

# NEWS FROM NEEDS

**SPRING 2016**

## THE BIGGEST ACHIEVEMENTS ARE:

**Type 1 and type 2 patients receiving all 8 essential health checks**

Cholesterol <5  
Blood pressure <140/80  
National Diabetes Audit participation

**April 2014**

**40%**

**71%**

**67%**

**84%**

**March 2015**

**60%**

**74%**

**70%**

**93%**

## AUDIT SHOWS BIG IMPROVEMENT IN CARE

Two years after the launch of NEEDS, there has been a dramatic improvement in the level of diabetes care in the region, with over 4,000 more patients in total (type 1 and type 2) receiving the eight recommended health checks from their GP.

According to figures from the 2014/2015 independent National Diabetes Audit (NDA), 50% of people with type 1 diabetes and 68% of people with type 2 diabetes in the Colchester and Tendring areas are now receiving all eight health checks, greatly exceeding the national averages of 40% and 59% respectively.

In particular, the North East Essex Clinical Commissioning Group (CCG), which commissioned NEEDS, is now ranked in the top 15% of CCGs nationally for delivering the eight essential care processes for people living with type 2 diabetes.

Dr Karunakaran Vithian, Community Diabetologist for NEEDS and Clinical Lead for Diabetes at Colchester Hospital University Foundation Trust, said: "Ensuring patients receive all eight care processes is one of the most important measures of a diabetes service. We're delighted with these independent audit results and look forward to delivering further improvement which will benefit people living with diabetes in North East Essex."

### Type 2 Insulin Awareness Course

NEEDS has introduced a practical 3-hour group session for people with type 2 diabetes to understand more about carbohydrate intake and the action profile of their insulin as well as injection techniques and hypo treatment. The course is currently being delivered in Colchester, Clacton and Harwich. Patients referred must have type 2 diabetes, be on insulin and want to learn more about insulin adjustments and carbohydrates. Please contact the NEEDS team for further information about these courses.

### Type 2 Patient Conference

In October 2015, NEEDS ran a patient conference for people with type 2 diabetes incorporating aspects of NICE-accredited education programmes. The event combined participant-led education with workshops focusing on complications, physical activity, carbohydrates and glycaemic index, fats and portion sizes. Over 50 participants attended and of the 72% of people who completed evaluation forms, 83% rated the workshops as good or excellent. As a result of the positive feedback, we are planning to run more events for people with type 2 diabetes.

### TYPE 1 PATIENT GROUP

NEEDS are planning to set up a Type 1 patient group. Time and location is yet to be agreed but we would like to hear from anyone who would be interested in attending this group.

June            Langham  
September    Clacton  
November     Langham/Colchester  
January        Clacton

**If you are interested in attending one of these sessions please contact us for more information.**



## Well done Alan!!

Alan Penney, Chair of the Tendring Patient Group is this year's winner in the Community Champion Award category for the Dream 100 Local Hero Awards 2016. He won the award in recognition of his charity work which includes 15 years with the Red Cross and lots of other work in Essex.



## Type Two Together (T2T)

Type 2 Together is a Diabetes UK project that aims to bring people living with type 2 diabetes together in a support group. The groups support each other to maintain their daily lives, provide emotional support and signpost members to other areas that may help them.

Over the last 18 months working in partnership with NEEDS, Diabetes UK has succeeded in setting up nine groups in North East Essex, which are flourishing. In total, the project has created 44 groups across the East of England.

The project funding comes to an end in March, but the groups will be continuing to meet with NEEDS input and support. Please let us know if you would like more information on groups in your local area.



## Importance of urine testing

It is very important that people with diabetes complete a urine albumin:creatinine ratio (ACR) test every year. This urine test is one of 8 essential health checks and helps to identify signs of kidney problems, which are more common in people with diabetes.

We have found that urine testing is not always being completed and we would like to encourage all diabetes patients to make sure that they provide a urine sample as part of their annual check so any signs of kidney problems can be treated.



## Psychological wellbeing support

Health in Mind are launching a 'Wellbeing & Diabetes' course to help people experiencing anxiety, depression and other difficulties to manage their wellbeing more effectively.

**This 4-session course is offered across a variety of locations in North East Essex.**

If you would like to attend a course, please telephone **0300 330 5455** or complete a referral form. See **www.healthmind.org.uk** or contact us for help.



## Contact Us

If you have any questions about the NEEDS service or any of the topics covered in this newsletter please contact us:

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