

## **GROUP CLINICS DELIVER HIGH QUALITY CARE IN CHRONIC CONDITIONS INCLUDING DIABETES**

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**G**roup clinic models have recently been described as a transformative innovation, but outside of the United States have not become a common way to deliver care, despite their ability to deliver high quality care efficiently and being enjoyable for the patients and staff. This session will describe the common group clinic models, review the evidence supporting their use in diabetes and other chronic conditions and highlight initiatives to disseminate the model to every general practice in the United Kingdom and a global collaboration to set standards and share best practice. Finally, we will flag how to access further information and get training in group clinic delivery. The six main group clinic models are Cluster visits, Shared Medical appointments (SMA), Physical SMAs, Drop-In Group Medical Appointments (DIGMA), Cooperative Health Care Clinics (CHCC) and the Northumbria model/ other hybrid group visits. Robust evidence for efficacy in diabetes includes a 12-month randomized controlled

trial in patients with diabetes and hypertension, which improved both blood pressure and perceived competence compared to usual care, with a trend to improved HbA1c. In early inflammatory arthritis, remission rates of 56% at 6 months are achievable (submitted for publication). Shared Medical Appointments UK is a group of professionals who are passionate about group clinics who have engaged the Chief Medical Officers and other opinion leaders in the NHS to share their vision of offering training to every UK general practice in the next five years. They have applied for funding to support this and formed an international advisory board including the most prominent experts from the UK, USA and Australia to collaborate on standard setting and sharing best practice. This project is called group well: group consultation roll-out for high quality outcomes and uplifting patient and staff well-being enhancing lifestyle in long-term conditions. Group well can join up an overburdened and fragmented healthcare system with partners working together to offer training to teams in groups to restore genuine team-working through group clinics: realizing both patient benefits and time to care. We invite clinicians to challenge their own preconceptions and implement group clinics in their practice.