

Actions for GP Practices to refer patients to NHS Diabetes Prevention Programme (NDPP)

1. Identify patients with pre-diabetes to mailshot either by using attached PRIMIS audit or by the Pre-DM CES audit
2. Once patients have been identified, find the letter on your clinical systems and mail merge the NDPP invitation letter. You can also find the letter in DXS and this will self-populate. Begin printing the letters.
3. Send the pre-diabetes patients an invitation letter, accompanied with a 'Healthier You' leaflet. These leaflets will have been sent to you by Reed Momenta (the NDPP provider) Remember to include the patient's NHS number. **Please try and send all your letters in one go rather than over a few weeks.** This generates more referrals quickly which helps Reed Momenta set up a clinic with enough clients.
4. Patients will contact the 'Healthier You' programme directly to book onto the course.
5. Practices will be paid £1.50 per invitation. Invoicing details to follow.
6. **If you are seeing patients with Pre-DM annually in a pre-diabetes clinic (usually run by a practice nurse or HCA), don't stop! You can offer them the 'Healthier You' course in place of Eat4Health, if the patient so wishes.** You can use a referral form found on DXS which will automatically populate.

For any queries, please contact either Eddie or Lesley in the Public Health Department at West Berkshire Council at Edward.clintworth@westberks.gov.uk – Lesley.wyman@westberks.gov.uk or 01635 503255.

Inclusion criteria	
Pre DM register	NDPP referral criteria
<ul style="list-style-type: none"> ✓ A history of gestational diabetes, ✓ Impaired fasting glycaemia (>6 to <7mmol/l) ✓ Impaired glucose tolerance (7.8-11.0mmol/l) ✓ HbA1c IFCC 42 to 47 mmol/mol 	<ul style="list-style-type: none"> ✓ HbA1c 42 – 47 mmol/mol (6.0 – 6.4%) ✓ FPG 5.5 – 6.9 mmol/l ✓ Result in the last 12 months ✓ Age 18 or older ✓ No existing diabetes diagnosis ✓ BMI>27.5

Exclusion criteria	
Pre DM CES	DPP
<ul style="list-style-type: none"> • Patients diagnosed with diabetes 	<ul style="list-style-type: none"> • Patients diagnosed with diabetes • Under 18 • Pregnant • Recent bereavement • Palliative care • Ongoing serious illness • Unable to engage with intervention