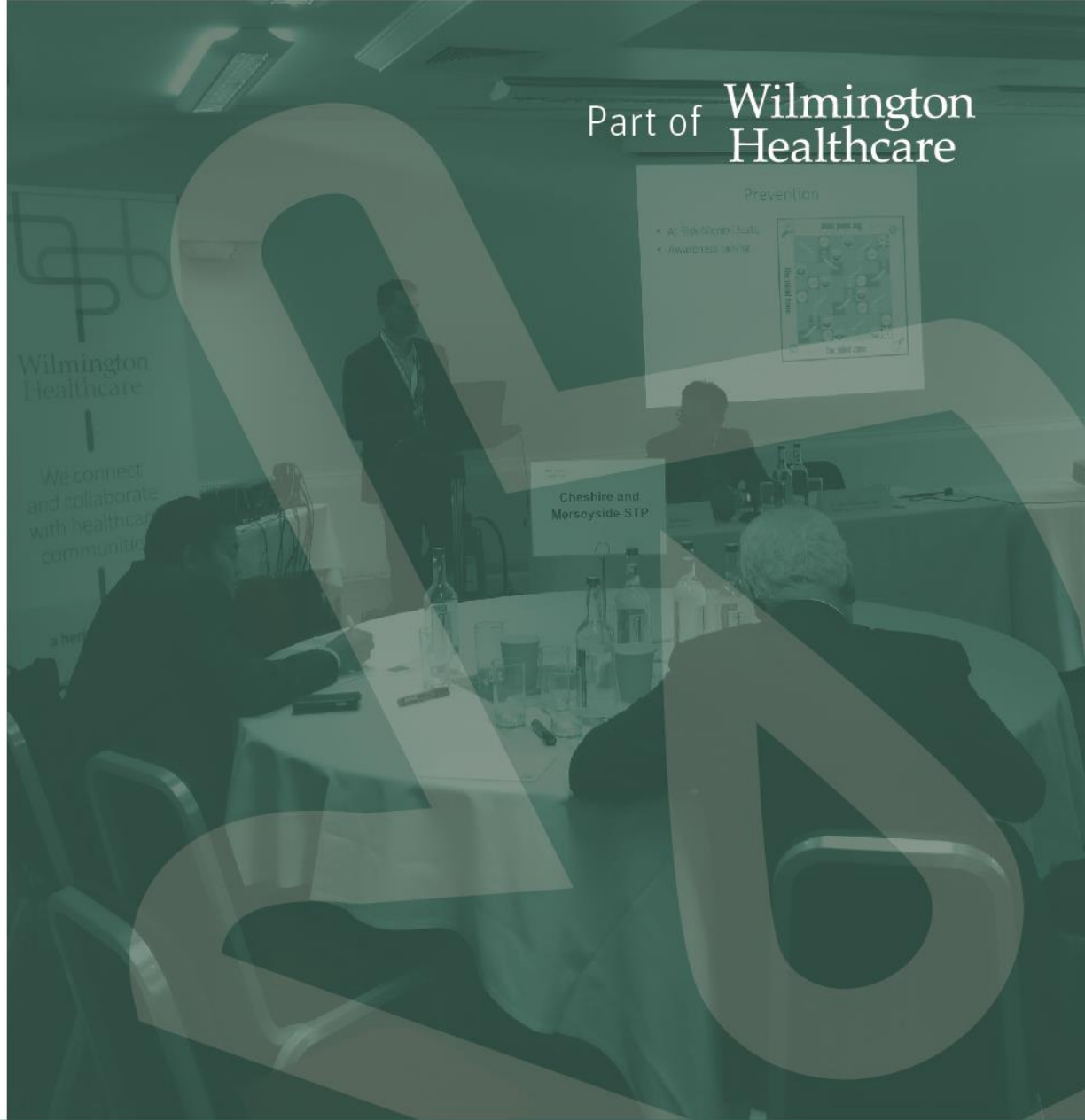


**HSJ Diabetes Mellitus
Network – East of England
Tuesday 5 February 2019
Holiday Inn Cambridge**

The HSJ Regional Network meetings are initiated and organised by Wilmington Healthcare. This event is supported by MSD through the provision of sponsorship. Novo Nordisk have also paid to attend. These companies have had no input into the design or content of the agenda but will be present on the day.

Follow your network #EEDMN



Facilitator

Paul Midgley

Director of NHS Insight and
HSJ Regional Networks
Wilmington Healthcare





- Newly rebranded to align with Health Service Journal (HSJ)
- New and improved website regionalnetworks.hsj.co.uk
- Wider invitee list to build a stronger network
- Greater emphasis on progressive meetings





Switch mobile phone off or to silent



Aims

Improve communication at local and regional level by bringing decision makers together to:

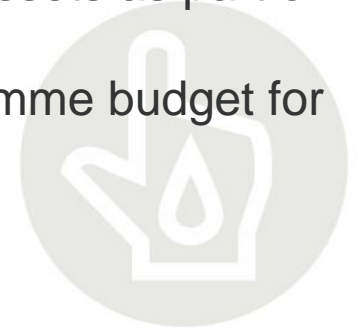
- Have a clearer appreciation of the key issues
- Be better informed
- Develop solutions through collaborative working
- Create new relationships and expanded networks
- Share ideas and experiences
- Share patient experiences, innovation, data, clinical and technological advances

Desired outcomes:

- Each of us leaves today better informed
- A sustainable and relevant platform for effective communication within and outside our STP and wider East of England region
- Access to materials from the meeting including local actions agreed during table-based, topic-based discussions

Objectives

- Know what the data says about your service's outcomes and costs vs comparators, then aim high in your plans to improve
- Learn from each other, network tirelessly, make new friends
- Steal then adapt the best ideas, particularly around prevention
- Focus on prevention and aim for effective management – what does that look like for patients?
- Provide parity of esteem – patients' mental health also affects diabetes control and outcomes
- Really make sure we get value throughout - sweat community assets as part of your strategy, engage all available resources not just NHS
- No 'them and us' – we will all rely on one combined STP programme budget for treatment and prevention of diabetes



STP aide mémoire: Aims re: Diabetes Prevention and Management

Support more people to manage their own care effectively

- CCGs should work with National Diabetes Audit to review performance of local practices
- CCGs should develop a strategy to engage potential referrers
- CCGs should ensure that attendances and outcomes from structured education are tracked
- CCGs should develop systems locally for following up referrals

Improve treatment and care received – CCGs should

- work with the NDA to review performance of local GP practices
- support practices to understand how to improve outcomes
- ensure that NICE guidelines and quality standards are considered
- review treatment pathways with providers
- ensure adequate pathways and capacity for footcare services
- align financial flows, incentives and back office e.g. e-referral systems
- Support specialists to support and advise GPs in the community
- Ensure all secondary care providers have specialist teams



Table Facilitators

If your table has a “facilitator required” sign, please do appoint this role amongst yourselves to assist the smooth running of the discussions and maximise the effectiveness of your time



Facilitator's Guide

On every table

- Questions posed
- Action points template

Responses will be uploaded onto the NHS networks website for wider sharing
Block capitals please for the action points



Your delegate pack

- Agenda
- Speaker biographies
- Delegate list
- Evaluation form



AGENDA

- 12.15pm Registration, lunch and networking
- 1pm Aims and Objectives: **Paul Midgley**
- 1.05pm Chair's introduction: **Professor Ian Macdonald**
- 1.15pm RightCare implementation update: **Joan Skeggs**
- Session One: Transforming Prevention of T2D**
- 1.30pm One talk, table discussion, panel Q+A
- 2.45pm Break and networking
- Session Two: Transforming Management of T2D**
- 3pm Two talks, table discussion, panel Q+A
- 4.10pm Chair's summary and key actions: **Professor Ian Macdonald**
- 4.15pm Meeting close



SESSION ONE AGENDA

- 1pm Aims and Objectives: **Paul Midgley**
- 1.05pm Chair's introduction: **Professor Ian Macdonald**
- 1.15pm RightCare implementation update: **Joan Skeggs**
- Session One: Transforming Prevention of T2D**
- 1.30pm Putting the DPP into practice: **Cheryl Thorne, Dr Clare Hambling and Freddy Sadeghi**
- 2pm Table discussion
- 2.25pm Feedback and panel Q&A: Speakers
- 2.45pm Break and networking



Welcome and Introduction

“Chair's introduction”

Professor Ian Macdonald

Professor of Metabolic Physiology,
University of Nottingham



“RightCare implementation update”

Joan Skeggs

RightCare delivery partner
NHS England



Session One: Transforming Prevention of T2D

**“Putting the DPP into practice”
Cheryl Thorne, Dr Clare Hambling and
Freddy Sadeghi**

West Norfolk CCG and NDPP



Table Discussion

- How has the uptake of DPP changed in your area in the last 6 months for patients at highest risk of developing T2D?
- What have you done in the last 6 months to improve access for those in this high risk group for whom the DPP format/time commitment isn't suitable?
- How are the positive health behaviour changes made after an individual has completed the initial DPP programme being sustained thereafter?
- Who else beyond primary care needs to be able to refer into DPP and how do we engage them as part of the wider STP/ICS diabetes plan?

Feedback from Tables & Panel Response



Table feedback, discussion and panel Q&A

Tweet your questions #EEDMN

- Professor Ian Macdonald
- Joan Skeggs
- Cheryl Thorne
- Dr Clare Hambling
- Freddy Sadeghi



Break and networking
- back at 3pm please



SESSION TWO AGENDA

Session Two: Transforming Management of T2D

- 3pm Remission from T2D – what's possible: **Professor Ian Macdonald**
- 3.20pm Reducing variations in diabetes care, outcomes and safety: **Katy Davenport**
- 3.35pm Table discussion
- 3.55pm Feedback and panel Q&A: **Speakers**
- 4.10pm Chair's summary and key actions: **Professor Ian Macdonald**
- 4.15pm Meeting close



Session Two: Transforming management of T2D

**“Remission from T2D –
what’s possible”**

Professor Ian Macdonald

Professor of Metabolic Physiology,
University of Nottingham



Session Two: Transforming Management of T2D

**“Reducing variations in diabetes
care, outcomes and safety”**

Katy Davenport

Lead Diabetes Nurse, The Cambridge
Diabetes Education Programme



Table Discussion

- What is your experience of initiating diabetes reversal/remission therapy?
- In your local area, do you have recently updated clinical guidelines for managing T2D? How well monitored are they for adherence? Could this be improved, if so how? What would the benefits be for patients and the local NHS?
- What ideas or innovations could you adopt/adapt to improve patient outcomes and reduce the cost of T2D?

Feedback from Tables & Panel Response



Table feedback, discussion and panel Q&A

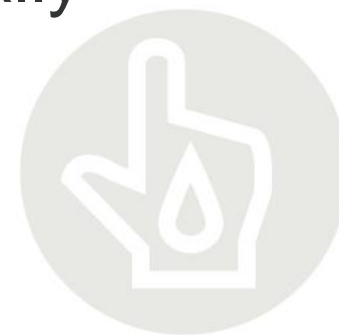
Tweet your questions #EEDMN

- Professor Ian Macdonald
- Katy Davenport



Evaluation, Reflections and Key Points

- What are the main points learnt from the meeting?
- What will you share with your local clinical and commissioning colleagues?
- What would you like to change locally as a result?



Thank you for attending the East of England Diabetes Mellitus Network meeting

Please complete your feedback via online survey or paper copy

Slides, handouts & group work will be published on the website:

<https://www.networks.nhs.uk/nhs-networks/regional-diabetes-commissioning-network-portal>

Follow your group **@HSJevents #EEDMN**

The next meeting is scheduled for **Wednesday 9 October 2019** – please save the date and share with your colleagues!

