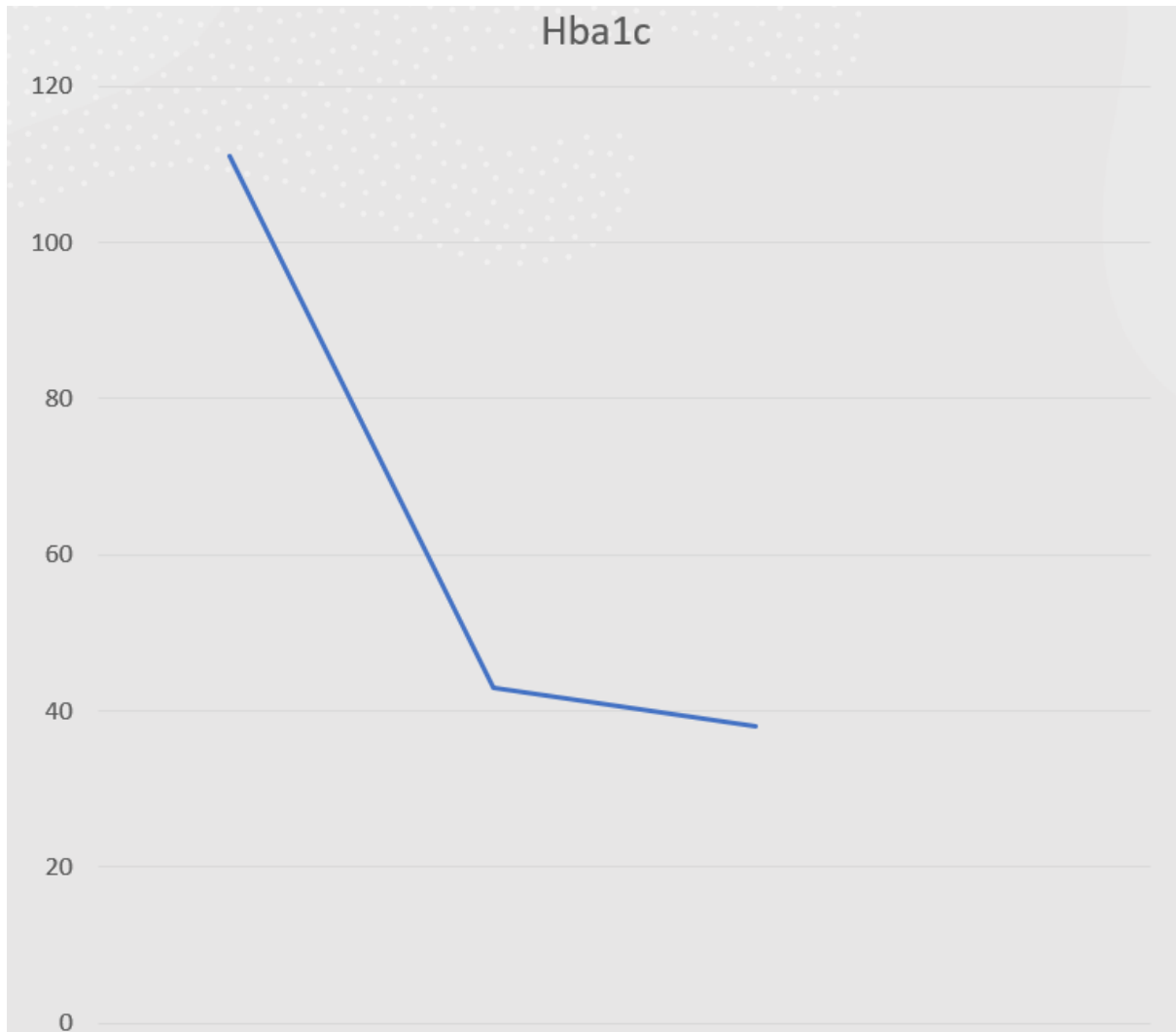


As seen in the image above, visualising the amount of sugar in our everyday foods encourages us to think more carefully before choosing what to eat.

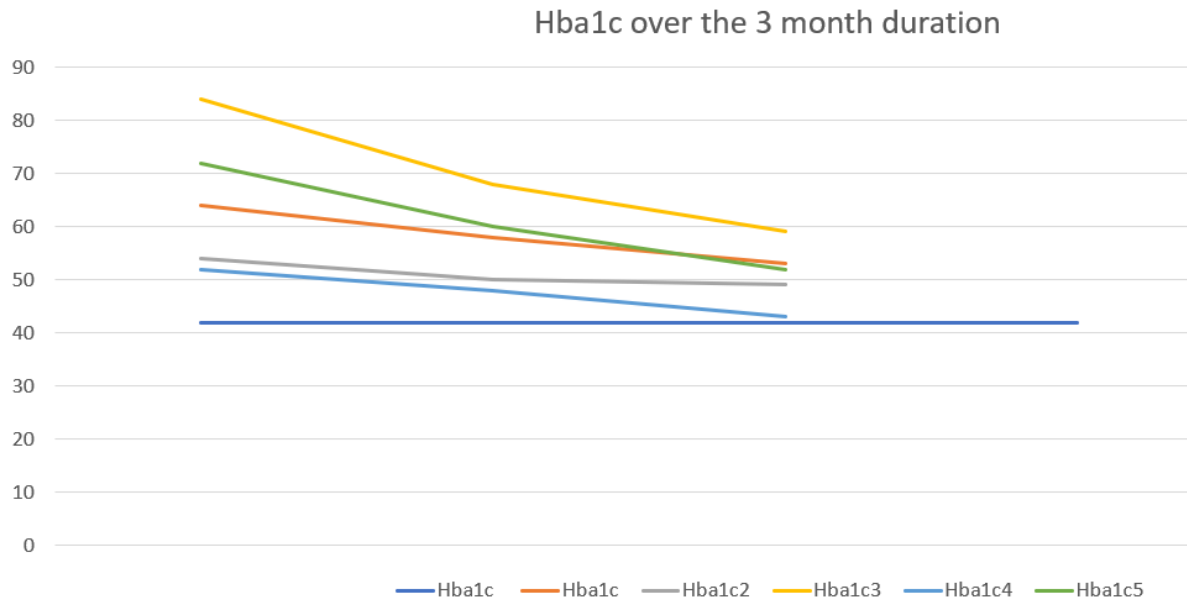
**“You can not out run a bad diet “**

## **Results**

We were amazed by the results. The majority of our patients experienced weight loss and a reduction in HbA1c levels, showing significant improvement in relevant health markers after just 12 weeks. The most remarkable result came from one patient, whose HbA1c dropped from just over 100 to just over 40 within the 12-week period.



Hba1c reduction in one of our participants



Hba1c reduction in several of our patients.

This was an eye-opening project not just for our patients but also for the clinicians.

**Celebrating success**

We concluded the 12-week programme with a meal for the group, featuring a nutritious spread of delicious food. It was so enjoyable that we didn't have time to take a picture! Pictured here is Carolyn, who was instrumental in supporting the practice throughout this project.



Our next programme will begin in January 2025. If you're a patient of ours and would like to learn more, we will be holding an informational session about the programme on Wednesday, 08<sup>th</sup> January, at 12:00 PM at the surgery.