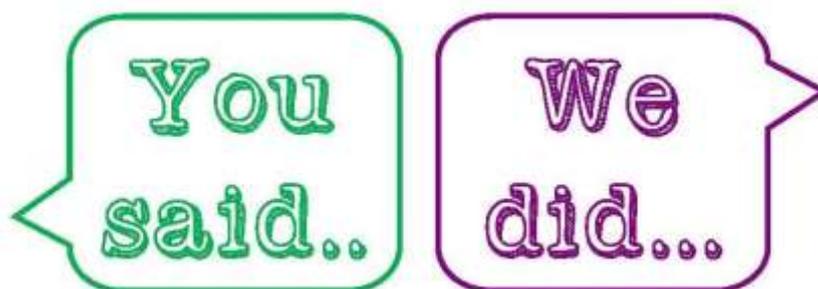


DIABETES

In Lincolnshire, 50,000 people are living with diabetes, which is roughly eight per cent of the population.

We have continued to raise awareness, engage with patients and through this, our evidence suggests that through patients attending the National Diabetes Prevention Programme and through the work with practices on the 3 Treatment Target Programme of work, we are seeing evidence of the positive impact and results that this is having on our patients both in terms of awareness and the continual monitoring and care that they receive.

Our “you said we did” evidence demonstrates the amount of engagement we have undertaken.



ENGAGEMENT OR CONSULTATION	DETAILS	STATUS
Engagement Patients Public Staff Neighbourhood Working Public Health	Diabetes Prevention Awareness Week 1-5 April 2019: Co-op and Town Centre, Mablethorpe St Hildreds Centre, Skegness	Evidence shows us that through our work:- National Diabetes Audit shows that 88% of practices in Lincolnshire East improved their achievement of the three treatment targets in diabetes – Blood Pressure, Cholesterol and Blood sugar, significantly reducing the risk of complications such as heart attack, stroke and amputations. Three practices improved their results by over 10%. Lincolnshire East went from 96 th to 15 th in the country for blood sugar control.

ENGAGEMENT OR CONSULTATION	DETAILS	STATUS
<p>NHS Diabetes Prevention Provider ICS</p> <p>Diabetes UK</p> <p>LCHS</p> <p>Co-op Pharmacies</p> <p>Practices</p> <p>Ministry of Defence</p> <p>Schools</p> <p>Factories</p> <p>Mothers and Toddlers Groups</p>	<p>Boston:</p> <p>Boston Borough Council Workplace Healthcare Group event 18/3/19</p> <p>Greyfriars Surgery waiting room engagement</p> <p>Haven High Academy secondary school event 3/7/19</p> <p>Benton Brothers haulage driver awareness campaign August 2019</p> <p>Co-op Pharmacy NHS Diabetes Prevention Programme awareness training – September 2019</p> <p>Boston Health and Wellbeing Business Breakfast event 2 October 2019</p>	<p>Ongoing engagement around diabetes awareness and prevention is taking place across Lincolnshire</p>

ENGAGEMENT OR CONSULTATION	DETAILS	STATUS
	<p>Holbeach:</p> <p>Bakkavor factory staff engagement event September 2018</p> <p>Skegness:</p> <p>Healthy Conversation Event 19 March 2019</p> <p>Diabetes Awareness Week Pledge Campaign Winner presented prize at Hawthorn Practice 1/7/19</p> <p>Mothers and Toddlers Group engagement event – 26 November 2019</p> <p>Mablethorpe:</p> <p>Marisco Practice support plan 5/11/19</p> <p>Marisco Practice and Community Centre drop in information sessions planned for January 2020.</p>	

ENGAGEMENT OR CONSULTATION	DETAILS	STATUS
	<p>Coningsby</p> <p>RAF Coningsby Wellbeing Event 16/5/19</p>	
	<p>Boston:</p> <p>25/04/19 Living With Diabetes free face to face education session for patients hosted at Boston United Football Club</p> <p>02/10/19 Boston Health & Wellbeing Business Breakfast event</p> <p>Lincoln:</p> <p>01/05/19 Attended study day at the Bentley Hotel, liaised with approx. 100 primary care staff around pathway work and specifically in the promotion of Eclipse software.</p> <p>16/09/19 T1D stall at Lincoln Uni freshers week</p>	

ENGAGEMENT OR CONSULTATION	DETAILS	STATUS
	<p>22/05/2019 Stand at Lincoln City FC for Healthy Conversation 2019</p> <p>Sleaford: 20/05/19 – Dedicated Diabetes stand at Sleaford Healthy Conversation event.</p> <p>05/06/19 – Consultation with stakeholders on VitruCare development.</p> <p>11/06/19 – First consultation on proposed new diabetes model for Lincolnshire.</p> <p>16/10/19 – Final consultation on proposed new diabetes model for Lincolnshire.</p> <p>Mablethorpe: Established a Diabetes Steering Group in Marisco Medical Practice, representation present from Lead GP,</p>	

ENGAGEMENT OR CONSULTATION	DETAILS	STATUS
	<p>Public Health, Diabetes Prevention, Clinical Pathway Lead, East Coast DSN, Neighbourhood Lead, Practice Staff</p> <p>Skegness: 14/06/19 Attended East Coast Training hub to speak about practice level support available for 3TT</p> <p>Market Rasen:</p> <p>16/05/19 Day out in Market Rasen and surrounding rural communities to promote forthcoming Living With Diabetes. Resource drops and conversations with local community leaders and practices in the area.</p> <p>31/10/19 Living With Diabetes free face to face education session for</p>	

ENGAGEMENT OR CONSULTATION	DETAILS	STATUS
	<p>patients hosted at Market Rasen Racecourse</p> <p>Grantham: 21/11/19 Stand for Self-Care week at Jubilee Centre</p> <p>Gainsborough: 21/05/2019 Stand for Healthy Conversation 2019</p>	

NHS Lincolnshire have engaged with patients over the last two years to help shape diabetes services in Lincolnshire. We are now informing the public of what we plan to do and have asked patients for further comments.



At a recent event held in Grantham:-

You Said	We did
<p>I get different care in different GP practices.</p> <p>Within the practice I get different advice</p> <p>I don't have trust in my practice.</p>	<p>We have put in place a training programme and a best practice guide for GP surgeries. We are working with groups of GPs to ensure all practices are aware and doing this. We monitor variance in care and hold practices accountable. Changing this will take some time but we are tackling this as a priority.</p>
<p>I cannot access education after diagnosis.</p>	<p>We are reviewing education to make it more accessible for more people more often. We are also testing digital apps to enable more self-care.</p> <p>Type 1- we are still reviewing this service. If you would like to get involved please contact us.</p> <p>Type 2 - We have made a digital method available – MyDesmond. Ask your nurse or GP to refer you to 'Spotlight' and you will be offered this as an alternative by the service. This is regardless of how long you have had Type 2 diabetes.</p>
<p>I cannot access mental health support.</p>	<p>We have trained Steps2Change staff to support people with long term conditions who have anxiety and/or depression. You can self-refer to the service or ask for GP referral and mention you have diabetes to access this.</p>
<p>I'd like a print out of results so I know what is being tested, why and what I can do.</p>	<p>We are piloting 'Behind The Numbers' to enable patients to view and understand their results. This will be available by paper, email and in the digital app.</p>
<p>We need Support Groups</p>	<p>Diabetes UK has worked with us to set up several support groups. A new Grantham group has been re-launched recently, contact midlands@diabetesuk.org or call 0207 424 1000 to find out more.</p> <p>There are now established groups in Long Sutton, Spalding and Boston. We need patients to lead peer groups with Diabetes UK support and continue to look at ways to find lead volunteers for the rest of the county.</p>

Other Changes:

We have improved foot services for those patients who have life or limb threatening foot disease who are seen at the hospital. We have:

- Introduced vascular and orthopaedic surgeons into diabetes foot clinics cutting waiting times to see these specialties and enabling shared learning and faster treatment.
- Opened new consultant led clinics in Skegness and Spalding.
- Opened new podiatry led clinics in and Lincoln so patients do not have to attend the hospital between consultant appointments.

In the first year this reduced amputations by 15%, the first 6 months of this year has been very positive and if trends continue amputations will have reduced by a further 38% by April 2020 preventing 20 leg amputations in Lincolnshire in 19/20.