

South Yorkshire & Bassetlaw NHS Low Calorie Diet Pilot

Referral Flowchart for GP Practices

Is my patient suitable for this pilot? Referrer must check the eligibility and exception criteria overleaf to ensure patient can be referred

Referrer has clinically reviewed the eligibility and exception criteria and wishes to refer their patient to the pilot to undertake the following;

- 1. Referral form is available on clinical systems System 1, EMIS & Vision**
- 2. Clinician must provide information on concept of remission of Type 2 Diabetes, the LCD service and potential risks and benefits to obtain informed consent**
- 3. Referrer must discuss medication changes to take place on first day of TDR and provide written confirmation of these change to the patient and Provider**
- 4. Respond to any clinical need to further adjust medications according to capillary blood glucose and blood pressure monitoring by the Provider**
- 5. Respond to adverse events if patient contacts practice directly with an urgent clinical need or is directed to the GP practice by the Provider**
- 6. Arrange review of patient at 6 months and 12 months after starting LCD programme with repeat HbA1c – with further medication adjustment as necessary**

Ensuring all of the above elements have been fulfilled and the Referrer has checked their patient meets the eligibility and does not meet the exception criteria as detailed overleaf, the referral form can be completed via your clinical system ensuring all of the pages of the form are completed, including the pre-referral checklist

For further information regarding the Low Calorie Diet Pilot please contact Faye Senior SYB Diabetes Programme Facilitator or Sarah Clarke SYB Diabetes Project Officer by calling 01777 590034

**Referrers are reminded SYB were successful to be chosen as one of ten sites nationally to commission this pilot, it is the intention when safe to do so for Coaches to see patients referred to the pilot face to face in practice consultation rooms as per national government guidance. It is essential for PCNs to identify host practices/hubs for the Coaches to undertake their clinics from.*

Eligibility criteria

Patients who satisfy all the following eligibility criteria may be referred to the Service:

- Be registered to a South Yorkshire or Bassetlaw GP Practice
- Aged 18 to 65 Years
- Diagnosed with Type 2 diabetes within the last 6 years
- A BMI of 27kg/m² or higher (adjusted to 25kg/m² or higher in people of Black, Asian and Minority Ethnic (BAME) ethnic origin) BMI obtained from self-measured weight is acceptable for referral. If this cannot be obtained, a clinic-measured value within the last 12 months may be used, provided there is no concern that weight may have reduced since last measured such that the individual would not be eligible for the LCD programme at present.
- A HbA1c measurement taken within the last 12 months, with values as follows;
 - If on diabetes medication, HbA1c 43 mmol/mol or higher
 - If not on diabetes medication, HbA1c 48 mmol/mol or higher
 - In all cases, HbA1c must be 87 mmol/mol or lower
 - If there is any concern that HbA1c may have changed since last measured, such that repeat testing may indicate that the individual would not be eligible for the LCD programme at present, HbA1c should be rechecked before referral is considered
- Have attended for monitoring and diabetes review when this was last offered, including retinal screening, and commit to continue attending reviews, even if remission is achieved
- Referrer to confirm has discussed the programme with patient prior to making the referral. Expressing the commitment required and the patient has agreed to the referral and is willing to participate in NHS LCD (Low Calorie Diet) Programme

Exception criteria

Patients who meet any of the following exception criteria must not be referred to the Service and must not be accepted by the Provider.

- Current insulin user;
- Pregnant or planning to become pregnant within the next 6 months;
- Currently breastfeeding;
- Has at least one of the following significant co-morbidities;
 - Active cancer
 - Heart attack or stroke in last 6 months
 - Severe heart failure (defined as New York Heart Association grade 3 or 4)
 - Severe renal impairment (most recent eGFR less than 30mls/min/1.73m²)
 - Active liver disease (not including NAFLD)
 - Active substance use disorder
 - Active eating disorder
 - Porphyria
 - Known proliferative retinopathy that has not been treated.
- Has recent weight loss of greater than 5% body weight or is currently on a weight management programme
- Has had or is awaiting bariatric surgery (unless willing to come off waiting list)
- Health professional assessment that the person is unable to understand or meet the demands of the NHS LCD Programme and/or monitoring requirements (due to physical or psychological conditions or co-morbidities)