



myGP Population Health Service Diabetes Prevention

During a 2-month project with North Central London CCG (NCL), referrals to the NDPP increased by a staggering 95%



Background

The NHS Diabetes Prevention Programme (NDPP) is a national initiative established jointly by NHS England, Public Health England, and Diabetes UK. NDPP aims to prevent the onset of Type 2 Diabetes and reduce health inequalities through identification and early intervention in people with non-diabetic hyperglycaemia ('pre-diabetes'). NDPP is a face-to-face, tailored behavioural change programme, which is available to people found to be pre-diabetic.

NDPP's nine-month behaviour change programme offers patients advice on diet and exercise, and support with adopting a healthy lifestyle through group sessions, motivational interviewing, and an app with videos. NHS England has estimated that there is 26% lower incidence of diabetes in those receiving a diabetes prevention programme compared with those receiving usual care¹.

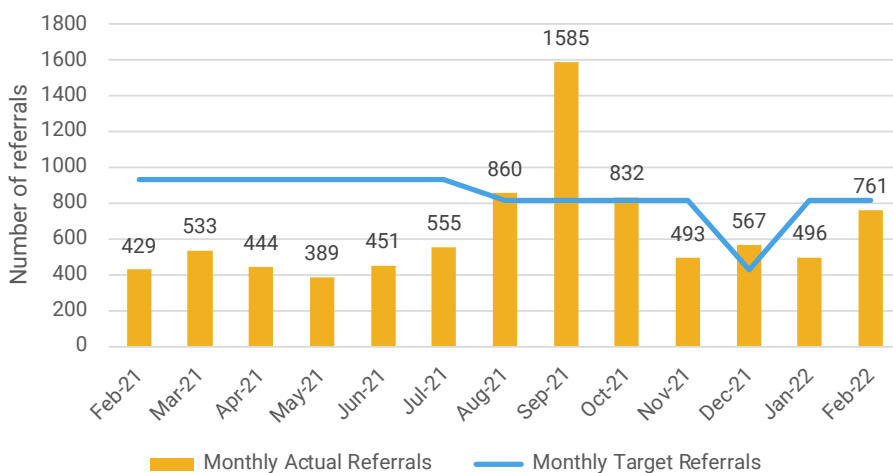
Solution

The North Central London (NCL) commissioned iPLATO's myGP Population Health Service to deliver multichannel patient engagement, using a combination of SMS, letters and online tools. The aim was to increase referrals to the NDPP and reduce inequalities in referral rates by targeting high-risk eligible patients. The project targeted patients from ethnic minority backgrounds and who currently live with a long-term condition. The project was delivered during the COVID-19 pandemic, when the NHS was under intense pressure and when primary care referrals to the NDPP were low.

Outcome

During the 2-month period of the project, average monthly NDPP referrals increased by 95% in August and September 2021.

NCL NDPP monthly referrals, Feb 2021-22



The objectives of the project were to:

1. Identify high-risk patients eligible for the NDPP by carrying out a centralised data extract
2. Increase referrals into programme amongst priority groups

“ The iPLATO project was instrumental in increasing NDPP referrals at a time when primary care was under pressure due to COVID-19 and we were struggling to get the referrals needed into NDPP. The project also helped us to address health inequalities by targeting those at greater risk of developing diabetes.”

Dana Hayes, Public Health Programme Manager for Camden and Islington

References: 1. Public Health England. A systematic review and meta-analysis assessing the effectiveness of pragmatic lifestyle interventions for the prevention of Type 2 diabetes mellitus in routine practice. [Internet]. Available from https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/733053/PHE_Evidence_Review_of_diabetes_prevention_programmes_FINAL.pdf. Accessed 14 March 2022.