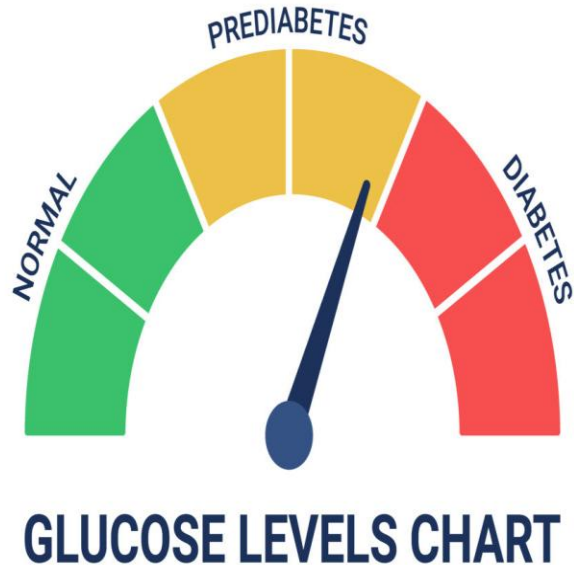
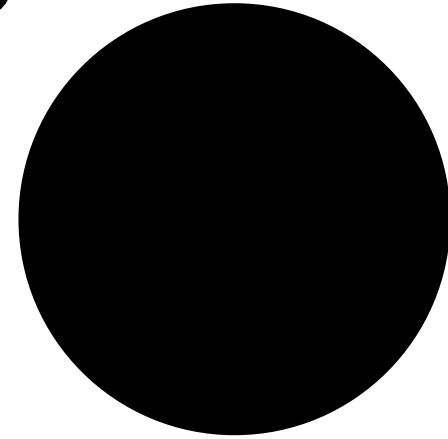


Pre Diabetes Fellowship

Anu Raj



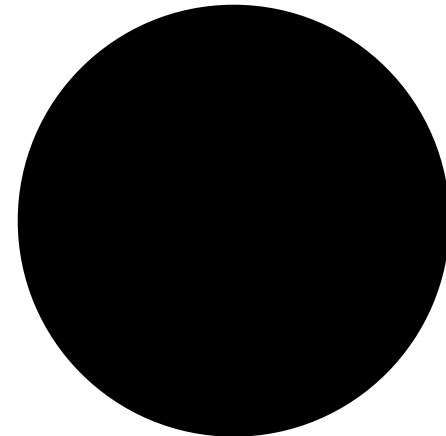
Pre Diabetes National Emergency



- Up to 1 in 9 adults (up to 5 million adults!)
- Higher prevalence in BAME
- Higher prevalence with deprivation – health inequalities
- Up to 30 - 70% conversion to diabetes

- Good advice can be crucial in reversing this, decreasing rates of diagnosis

- We need to be more pro-active



AIM

To empower patients understanding and increase their responsibility to help improve their health outcomes.

To standardise the offer available to prediabetic patients by creating a menu of options that can be sent to them.

To reduce practice workload of dealing with prediabetes patients and ultimately diabetes patients



METHOD

EDUCATION EVENTS

Initially PREDIABETICS FROM LIME TREE SURGERY

640 PREDIABETICS INVITED FROM WHOLE PCN FOR FACE TO FACE EDUCATION EVENT

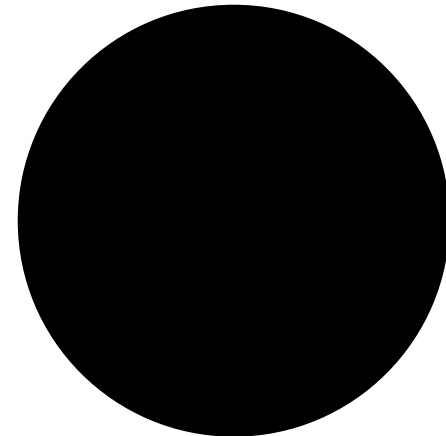
640 PREDIABETICS INVITED TO ONLINE ZOOM EVENT.

Health and Well Being coach and dietician.



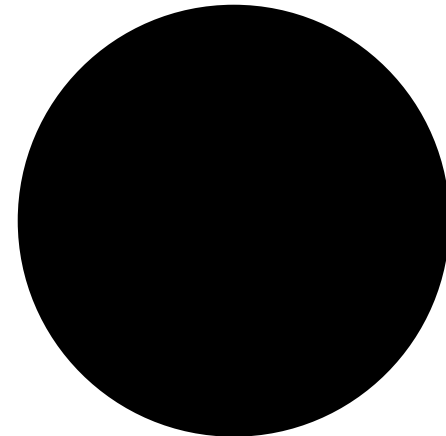
Initial Results

- ALL had a reduction in hba1c with 3 patients no longer being prediabetic. A total reduction of 15 mmol/L Hba1c reduction between them !!!!!
- All patients but 1 lost weight !!!!
- 5 out of 10 patients reduced waist circumference !!!!
- 8 out of 10 patient showed a reduction in cholesterol !!!!



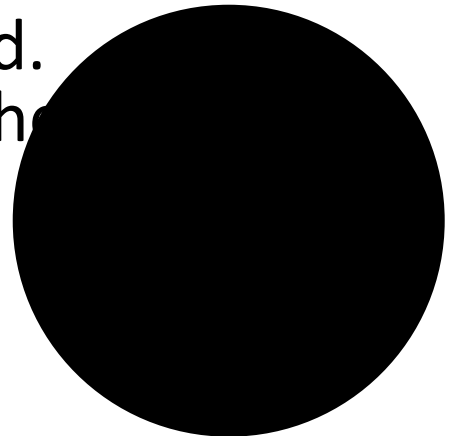
Results

- We invited 640 patients
- 70 patients attended f2f and online events
- The feedback received was very positive
- “we didn’t realise how serious this was”
- “ we didn’t know where to start, now we do”



Outcomes

- We were successful in engaging so many patients from the PCN and empowering them with knowledge.
- We have managed to show IMPACT. Patients changing their behaviour. Positive outcomes on hba1c and weight .
- We have managed to create a menu of options that can now be texted to all prediabetics in the PCN when they are diagnosed. Dietician education and follow up is the essential ingredient for this will be offered.



The Future

- 70 patients that attended the education event will continue to have follow up from the dietician and health and well being coach input. Repeat hba1c and weight measurements will be taken to see if there has been impact.
- We are really keen to roll this out to more pre diabetics but really importantly diabetics as well

