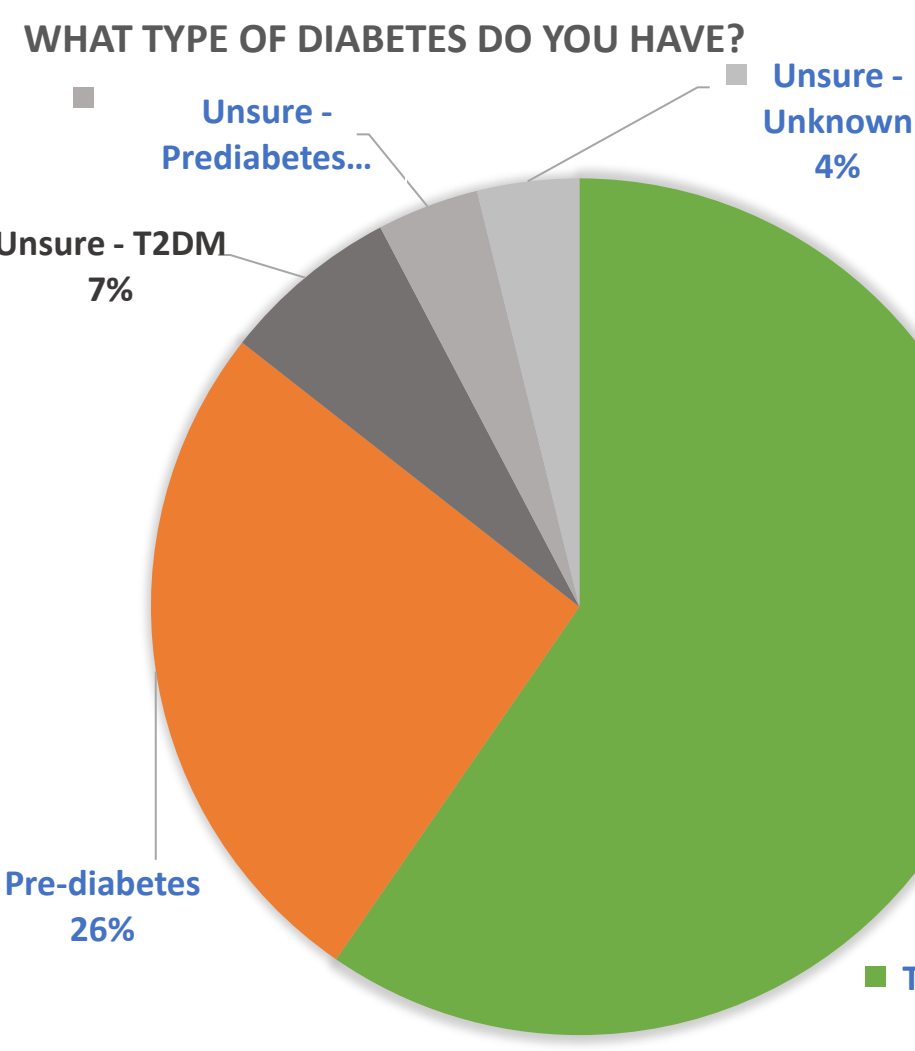


Improving outcomes in Diabetes with Dietary Advice

Dr Rasitha Perera, PCN Educational Lead, Townships 1 Laura Davies, PCN Health Inequalities Lead, Townships 1



Questionnaire

A 19-point questionnaire was created allowing us to obtain a mix of qualitative and quantitative data regarding diet, service usage and proposed interventions. These were sent to all newly diagnosed Pre-diabetic and Type 2 diabetic patients diagnosed in the past 5 years, excluding those under the age of 18. Patients were identified using a SystemOne search and the questionnaire was sent out via a text message link. The questionnaire was incentivised by the chance to win a £15 shopping voucher.

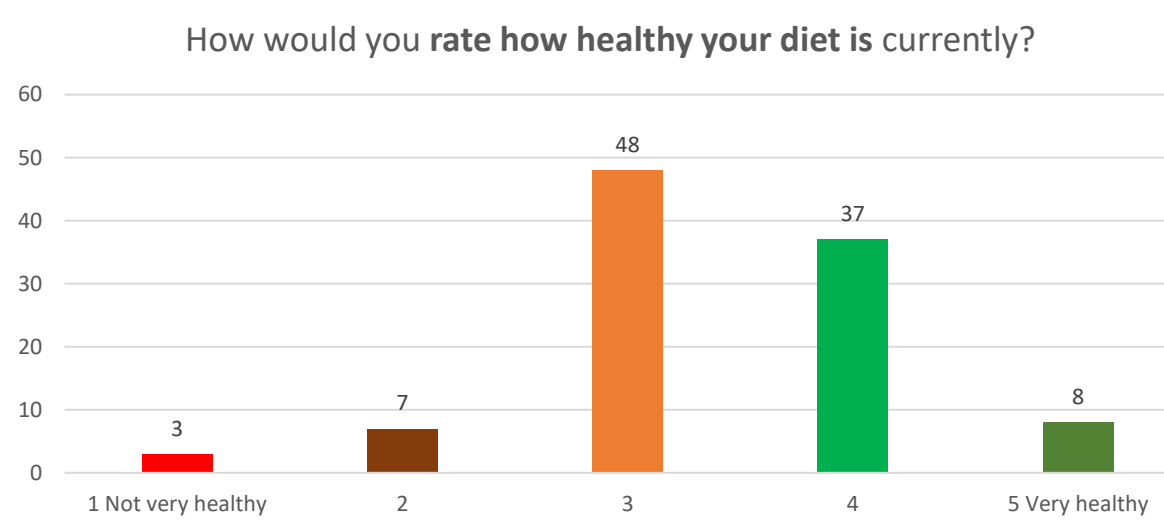
Results

The survey had a response rate of 13%, 104 responses were obtained. A small minority of respondents were "unsure" of what type of diabetes they had, some of which we were able to clarify – such patients were a mix of those with pre-diabetes or diagnosis of T2DM, but were either in remission or borderline (with HbA1c in the 48 – 50mmol/mol).

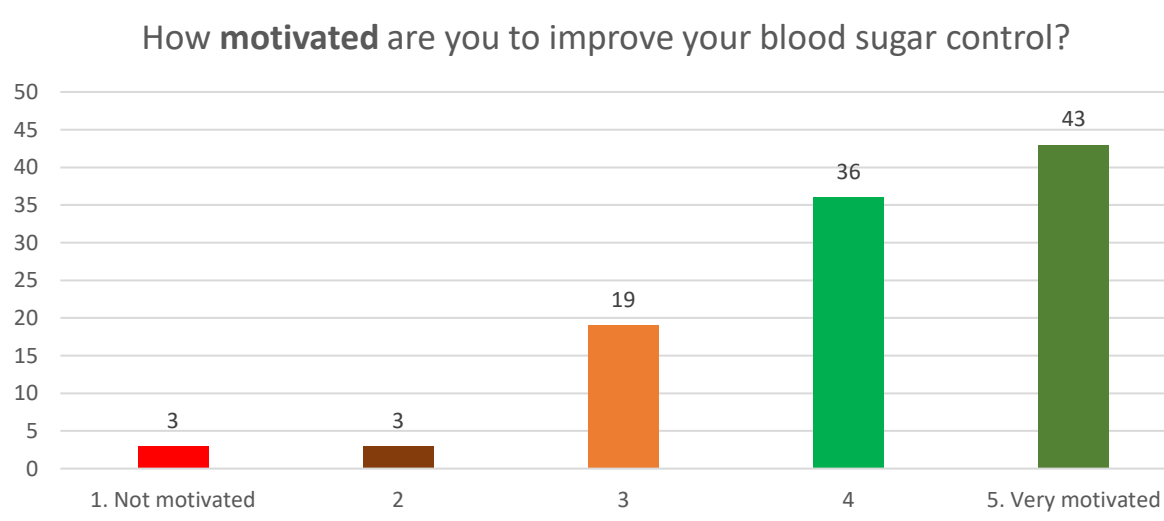
INTERVENTION

- Implementation of diabetes pathway created by PCN Diabetes Lead
- Consistent approach to initial diagnosis and management agreed by practice staff in clinical meeting

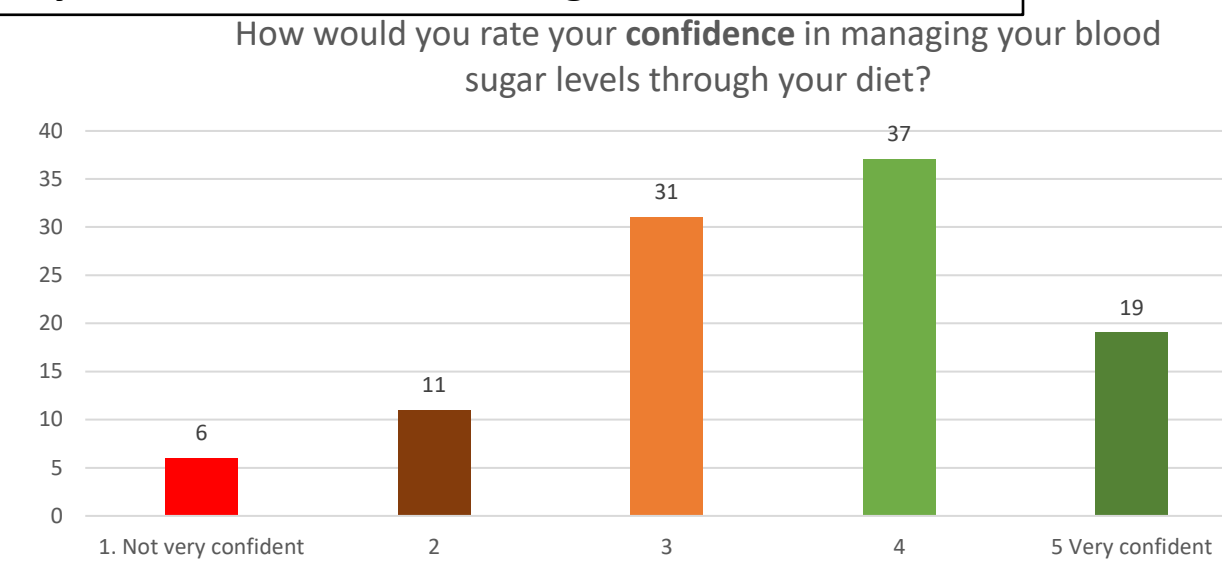
Patient's perceptions of their current diet, cooking ability and motivation to manage their condition



The majority (83%) of patients rated their diet "3" and "4" on a 1-5 scale



The majority (79%) of respondents reporting their level of motivation as "4" or "5" on a 1-5 scale.

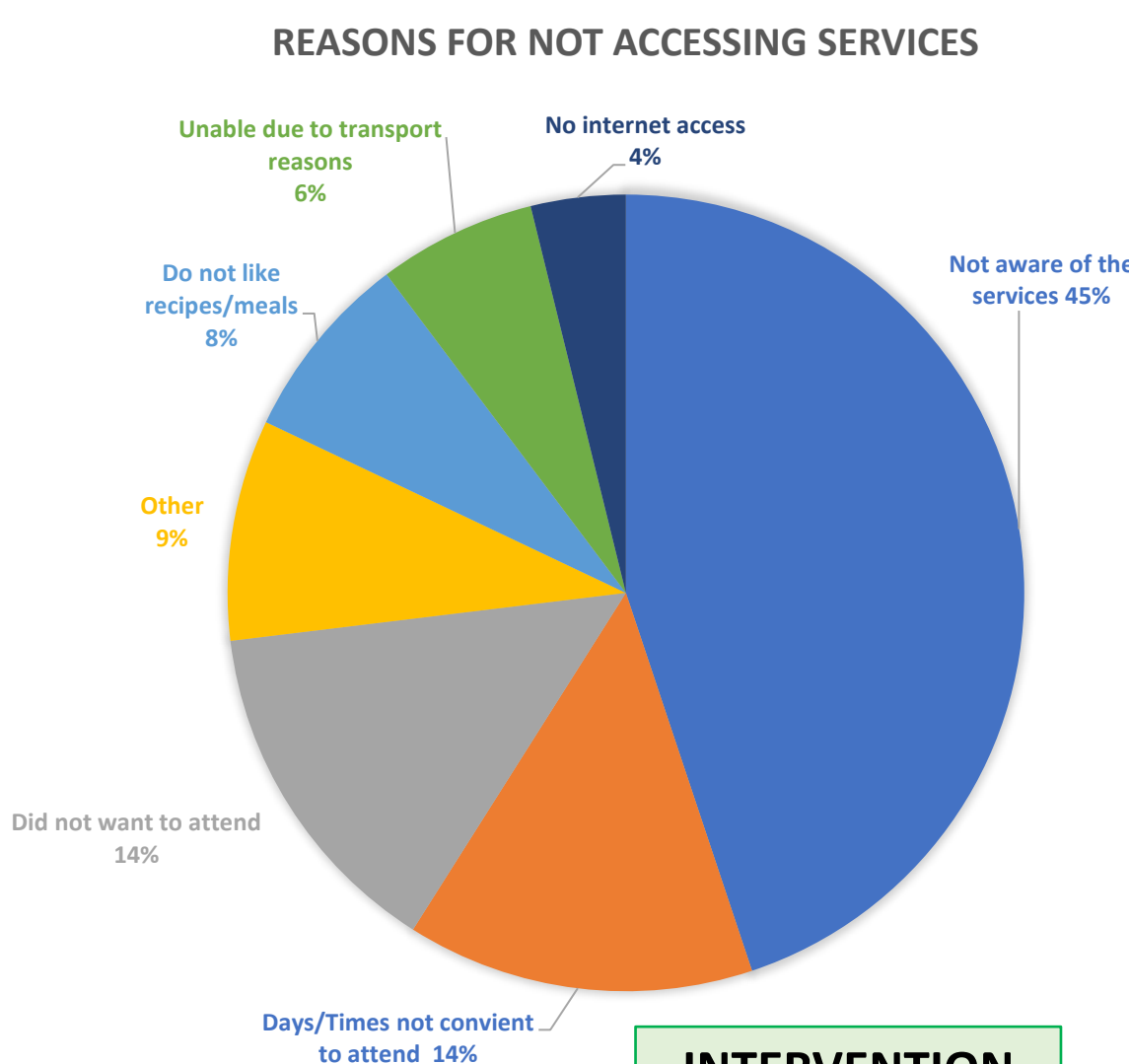


Respondents' confidence in managing their sugar levels via diet was more varied. 46% of respondents rated their confidence as 1-3 on a 1-5 scale.



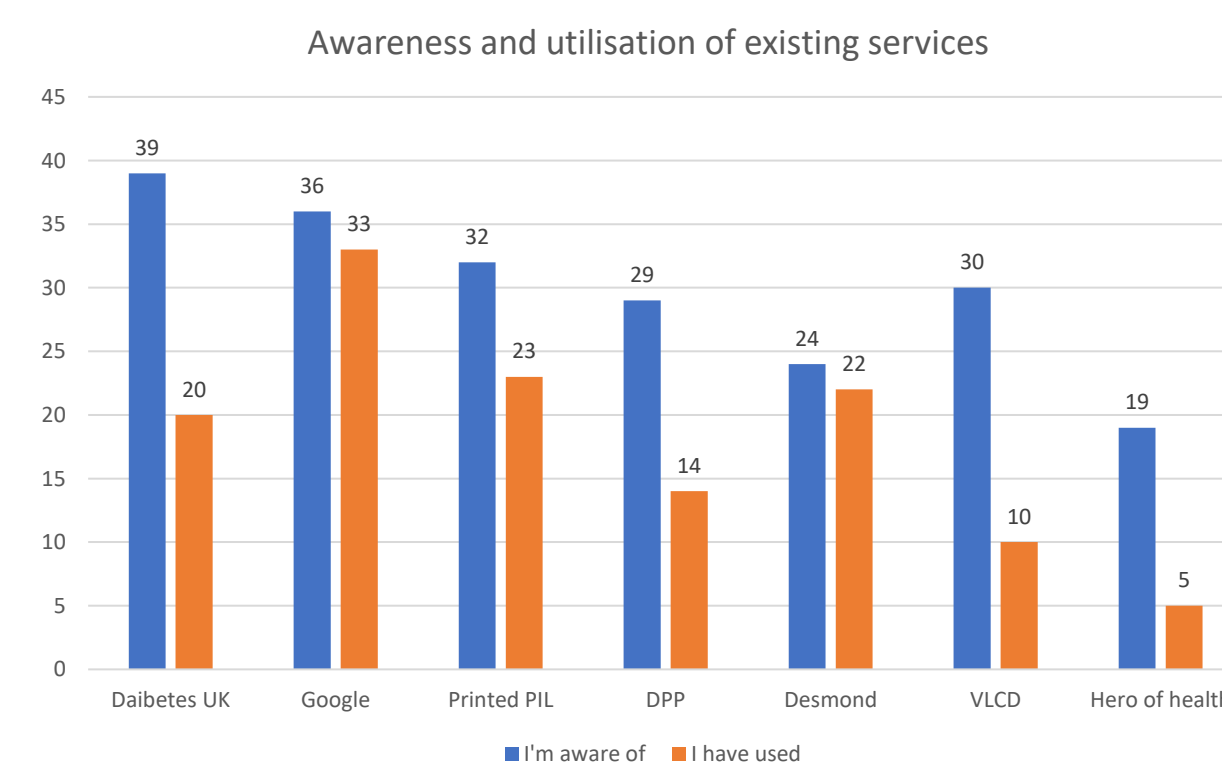
The majority of respondents (69%) reported their cooking ability "4" or "5" on a 1-5 scale.

Use of existing services and the barriers to accessing



INTERVENTION

- Increased advertising of Diabetes prevention services in practice
- Clinician education during practice meeting
- Creation of AccuRx patient templates highlighting relevant services for patients

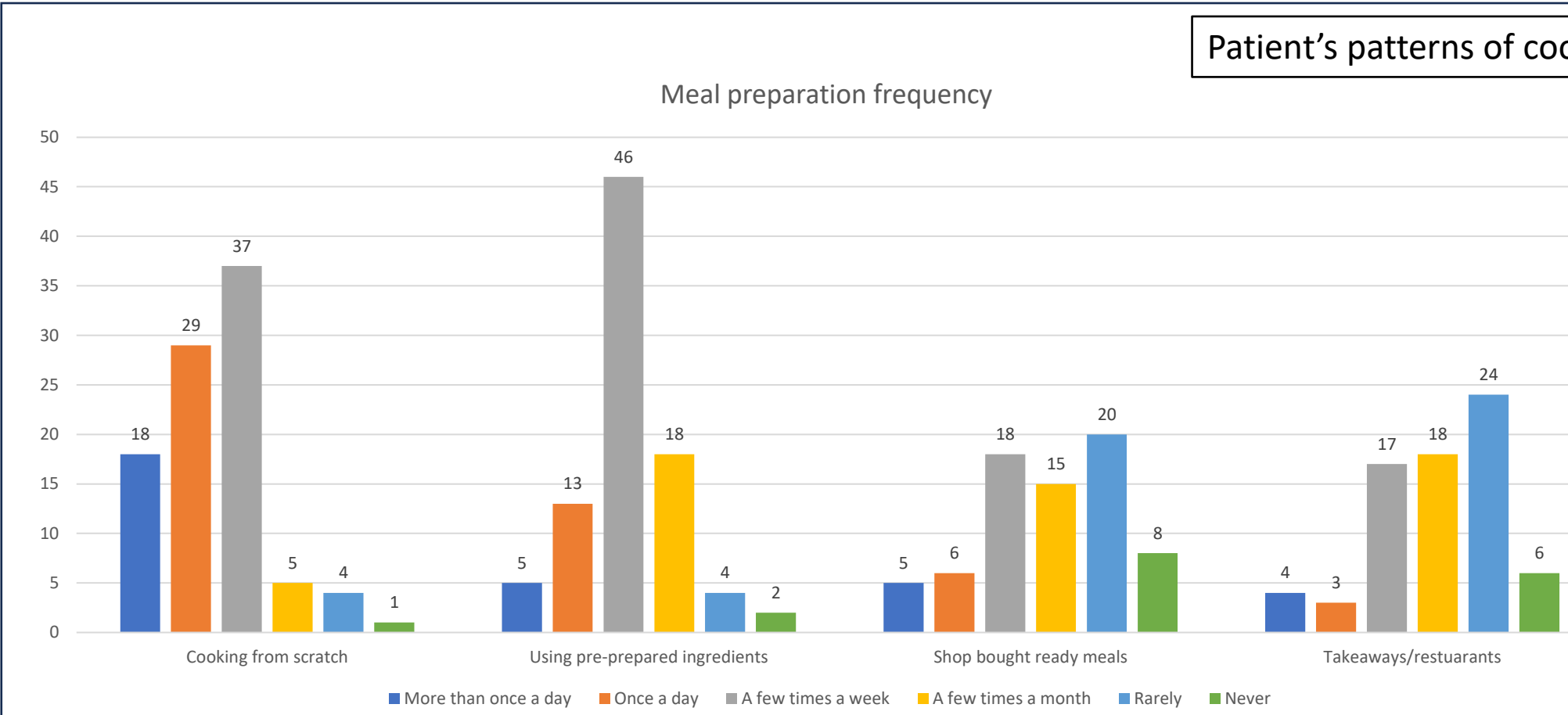


A total of 65 patients had used the services listed, with 72 patients being aware of services. Other reasons for non-attendance were cited as lack of information given by services, low levels of confidence and motivation to attend and being told that reversal was not important.

Improving outcomes in Diabetes with Dietary Advice

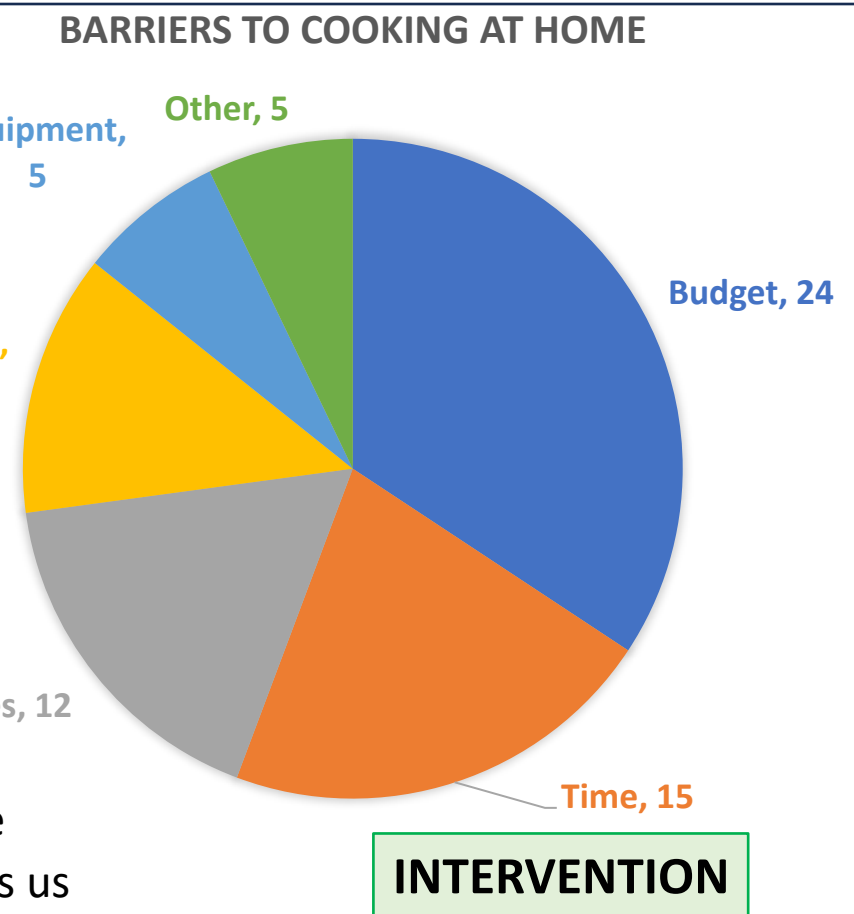
Background

There is an increasing body of evidence highlighting the potential of diabetes reversal via weight loss, dietary restriction and exercise. [1] At present initial management of Type 2 and Pre-diabetes is delivered by either nurses or doctors at the surgery; all of whom had different initial approaches and use of existing services. During routine reviews it was noted there was varying amounts of engagement by eligible patients with diabetic programmes such as the NHS Very Low Calorie programme [2]. Our initial aim was to understand the barriers to accessing services and then to utilise this data to improve on existing approaches and potential develop new ways of intervention – with the particular focus of our patient population needs and the health inequalities faced by them.



Data was collected cooking and meal preferences. There was a high frequency of using shop bought pre-prepared ingredients. Over a third of patients using shop bought ready meals and takeaways did so a few times a week or more frequently.

Patient's patterns of cooking and shopping

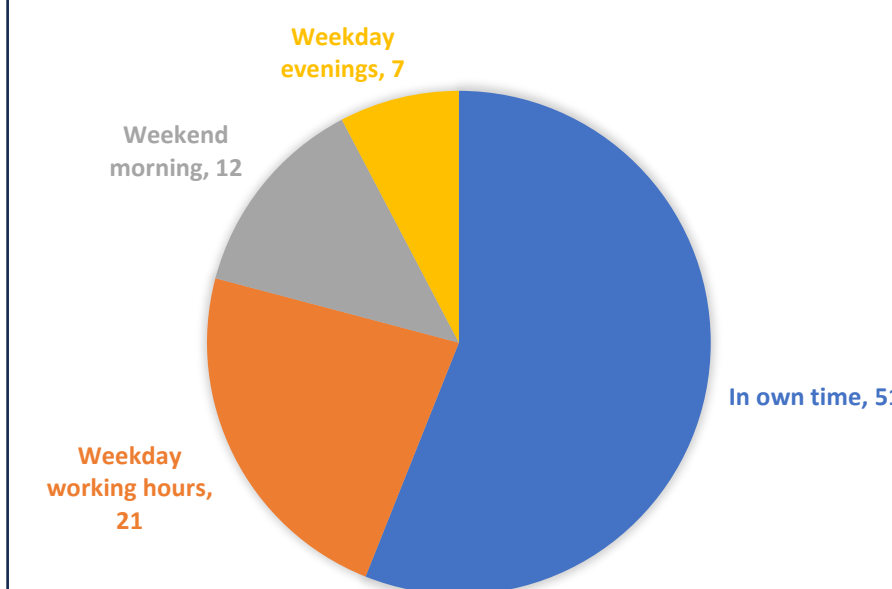


The most cited barriers to cooking more at home were budget and time. This allows us to focus on 2 particular areas in developing a cookbook and on giving dietary advice.

INTERVENTION

Community garden project patient volunteers planting/ veg and herbs for the community.

WITH REGARDS TO SUPPORT SESSIONS WHEN WOULD BE CONVENIENT TIMES TO ATTEND?



INTERVENTION

Increasing promotion of cooking classes delivered by Hero Of Health, already being delivered during weekday working hours

INTERVENTION

In conjunction with Woodhouse community forum The hub @ Hackenthorpe which will be a multi-agency one stop shop for local people to access information and support in their own community.

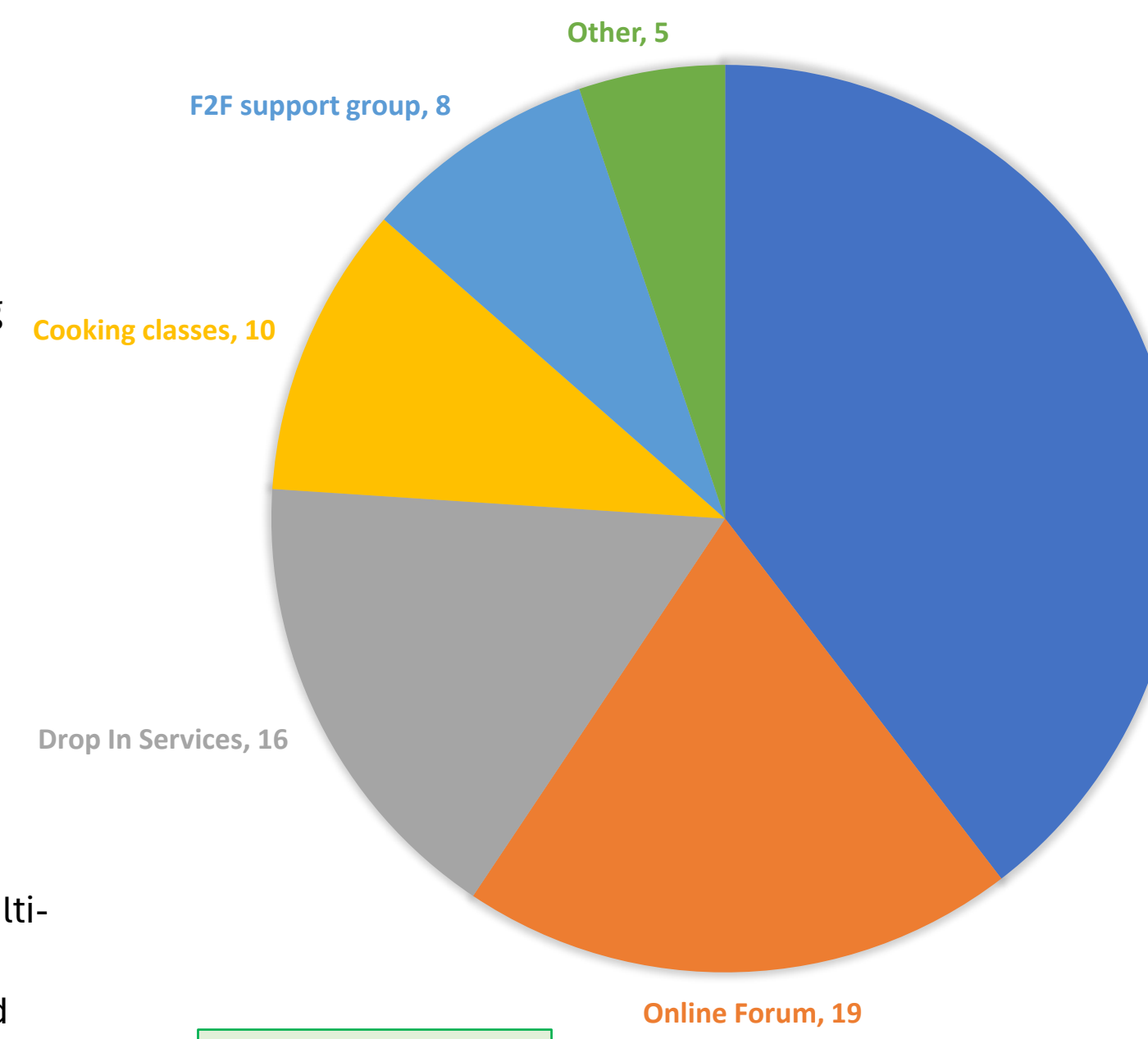
Understanding what the patient population would like as interventions.

INTERVENTION

Cookbook development

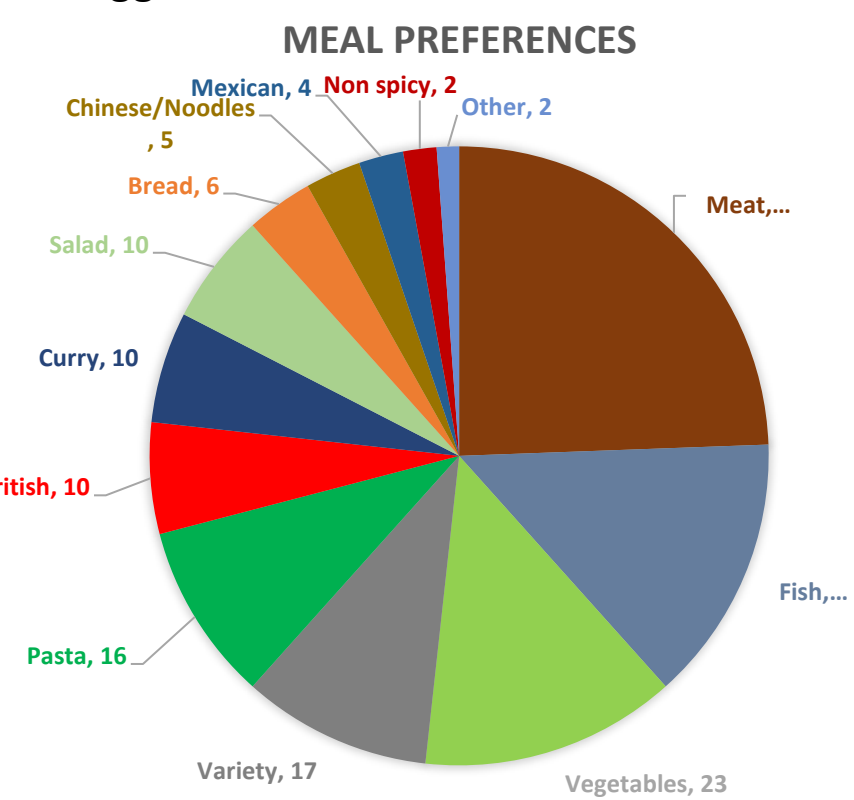
There the most popular suggested intervention by the respondents was to develop a cookbook with popular recipes. A particular focus will be on recipes that are budget-friendly and quick to make. Data was collected patient's meal preferences and shopping habits to allow targeted recipes/meal suggestions.

WHICH WAYS OF SUPPORTING COOKING INTEREST YOU?

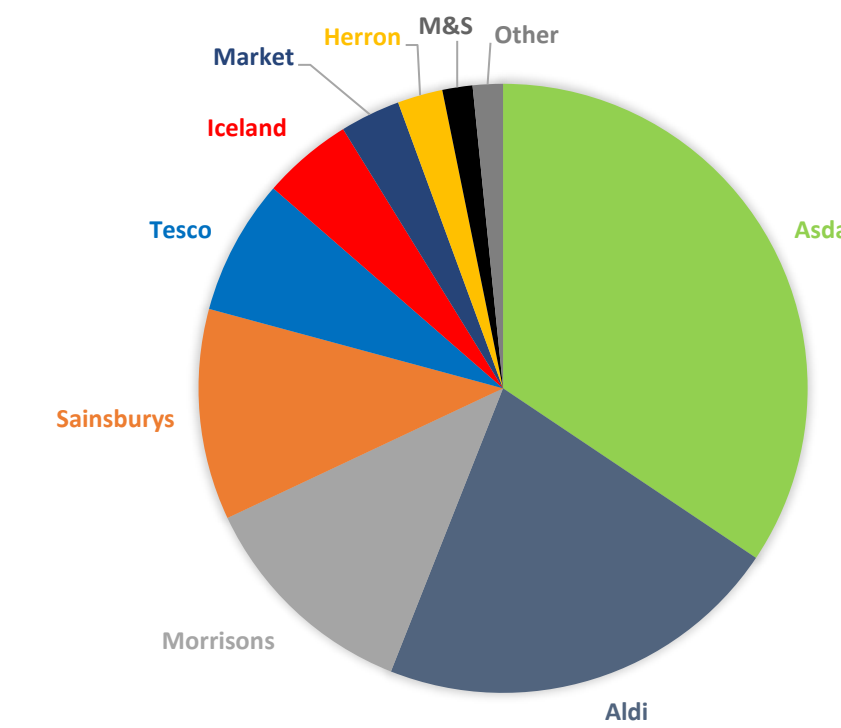


INTERVENTION

Facebook support group created by PCN Diabetes lead



WHERE DO YOU PURCHASE YOUR WEEKLY SHOP?



Limitations

Even though data was collected, with patient consent, to link their answers to their most recent HbA1c results, the sample size was not large enough to deduce any correlations between patient's answers and their current glycaemic control. Questionnaire design led to some questions only being partially answered by some respondents.

References

1. Taylor et al. Understanding the mechanisms of reversal of type 2 diabetes. Lancet Diabetes Endocrinology. 2019 Sep;7(9):726-736.
2. Drew et al. Normalisation and equity of referral to the NHS Low Calorie Diet programme pilot; a qualitative evaluation of the experiences of health care staff. BMC Public Health volume 24, Article number: 152 (2024)