

Evaluating Patient Pathway and Clinical Outcomes in a Type 2 Diabetes Remission Pilot Programme – A Community Dietetics Approach



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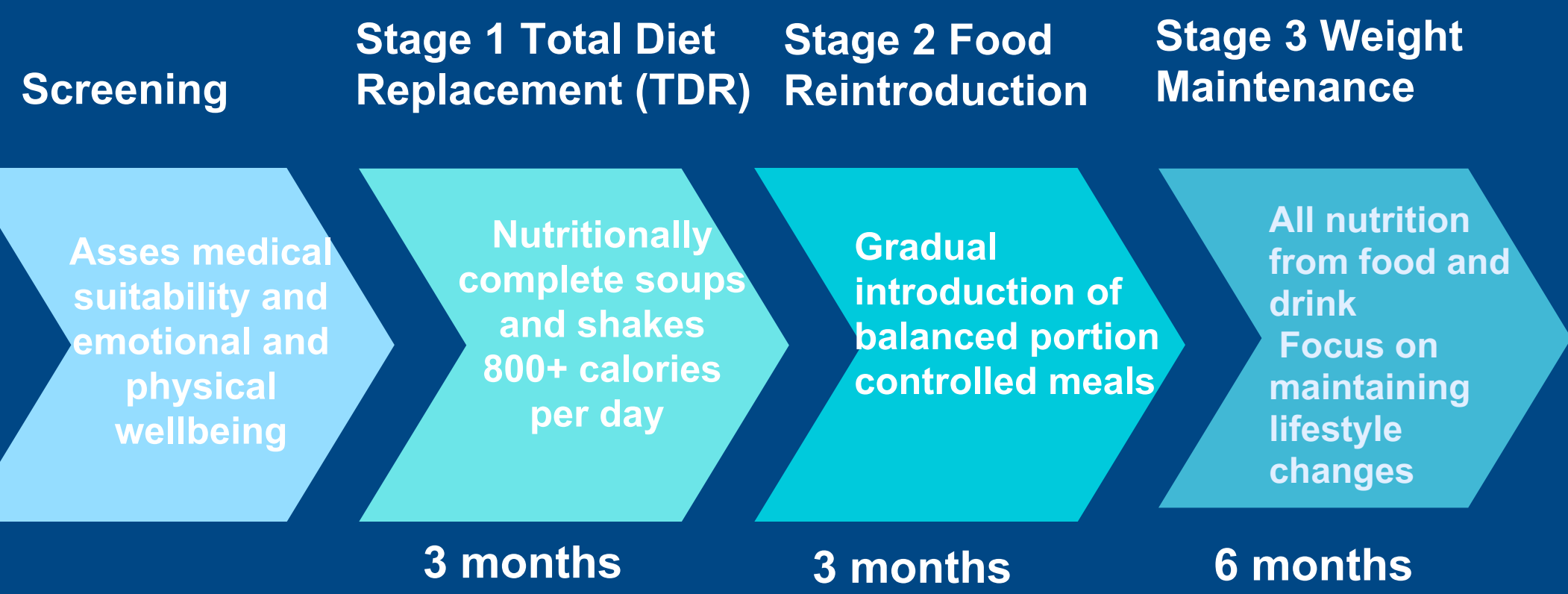
Introduction

Type 2 Diabetes (T2D) is a public health concern affecting more than 5.7% of the adult population in Scotland (1). Treatment of T2D and secondary complications is an increasing challenge for the NHS, accounting for 9% of its current budget (2). Remission of T2D can be achieved by substantial weight loss, preventing or delaying the onset of disease progression, and improving health outcomes for people with the condition (3). As part of the Scottish Government's T2D Healthier Future Framework, NHS Greater Glasgow and Clyde (NHSGGC) received funding for 55 patients to complete a pilot remission programme delivered by the Community Dietetic Service. The pilot programme involves a 12-month evidenced-based, intensive weight management intervention that includes a period on a low-calorie liquid diet with the aim to lose >15kg to achieve diabetes remission (4) and is delivered by Specialist Diabetes Dietitians. The patient pathway is shown in Figure 1 below. Four GP Cluster areas were selected for the pilot. Recruitment targeted eligible patients from lower socio-economic groups and high ethnic minority backgrounds, with the aim to tackle health inequality. An evaluation of the pilot programme was undertaken in Summer 2024, this poster highlights the evaluation process and findings.

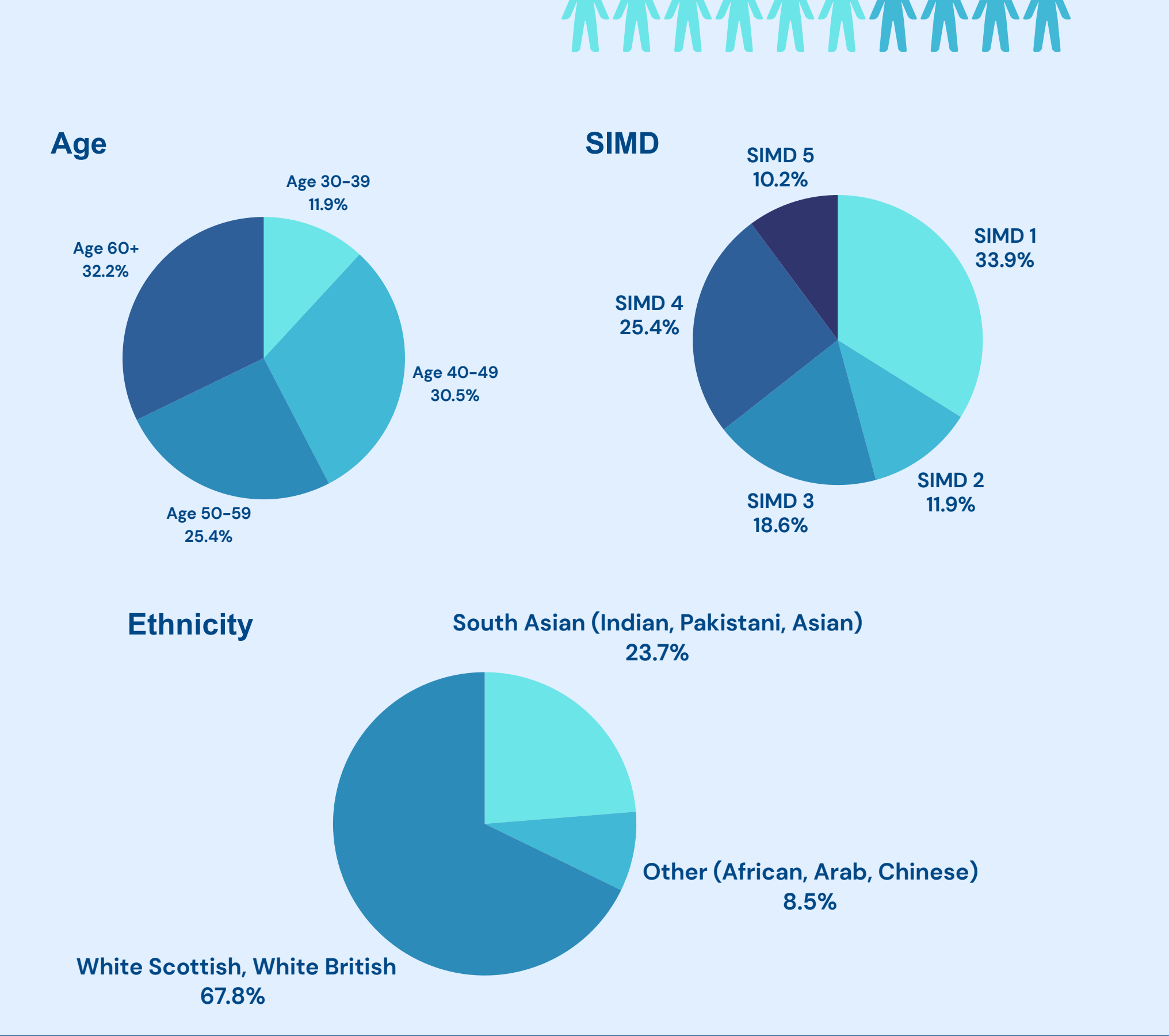
Aims of Evaluation

- To explore patient and staff experience of the programme
- To assess the effectiveness of the patient pathway
- To review patient clinical outcomes including weight loss, remission status and reduction in diabetes and blood pressure medications
- To analyse patient demographics and assess effectiveness of targeted recruitment

Figure 1 - Patient Pathway (based on Counterweight Plus)



Patient Profile

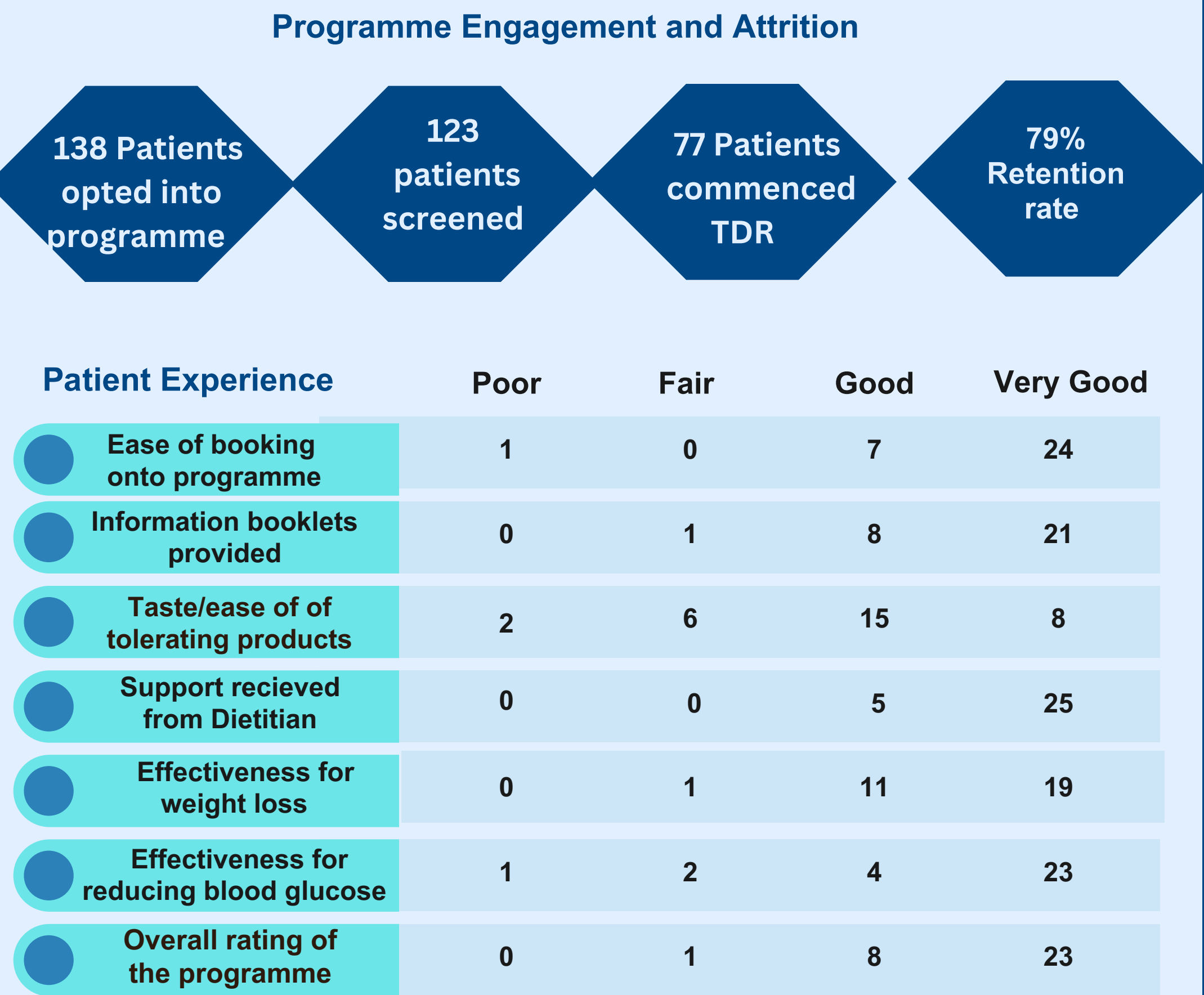


Methods

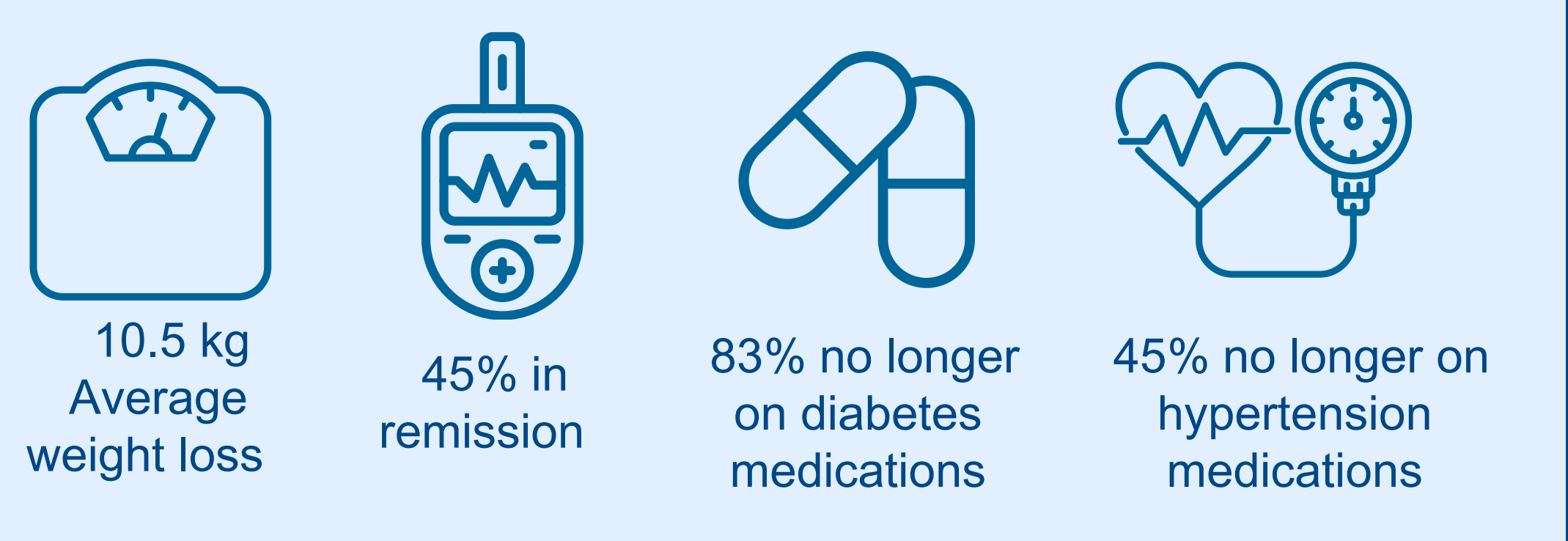
The evaluation was undertaken with the support of an external researcher and completed in July 2024. Methods comprised of:

- Qualitative interviews with dietitians, programme support, and primary care staff
- Online patient survey and qualitative interviews with patients invited to participate in the programme
- Data collection and analysis of clinical outcomes and patient recruitment
- Analysis of patient demographics

Evaluation Outcomes



Clinical Outcomes at Year 1 (n=24)



Conclusion

Findings from the NHSGGC pilot remission programme show that remission of type 2 diabetes is achievable within a Community Dietetic Setting. The data shows significant weight loss, improvement in glycaemic control, and reductions in medications at 1 year. Rates of remission achieved are comparable to randomised control trials (3,4). Engagement and retention rates are high. The targeted recruitment approach has been successful in reaching patients from ethnic minority backgrounds and areas of lower SIMD and tackling health inequalities.

Future Plans

- Promote remission as key treatment at diagnosis
- Programme to be upscaled across NHSGGC
- Undertake further community engagement work

References

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- LEAN, M.E.J., LESLIE, W.S., et al, 2018. Primary care-led weight management for remission of type 2 diabetes (DiRECT): an open-label, cluster-randomised trial. The Lancet (British Edition); Lancet. 391(10120), pp.541-551.

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