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Two year data and lessons from Sandwell & West Birmingham (UK) integrated diabetes model (DiCE) regarding future of diabetes services – the way forward?

Background: The impact of bludgeoning diabetes prevalence in Sandwell and West Birmingham CCG is huge, and primary care has significant difficulty in managing increasing numbers, reducing HbA1c, diabetes complications and maintaining skills in diabetes.

Aim: Sandwell & West Birmingham CCG commissioned us to deliver a community diabetes service in all the 89 practices from April 1, 2014. We named this model, DiCE – Diabetes in Community Extension - joint diabetes clinics within GP practices every eight weeks (practices identify difficult diabetes patients) for a one-off advice and management plan by an assigned team of consultant & diabetes specialist nurse. Options also include virtual clinics, case notes review and Advice & Guidance. The financial model was based on block contract.

Results: From April 2014 - May 2016: Year 1 - 3060 patients (53 practices), Year 2 - 1985 patients (61 practices) were seen. 595 fewer outpatient appointments were made, 25/53 practices (50%) have decreased their outpatient activity. All practices gave extremely positive feedback for DiCE, especially - care closer to home, up-skilling as extremely beneficial for

staff, joint consultations helping to educate patients and thus becoming more responsive, access to support and teamwork.

Conclusions: Our DiCE model has won a National QiC Award in 2014 and has been praised for its simplicity and effectiveness and can be adopted by any CCG - a patient is at the heart of service delivery with GP/PN up-skilling and year on year excellent feedback from CCG. It is a cost-effective model liked by stakeholders and could change how chronic disease is managed in future.

Biography

Parijat De is a Consultant Physician in Diabetes, Endocrinology, and Lipid Metabolism at City Hospital (Sandwell & West Birmingham NHS Trust), Birmingham. He started as a Consultant Physician in January 2003 and trained as a Specialist Registrar in Wales. He has completed his MD degree from India. He has wide interest and expertise in all aspects of Diabetes, especially in the field of Metabolic Medicine and Diabetes Renal disease. His special interest in Diabetes is Metabolic Syndrome as well as the growing problem of obesity including new oral and injectable therapies for weight loss. He has published widely in his field and pursues an active research interest. He has published numerous papers in peer reviewed journals. He has set up a regular nurse-led diabetic renal review clinic and is involved in research and projects involving diabetic nephropathy and renal disease. He has also set up community based diabetes clinics in Birmingham, which are amongst the first in the country. He has received national acclaim for the Diabetes in Community Extension (DiCE) work. He has an active interest in all aspects of Endocrinology and has regular out-patient clinics as well as managing in-hospital referrals. His special interest is in the adrenal gland, endocrine hypertension, thyroid and vitamin D deficiency. He is involved in both undergraduate and postgraduate MRCP teaching and is an MRCP Examiner and host. He has previously been the trust Clinical Governance Lead, College Tutor and is currently the Clinical Lead. He has set up local protocols and guidelines in most aspects of metabolic medicine including emergencies in Diabetes as well as Endocrinology.

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