

NHS England Type 2 Diabetes Path to Remission Programme

Overview

NHS England have announced that Lancashire and South Cumbria are one of the 11 additional areas to take part of the Type 2 Diabetes Path to Remission (T2DR) pilot scheme.

Eligible patients will be referred by their GP and will receive low-calorie meal replacement products for 12 weeks at no cost to themselves.

First rolled out in 2020 the aim of the diet is to help people with diabetes lose weight and potentially help them to achieve remission of their type 2 diabetes.

The Soups and Shakes diet is a year-long plan which is supported and monitored by clinicians and coaches.

- » **Weeks 0-12 Total Diet Replacement** kickstarts weight loss through low-calorie diet replacement products such as shakes and soups.
- » **Weeks 13-18 Food Reintroduction** participants are offered a managed plan to reintroduce healthy, nutritious food.
- » **Weeks 19-53 Maintenance**, participants can track their progress through virtual one-to-ones, group sessions and digital support.

According to NHS England, early data from the programme showed participants lost 7.2kg on average after one month, and 13.4kg after three months.

All GP Practices across Lancashire and South Cumbria will be provided with:

- » GP Practice and Referrers Guidance Document
- » An example referral conversation script
- » A concise list of eligibility and exclusion criteria
- » Background and Evidence Documents

It is the responsibility of the referrer to:

- » Identify eligible patients and offer referral as appropriate
- » Provide information on concept of remission of Type 2 Diabetes, the T2DR service and potential risks and benefits to obtain informed consent
- » Discuss medication changes to take place on first day of TDR and provide written confirmation of these change to the patient and Provider
- » Respond to any clinical need to further adjust medications according to capillary blood glucose and blood pressure monitoring by the Provider
- » Respond to adverse events if patient contacts practice directly with an urgent clinical need or is directed to the GP practice by the Provider
- » Arrange review of patient at 6 months and 12 months after starting T2DR programme with repeat HbA1c – with further medication adjustment as necessary

The NHS Midlands and Lancashire Commissioning Support are currently finalising the searches, referral form and pop ups to be uploaded onto your systems to identify eligible patients.

Referrals can now be made, the programme is open to all patients and practices across the ICS, however, we are currently working with one locality to test documentation and refine the process to ensure best practice in preparation for the wider promotion.

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

- » Aged 18 – 65 years,
- » Have a diagnosis of type 2 diabetes within the last 6 years, and
- » Have a BMI over 27 kg/m² (where individuals are from White ethnic groups) or over 25 kg/m² (where individuals are from Black, Asian and other ethnic groups)
- » 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 T2DR programme at present
- » HbA1c measurement taken within the last 12 months, in line with the following:
 - If on diabetes medication, HbA1c 43-87 mmol/mol
 - If not on diabetes medication, HbA1c 48-87 mmol/mol
- » 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 T2DR programme at present, HbA1c should be rechecked before referral is considered
- » Must have attended for monitoring and diabetes review when last offered, including retinal screening, and commit to continue attending annual reviews, even if remission is achieved
- » Is not currently pregnant or planning to become pregnant within the next 6 months
- » Is not currently breastfeeding
- » Does not have any 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 < 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
- » Had not recently lost greater than 5% body weight
- » Is not currently on a weight management programme
- » Has not undergone / is not awaiting bariatric surgery (unless willing to come off waiting list)
- » Health professional assessment that the person is able to understand and meet the demands and monitoring requirements of the NHS T2DR Programme