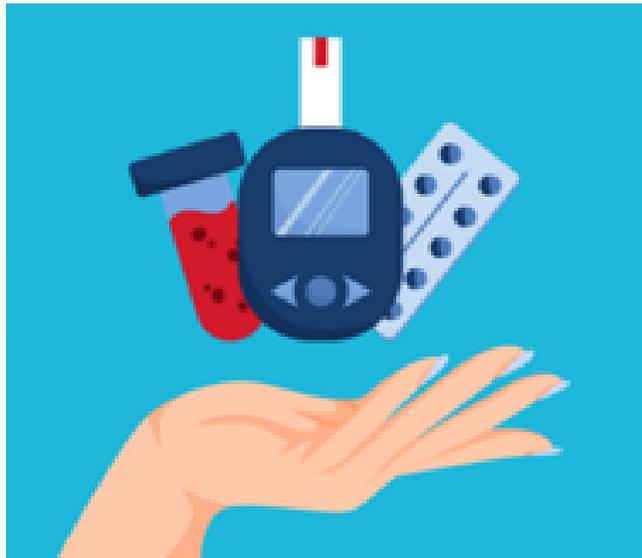


Support for people living with diabetes



Improving lives **together**
Norfolk and Waveney Integrated Care System



We hear the lived experience of a patient in Norfolk and Waveney who has had support from their local primary care team to live well in the community with diabetes. We also hear from local NHS staff who lead diabetes care and provide diabetes care services in NWICS.

Slides Prepared by Elizabeth Barnett, Clinical Programme Manager for Diabetes and the Diabetes Clinical Programme Team, showcasing the work of the Norfolk and Waveney Integrated Care Board

Callum Metcalfe O'Shea

- Callum is an Advanced Nurse Practitioner Diabetes Specialist and has worked in primary care for the last 8 years.
- He has supported the creation of a health professionals forum in Norfolk and Waveney to improve diabetes education and training for nurses and other professionals and his work has been recognised by NHS England.
- Callum has recently taken a position with the Royal College of Nursing as UK Professional Lead for Long Term Conditions and a member of the Primary Care Diabetes Society UK, helping to support diabetes best practice nationally.
- He remains Co-Clinical Lead for diabetes with Norfolk and Waveney Integrated Care Board working on multiple projects to support enhancing the quality of diabetes care across the ICS as well as a being a speciality advisor for elective care and recovery.
- Callum still works with a Norfolk GP practice, is a key member of the team providing support to help people manage their diabetes and prevent complications.



Dr Clare Hambling

- Dr Clare Hambling is a General Practitioner in Norfolk, practicing for nearly 25 years and has a long-established interest in Diabetes and cardiometabolic medicine and in Population Health Management.
- Clare has recently taken up the position of National clinical director for diabetes and obesity and has wide experience of clinical leadership in Norfolk and Waveney since 2016.
- Her roles have included Clinical Lead for Long Term Conditions, Specialty Advisor for Diabetes and Obesity and for Norfolk and Waveney's award-winning Population Health Management programme, Protect-NoW, including projects improving equitable access to the NHS Diabetes Prevention Programme and the Digital Weight Management Programme. Clare remains Specialty Advisor for diabetes with Norfolk and Waveney Integrated Care Board.
- Clare is also Clinical Lead for the National Diabetes Audit Core Primary Care and a member of the Advisory Board for the National Pregnancy in Diabetes Audit. She has been Chair of the Primary Care Diabetes Society since 2018.



Diabetes

- Diabetes is a chronic condition that causes a person's blood sugar levels to be imbalanced and occurs when the pancreas does not produce enough insulin.
- There are two main types of diabetes – Type 1 and Type 2.
 - Type 1 diabetes is an auto-immune response, and it is unpreventable, it often develops childhood. Only ~10% of people with diabetes have Type 1.
 - ~90% of all adults with diabetes have type 2. It is linked to lifestyle factors and develops over time. Type 2 diabetes is largely preventable, changes to lifestyle behaviours can help reduce risk.
- Diabetes is a serious condition, if left untreated and poorly managed, it can lead to life changing complications; vision loss, kidney failure, amputation, heart disease, strokes and cancer etc.
- Adopting a healthy lifestyle and staying in control of your diabetes can help you avoid or delay complications.
- Norfolk and Waveney Integrated Care System work in partnership improve the health and wellbeing of our population and are committed to supporting high quality care for diabetes. They include services that:
 - detect early stages of diabetes complications, intervening early to reduce risk of escalation
 - provide interventions for the management of diabetes to improve ability to function, quality of life and optimise healthy life expectancy.

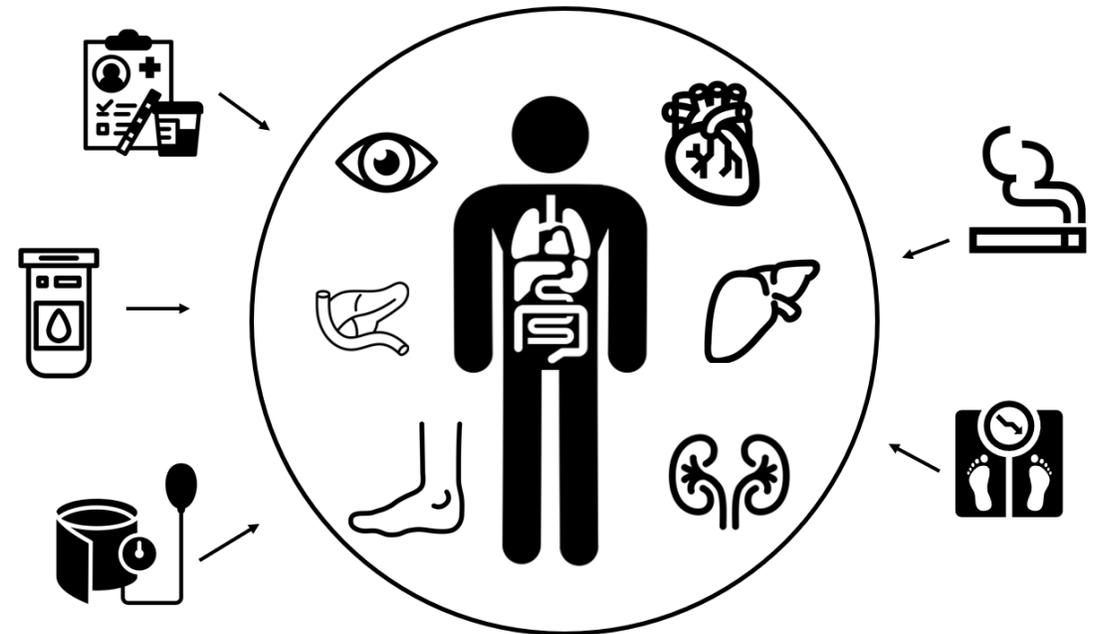
Diabetes in Norfolk and Waveney

- The population of Norfolk and Waveney is approximately 1.1 million.
- Of these there are:
 - There are 6,000 people living with type 1 diabetes, which remains steady – no significant increases or decreases,
 - And there are 69,000 people living with type 2 diabetes, this continues to increase year on year – we have seen more than 13% increase in the last 5 years.
 - And 77,000 people at risk of developing type 2 diabetes.
- There are many services available to support people to prevent diabetes or live well with diabetes in Norfolk and Waveney.
- They include:
 - those that detect early stages of disease, intervening early to reduce risk of escalation, and;
 - those that provide interventions for the management of diabetes to improve ability to function, quality of life and optimise healthy life expectancy.
- These services range from simple online healthy lifestyle information to specialist care provided by our hospitals.
- Norfolk and Waveney Integrated Care Board work in partnership with these services to improve the health and wellbeing of our population, committed to supporting high quality care for diabetes.

Diabetes in Primary Care

- Primary care (your GP practice) has an important role in supporting diabetes management.
- Care processes (tests and checks) are vital to identify care needs of people living with diabetes:
 1. Blood glucose (HbA1c) test– blood test for glucose control
 2. Blood pressure check – measurement for cardiovascular risk
 3. Cholesterol test – blood test for cardiovascular risk
 4. Creatinine test - kidney function test
 5. Urine Albumin test – urine test for risk of kidney disease
 6. Foot check– examination for foot ulcer risk
 7. Weight check (BMI) check - measurement for cardiovascular risk
 8. Smoking history check - measurement for cardiovascular risk
 9. Eye test – eye test for early detection of eye disease

- Most care processes are carried out annually by your GP practice working with other specialist services, for example eye screening teams or specialist hospital teams.
- They help your health care professionals understand how you are managing your diabetes, what you might need help and support with and so that they can detect any changes early and help to prevent complications arising.



Diabetes Support in Primary Care: Richard's Story



Thank you to Richard for sharing his experiences.

And to Callum Metcalf-O'Shea and the staff at Thorpewood Medical Group Norwich for their help and support in making this film.

There are lots of resources available online and in your GP practices

Living with diabetes Support for you

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Norfolk and Waveney Integrated Care System

NHS Norfolk and Waveney is working collaboratively with local organisations, such as Diabetes UK to support local people with diabetes and make it easier for you to get the help you need. When you have diabetes, you're entitled to certain checks and services to help you get the care you need.

These checks help to prevent serious diabetes complications.

There are also certain checks and appointments that you should have when you're first diagnosed. We've got lots of information for you in this pack, and lots of resources and support on the Diabetes UK website www.diabetes.org.uk

Support group is a great way to connect with people who are going through the same experience as you.

Living with diabetes Help with mental wellbeing

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Norfolk and Waveney Integrated Care System

Managing diabetes can be tough. Some people report feeling overwhelmed having to manage their medication and attend medical appointments. It can be difficult to find it difficult to make some decisions and it's necessary to cope with diabetes.

People with diabetes experience higher rates of mental health problems such as anxiety and eating disorders. People with access to psychological treatment can experience less psychological distress and improve their quality of life. Services are free of charge, and you can access them through your GP.

Living with diabetes Help with weight loss (for people with type 2 diabetes)

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Norfolk and Waveney Integrated Care System

Weight loss can help you to control your diabetes better. By losing weight your blood pressure, cholesterol and blood sugar levels of diabetes care can lead to better health outcomes if left poorly controlled. Many people find it especially when they have type 2 diabetes.

Work with your health care team. If you are interested in a digital weight management programme which is free on the NHS. It is a 12-week online lifestyle programme that people can access via a computer with internet access. For more details, go to www.nhs.uk/digital-weight-management.

If you prefer a more traditional face to face weight management session locally you may be able to access free support in Norfolk go to www.norfolk.gov.uk/readytochange and the "How to Lose Weight" section and if you live in Waveney (Suffolk) go to www.feelgoodsuffolk.co.uk/healthy-weight.

If you want to start to get more active which will again help to improve your blood sugars and heart health, as a person living with diabetes you can ask your health professional for more information visit www.active4norfolk.org

Living with diabetes Help with understanding your condition: helping you to help yourself

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There are free educational learning resources that you can access to help you to understand diabetes. You can share this resource with family and friends who help and support you daily.

The educational resources are digital and can be accessed at any time. You will be required to insert some personal data which may include your NHS number. This information is useful to your general practice.

- If you have type 1 diabetes, go to www.mytype1diabetes.nhs.uk
- If you have type 2 diabetes, go to www.healthyliving.nhs.uk

If you have been diagnosed with diabetes for less than 12 months and would prefer to attend face to face sessions please speak with your GP or health professional who can arrange this for you.

Start the MyType1Diabetes Programme today

MyType1 Diabetes



The Healthier You: NHS Diabetes Prevention Programme

HEALTHIER YOU
NHS

Service provided by xyla Health & wellbeing



Living with diabetes Help with stopping smoking

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Smoking tobacco and other substances has a particularly negative affect on people with diabetes because smoking affects the heart and vessels which can already be negatively impacted by diabetes.

The good news is that there is support available to people who live with diabetes and are smokers. If you would like help and live in Norfolk please contact www.smokefreenorfolk.nhs.uk or if you live in Waveney (Suffolk) please go to www.feelgoodsuffolk.co.uk/stop-smoking. Services are free, friendly and can massively boost your chances of quitting for good.

If you would like to find out more about quitting smoking, go to www.norfolk.gov.uk/readytochange and click on the "Help to quit smoking" section.

Take control of type 2 diabetes.

Healthy Living
for people with type 2 diabetes



Use this QR code for information and resources relating to diabetes



This is a new and developing page. Please send us any comments or feedback to: nwicb.contactus@nhs.net with FAO Planned Care Team - Diabetes in the subject line

You can view the full set of slides featured today on our website including detail of available support

Support for people living with diabetes



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By Norfolk and Waveney Integrated Care Board Diabetes Clinical Programme Team



<https://improvinglivesnw.org.uk/about-us/our-nhs-integrated-care-board-icb/learning-from-people-staff-and-communities/>