Type 2 diabetes programme allows nurses to refer those patients at risk

By Linsey Wynton

Nurses in primary care and GPs can refer patients at risk of type 2 diabetes to a new prevention programme.

Up to 100,000 people in England will be offered places on the Healthier You programme by 2020 following an NHS health check.

Those offered places will receive personalised exercise regimens, healthy eating plans and support with stress management, eating behaviour and staying motivated, delivered by professionals including specialist diabetes nurses.

Type 2 diabetes is often preventable, yet one in six people in hospital have diabetes. The £10 billion spent every year on diabetes care accounts for roughly 10% of the total NHS spend.

The Healthier You scheme is being run collaboratively by NHS England, Public Health England (PHE) and Diabetes UK.

Claire Neely, lead diabetes specialist nurse at Kingston Hospital and Surrey Downs diabetes service, said: ‘The type 2 diabetes patients that I see in secondary care often say they wish they had known about diet and exercise before they developed diabetes. Even though they receive medication, we always go back to diet and exercise.

‘We do a sugar game with newly diagnosed patients. For example, we ask questions such as “how much sugar is there in a can of Coke?” People are astonished to learn that it is 12 cubes.’

Seven regional prevention programmes have been piloted and a further 20 will begin this year.

Bradford Beating Diabetes intensive lifestyle community programme lead Nurjahan Ali Arobi said: ‘We’re in touch with the various cultural communities and lots of people have made lifestyle changes. Their family and friends are making changes too – we have started a little movement.’

PHE and NHS England’s national clinical adviser and Runcorn GP Matt Kearney said many GPs and nurses in primary care were frustrated because previously there was no such service for patients at risk of type 2 diabetes.

‘Never events’ manual published

A cardiac theatre sister has developed what is believed to be the first guidance for theatre nurses to help them prevent ‘never events’.

Minjeta Joseph (pictured) wrote the manual to help cardiac theatre nurses identify and prepare the different types of equipment for heart surgery.

Ms Joseph, who has worked at King’s College Hospital NHS Foundation Trust since 2007, created a rudimentary manual for herself years ago. As colleagues commented on its usefulness, she contacted a cardiac device manufacturer to further develop the manual.

The resource will now be sent to cardiac centres around the world.

Ms Joseph said: ‘There are hundreds of surgical cardiac devices in an array of sizes, all with different preparation instructions.’

The illustrated manual details every aortic, mitral and tricuspid valve and all repair devices. It is intended to reduce the risk of staff implanting the wrong device – the type of never event the NHS aims to eliminate.

As many as 1,188 never events occurred in the NHS in England between April 2012 and December 2015, including patients being given the wrong type of implant.

Obesity and unhealthy lifestyles are the most potent risk factors for type 2 diabetes, and in England more than 60% of adults and 30% of children aged two to 15 are overweight or obese.