

# NEWS FROM NEEDS

## RAISING AWARENESS OF ORAL HEALTH

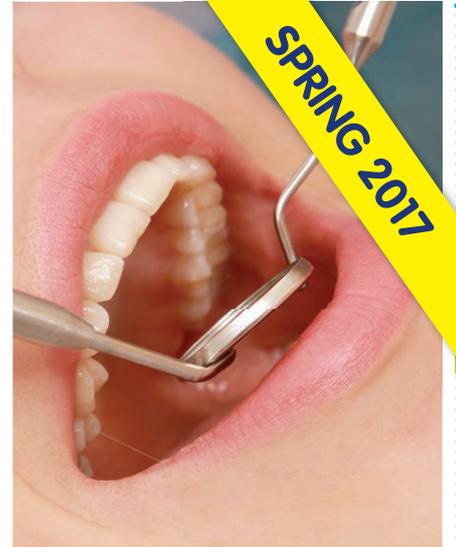
NEEDS has been invited to take part in the Health Education England 'Primary Care Leadership Collaborative' (PCLC) for the East of England region.

The kick-off project will see NEEDS collaborate with the University of Essex and local dental practices across North East Essex and Suffolk to implement a diabetes screening tool and develop a clear way for people with diabetes to be referred and treated for oral health conditions.

Evidence has shown that gum disease can negatively impact diabetes control and vice versa. The project will raise awareness of the link between diabetes and gum disease for professionals across the primary care and dental communities.

The aim is to implement training for GP's, nurses, dentists and dental hygienists to introduce testing for diabetes within the dental practice for people with moderate or high risk factors. This will result in practitioners being more aware of the need to encourage diabetes patients to attend their annual dental appointment which includes an appointment with a dental hygienist.

Currently there is no referral pathway between GP practices and dental practices and a lack of understanding that the two conditions are interlinked. Recent studies have shown that diabetes patients can reduce their HbA1c by up to 1% (10mmols) by having an annual hygienist appointment and keeping their gums healthy.



## NHS Diabetes Prevention Programme

The Healthier You: NHS Diabetes Prevention Programme (NDPP) has been officially launched across Essex.

The innovative programme, which started in 2016, identifies those at high risk of Type 2 diabetes and refers them onto a behaviour change programme. Those referred by their GP or healthcare professional will get tailored, personalised help to reduce their risk of Type 2 diabetes including education on healthy eating and lifestyle, help to lose weight and bespoke physical exercise programmes.

There are currently 2.8 million people with Type 2 diabetes in England with around 200,000 new diagnoses every year. However, Type 2 diabetes is largely preventable through lifestyle changes.

The NDPP has already been launched in Tendring and Chelmsford and other courses are due to commence in Harlow, Stansted and Colchester in the coming months.

For more information about the programme, visit the NHS England website.

### We need your wee!

A urine test is one of 8 essential diabetes health checks and helps to identify signs of kidney problems, which are more common in people with diabetes.

We would like to encourage all patients to make sure that they provide a urine sample as part of their annual check.



## Pre-pregnancy planning

Whether you're trying to conceive, or in the early stages of planning a pregnancy, it's important to be prepared if you have diabetes. Heather Chandler, NEEDS diabetes specialist midwife, offers some advice:

### HbA1c levels

Having an HbA1c reading of less than 48mmol/mol is the ideal level to start a pregnancy. You may need help to achieve this, so attending a DAFNE course or getting an update on carbohydrate counting for Type 1 women may help.

### Taking medication

Some medications you are currently taking, whether for diabetes or other conditions, may not be safe in pregnancy. Please talk to your GP/practice nurse straight away, so you know what is safe to take and what isn't. I recommend taking Folic acid 5mg oral tablets. These will need to be prescribed by your GP or Practice Nurse. If you would like to see a specialist to discuss further then please ask them to refer you to NEEDS.



## Gestational diabetes

Do you know someone who developed diabetes in their pregnancy but it went away once the baby was delivered?

It is vital that they have a yearly blood test (HbA1c), to check they have not developed type 2 diabetes. If they are thinking about having another baby it is also important that they talk to someone discuss the chances of diabetes in the next pregnancy.

**To speak to a member of our antenatal/diabetes team, contact NEEDS on 0345 2413313.**

## Colchester Patient Forum

The Colchester Patient Forum meets six times per year to review the latest service proposals from NEEDS and their current service performance measurements.

The objective of the forum is to increase patient involvement in the adult diabetes service and gather feedback from diabetes patients about the service they receive from NEEDS.

In order to gather a wider perspective on patients views and suggestions the group is looking for more members to help achieve the objectives of the forum.

**If you are interested in participating in the forum, please email: [colchesterchair@diabetesneeds.org.uk](mailto:colchesterchair@diabetesneeds.org.uk)**

## Wellbeing and Diabetes

Do you struggle with everyday problems such as not sleeping, worrying all the time and feeling fed up and tearful?

Health in Mind offer a range of free talking 'therapies,' practical support and signposting. Options for people living with diabetes include:

- 6 session courses such as 'Wellbeing & Diabetes' and 'Wellbeing & Long Term Conditions'
- Online SilverCloud 'Space for Diabetes Wellbeing' modules
- Stress management workshops
- Telephone, face-to-face and online therapies
- Health in Mind STaR Workers. If you have any practical concerns that are having an effect on your mental wellbeing the STaR team can really help support anyone with a long term condition eg. accessing diabetes and/or general social groups and activities in your local area etc.

**If you are interested, you will need to complete a referral to Health in Mind by calling 0330 330 5455 or completing the online form which can be found at [www.healthmind.org.uk](http://www.healthmind.org.uk). You can also ask your GP or other health professional to refer you.**



### Contact Us

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

#### Telephone:

0345 2413313 or 01473 344930

**Email:** [info@diabetesneeds.org.uk](mailto:info@diabetesneeds.org.uk)

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**Web:** [www.diabetesneeds.org.uk](http://www.diabetesneeds.org.uk)

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