

Flow chart for referral to Healthier You by General Practice (GP)

Designated healthcare staff undertakes NHS Health Check or opportunistic detection of eligible individual

Add to High Risk of Diabetes Mellitus register using read code 14O80

Inform and discuss Healthier You with individual

Refer to Healthier You South London, if individual consents to referral (referral form available on DXS) and enter the read code 679m4. If referral declined enter the read code 679m3

Healthier You South London contacts referred individual to discuss details of the programme and invites individual to join the programme

Individual accepts a place on the programme

Assessment by Healthier You South London including blood test if previous test >3 months

Individual progresses through Healthier You

Healthier You South London sends interim clinical data to GP at defined points during the programme** via DOCMAN/NHS mail for practice to add to individual's medical record

Individual completes/does not complete Healthier You

Individual discharged to GP

Good practice for GP to undertake opportunistic/routine annual review of glycaemic status, weight and cardiovascular disease risk.

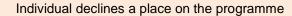
Key: General practice (GP) Healthier You South London Lambeth Diabetes Intermediate Care Team

*On referral, a 20 minute individual assessment will be delivered by Healthier You South London's trained staff, Healthier You South London partners Lloyds Pharmacy or other affiliated local pharmacies. This will include:

• Height, weight and BMI calculation

- Warwick-Edinburgh Mental Wellbeing Scale score
 Baseline blood glucose reading (HbA1c / FPG) (if no test in last three months)
- Where appropriate, very brief advice on smoking cessation

** Clinical data will be sent after: initial assessment, 6 month check, 9 month check



Healthier You South London discusses STEPs to prevent diabetes programme and referral with individual

Individual declines offer of STEPs.

Healthier You South London informs GP of decline of both programmes

GP records decline on individual's medical record using read code 679m3 and re-discuss:

- Healthier You at next appointment or annual review
- STEPs as an alternative

Individual consents to referral to STEPs.

Healthier You South London completes STEPs referral form

Diabetes Intermediate Care Team to discuss Healthier You with individual after completing STEPs and refer to Healthier You South London if individual consents to referral

Healthier You Referral criteria

Inclusion criteria are:

- Individuals 18 years or over
- HbA1c 42 47 mmol/mol or FPG 5.5 6.9 mmol/l within the 12 months prior to referral

- Individuals with a diagnosis of Type 2 diabetes
- Individuals with a normal blood glucose
- Individuals under 18 years old
- · Pregnant women
- Palliative care individuals
- · Individuals in care homes

Useful read codes:

Read Codes
14080
679m4
679m3
679m2
679m1
679m0

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