



For patients with Type 2 diabetes who would

benefit from education, refer using one of these

easy options. Patients can then choose from a

wide range of NHS commissioned courses

available across south London.

They will be contacted by email, mobile or letter so

please check their contact details are up to date.

<p>Use the online webform at <a href="http://diabetesbooking.co.uk/refer">diabetesbooking.co.uk/refer</a></p> <p>OR</p> <p>Use the online webform at <a href="mailto:diabetes.booking@nhs.net">diabetes.booking@nhs.net</a></p>	<p>Use the DXS referral form</p> <p>OR</p> <p>EMIS referral forms</p> <p>AND</p> <p>then email the form to <a href="mailto:diabetes.booking@nhs.net">diabetes.booking@nhs.net</a></p>
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If you need any help with your referral please phone 0203 474 5501



Diabetes Book & Learn is an education booking service commissioned by the 12 south London CCGs and provided by:



For patients who are in the pre-diabetic range

who would benefit from the NHS Diabetes

Prevention Programme, refer with these easy

options and your patient will be contacted to

book an initial assessment.

<p>Use the DXS referral form</p> <p>OR</p> <p>EMIS or Vision referral forms</p> <p>AND</p> <p>then email to <a href="mailto:scwcu.southlondon-ndpp@nhs.net">scwcu.southlondon-ndpp@nhs.net</a></p>
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For more information please see the website [preventing-diabetes.co.uk/referrers/south-london/](http://preventing-diabetes.co.uk/referrers/south-london/)



Healthier You programme provided by ICS Health

### **OVIVA**

**Patient type:** Type 2 diabetes

**Programme type:** Behaviour change structured education programme

**Face 2 face/Remote:** 100% remote access (via smartphone app, tablet or website) with 1 to 1 support with specialist dietitian

**Duration:** 9-week programme

**Description:** Patients will initially receive a telephone call explaining the programme and assigning them to their personal dietitian. They will then have an initial 45-minute phone consultation with their specialist diabetes dietitian followed by 8 weeks coaching via the Oviva app or phone calls. They will also have access to a wide range of content, videos, podcasts, recipes and meal plans.

### **Our path**

**Patient type:** Type 2 diabetes

**Programme type:** Behaviour change structured education programme

**Face 2 face / Remote:** 100% remote access (via smartphone app, tablet or website) with support from a health coach as well as peer support (placed in an online group with 10 others) and the use of tracking technology (smart weighing scales & wearable tracker)

**Duration:** 12-week programme, with an option to 'sustain' for £10 per month

**Description:** Patients will initially receive a Healthbox containing their smart scales, a handbook, recipe book and an optional activity tracker. They will then meet their dedicated health coach and support group via the app. They will receive daily articles, learn to build balanced meals and track their progress via their own personal dashboard.

### **DESMOND**

**Patient type:** Type 2 diabetes

**Programme type:** Interactive - Behaviour change structured education programme

**Face 2 face / Remote:** Face to Face in a group of approx. 6 – 10 people facilitated by healthcare professionals (either DSN or specialist dietitian). Patients are encouraged to bring a support person with them e.g. partner / family member / friend / carer etc.

**Duration:** 2 half day sessions, usually run over 1 whole day but can be on consecutive weeks

**Description:** Patients will learn about their condition and how to manage it in an interactive way with the use of visual aids, fun activities and shared learning. They will be given information to take away for reference purposes and supported to make realistic goals. Suitable for newly diagnosed and established diabetes and is suitable for the BME community.

### **X-PERT**

**Patient type:** Type 2 diabetes

**Programme type:** Interactive - Behaviour change structured education programme

**Face 2 face / Remote:** Face to Face in a group of up to 18 people facilitated by a healthcare professional (either DSN or specialist dietitian). Patients are welcome to bring a support person with them e.g. partner / family member / friend / carer etc.

**Duration:** 6 two and a half hour sessions, usually run over a 6-week block i.e. 6 consecutive weeks for 2.5 hrs

**Description:** Patients will learn about their condition and how to manage it in an interactive way with the use of visual aids, fun activities and shared learning. They will be given information to take away for reference purposes and supported to make realistic and achievable goals. Suitable for newly diagnosed and established diabetes.

### **EMPOWER**

**Patient type:** Type 2 diabetes

**Programme type:** structured education programme

**Face 2 face / Remote:** Face to Face in a group of 10 - 15 people facilitated by an educator. Patients are welcome to bring a support person with them e.g. carer

**Duration:** 1 four-hour session, (just on 1 day) and mostly held in well-known sports venues e.g. Chelsea and Fulham football clubs, Harlequins and Rosslyn Park rugby clubs

**Description:** Patients will learn about their condition and how to manage it in an interactive way with the use of visual aids, fun activities and shared learning. They will be given information to take away for reference purposes and supported to make realistic and achievable goals. Suitable for newly diagnosed and established diabetes and is also delivered in Tamil.

### **Diabetes Live Well**

**Patient type:** Type 2 diabetes

**Programme type:** Interactive - Behaviour change structured education programme

**Face 2 face / Remote:** Face to Face in a group of up to 14 people facilitated by a healthcare professional (either DSN or specialist dietitian). Patients may bring a support person with them e.g. carer

**Duration:** One 6-hour day

**Description:** Patients will learn about their condition and how to manage it in an informal, non-judgemental and enjoyable way and patients will be encouraged to share their experiences. Suitable for newly diagnosed and established diabetes.

### **NHS Diabetes Prevention Programme (NDPP)**

**Patient type:** Non-Diabetes Hyperglycaemia (NDH)/ Borderline diabetes. HbA1c 42 - 47mmol/mol

**Face 2 face / Remote:** Face to Face in groups up to 30

**Duration:** 7 initial two hours weekly sessions, followed by 4 two-hour monthly session

Description of Read codes	EMIS	Snowmed
Referred to NDPP	679m4	1025321000000109
Referred to Structured Ed	8Hj0	415270003