

# ***BEAT Diabetes:* Supported Self-Management for People with Type 2 Diabetes in Primary Care**

## **New Online Self-Support Service for those with Type 2 Diabetes**

- BEAT Diabetes is supported by NHS England as one of seven national test bed programmes. BEAT Diabetes provides the participant the use of three digital programmes: SilverCloud, OurPath and Commit to Change. It is open to anyone with a diagnosis of type 2 diabetes who is registered at a GP Practice within North East Hants and Farnham, aged over 18 years and not pregnant.
- The aim of the test bed is to evaluate the efficacy of online digital support for those with type 2 diabetes.
- The prevalence of Type 2 diabetes is at an all time high with record numbers of people living with the condition and this number is set to rise over coming years. It currently costs the NHS £2.4 million per day. It is therefore one of the highest priorities in the NHS long term plan.
- The BEAT Diabetes service aligns with NHS England's long term plan to support digitally enabled care and to put in place services to better support those with type 2 diabetes.
- Patients may choose one, two or all three of the online programmes and can register and access these by visiting [www.beatdiabetes.org.uk](http://www.beatdiabetes.org.uk) which launched on the 1<sup>st</sup> June 2019.
- The BEAT Diabetes test bed is being led by Dr Sarah Carrod, a local GP and clinical lead for digital services at North East Hants and Farnham CCG.

**Pharmacists dispense medications for those with type 2 diabetes and we would please welcome your support of this NHS initiative with the attachment of a BEAT Diabetes leaflet to the outside of a medication collection package containing oral diabetic medication.**

### **Benefits of BEAT Diabetes**

- Free access and use of three of the latest digital programmes available for diabetes care.
- These may improve diabetes control and general health and wellbeing for those with type 2 diabetes.
- Participants will receive close monitoring and support.
- The observations and bloods tests collected will be shared with GP practices so that it can feed into routine diabetic checks to save doubling up on tests.

### **Any Disadvantages?**

- Some time commitment is required from participants to use these digital programmes and visit two BEAT Diabetes clinics over 6 months.
- We do not anticipate any risks to health or wellbeing by use of any of the three digital platforms.
- Participants will be fully consented and data collected kept secure with full NHS information governance compliance and monitoring and oversight by NHS England.

The three digital programmes, accessed through [www.beatdiabetes.co.uk](http://www.beatdiabetes.co.uk) are:

### SilverCloud

- This programme helps to relieve anxiety related to diabetes that the patient may be experiencing.
- The programme comprises eight online modules which one can work through at their own pace.
- It does not have to be completed in one sitting. One can come back to it as many times as they wish.

### OurPath

- This is a 12 week programme providing individualised advice about diet with the support of a registered online health coach.
- It also aims to support the individual to exercise and sleep better.
- The programme helps to embed these good habits so that they last beyond the programme

### Commit to Change

- This tool helps the individual to keep you on track with their targets.
- It enables goals to be identified through use of the other tools and helps to keep one on track with gentle reminders and support from friends or others trying to achieve similar goals.
- This tool can be used during and beyond the life of the BEATdiabetes programme

## Need more info?

If you have any questions, feel free to email [sarahcarrod@nhs.net](mailto:sarahcarrod@nhs.net)

## Diabetes Self-Support Pathway

Signpost to [www.beatdiabetes.co.uk](http://www.beatdiabetes.co.uk), read the information and confirm consent to begin



Baseline measurements are captured:  
**Height, weight, blood pressure, HBA1c (blood test), cholesterol**

If these have been captured in practice in the last 3 months, they do not need repeating. If not, the individual will be invited to attend a local BEAT Diabetes clinic run through SALUS to capture these baseline parameters.



One will then receive an invite to sign up with **SilverCloud**, **Ourpath** and **Commit to Change**.

*“The participant can use one, two or all three of the programmes tailored to their needs ”*



At 6 months and 12 months into the programme, the above parameters will be captured again to assess outcomes. Individuals will also be asked to complete online questionnaires at 1,3,6 and 12 months to evaluate the impact on scores such as diabetes distress and work and social adjustment.



At the end of the programme a small number of participants and staff may be invited to share their experiences if consented to do so at the outset.