

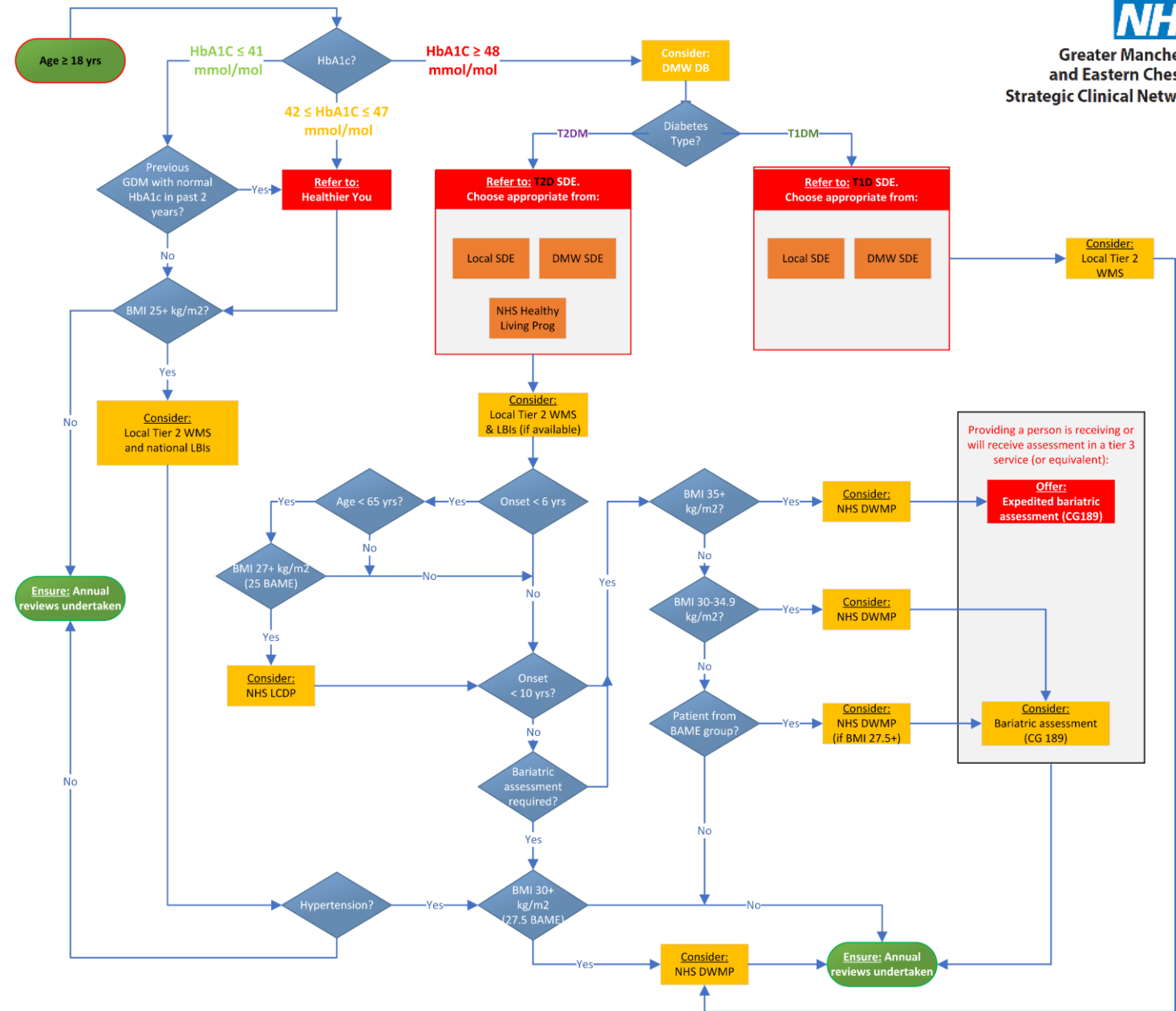
GM SCN Diabetes Network Clinical Assessment Support Tool

We have developed this assessment pathway tool to support clinicians to navigate the various programmes available to people in their care for diabetes support and weight management services in Greater Manchester, depending on whether the person has a diagnosis of diabetes or non-diabetic hyperglycaemia and their current BMI different support options are available to them. This tool can be used by clinicians to assess those in their care against programme eligibility criteria to identify appropriate support offers that are available. It should be used in conjunction with the summary overleaf to support collaborative decision making with those they are caring for, their families and their carers.

Please be aware: The use of lower BMI thresholds to trigger action to reduce the risk of conditions such as type 2 diabetes has been recommended for black African, African-Caribbean and Asian groups. The lower thresholds are 23 kg/m² to indicate increased risk and 27.5 kg/m² to indicate high risk (see [NICE PH46](#)).



Greater Manchester
and Eastern Cheshire
Strategic Clinical Networks



DMW DB	Diabetes My Way Dashboard
GDM	Gestational Diabetes
Local SDE	Local structured diabetes education
DMW SDE	Diabetes My Way digital structured diabetes education
Tier 2 WMS	Local weight management services, lifestyle & behavioural interventions
NHS DWMP	NHD Digital Weight Management Programme
NHS LCDP	NHS Low Calorie Diet Programme
LBIs	Lifestyle & behaviour interventions
CG189	NICE guidance: Obesity identification, assessment & management

The GM Diabetes Clinical Assessment Support Tool was produced by the diabetes programme team in the GM & Eastern Cheshire Strategic Clinical Network which, is part of the Greater Manchester Health & Social Care Partnership, and may subject to amendment at any time.



GM SCN Diabetes Network Clinical Assessment Support Tool

This guidance has been produced by the Greater Manchester Strategic Clinical Network's Diabetes Programme Team to help primary care teams understand lifestyle programmes that are available to their cohort of adults living with type 1 or type 2 diabetes or non-diabetic hyperglycaemia.

This document contains an outline of the pathways and eligibility criteria for the various services on offer to people with diabetes to support them with diabetes education and weight loss. It is designed to help clinicians identify appropriate programmes with those in their care to support them in the management of their diabetes.

People without Diabetes HbA1C ≤ 41

There are a number of lifestyle services available to people in your care who are not in the prediabetes or diabetes range.

Local Tier 2 Weight Management Services BMI of 25 kg/m² +

Tier 2 services are delivered by local community weight management services. Eligibility criteria and content vary by locality but normally people can access these group based services for dietary and nutrition advice if they have a BMI over 25.

NHS Digital Weight Management Programme (NHS DWMP) BMI of 30+ kg/m² and hypertension

The [NHS DWMP](#) provides targeted support and access to weight management services on a digital app. It is delivered over 12 weeks and participants have access to one to one online support during the programme.

People with Non-diabetic Hyperglycaemia 42 ≤ HbA1C ≤ 47

Healthier You NDPP

42 ≤ HbA1C ≤ 47 mmol/mol in last 2 years

[Healthier You](#) is a 9 month programme delivered in groups or by a digital app. Participants will learn what is a healthy diet, ways to increase physical activity and how to remove barriers to a healthier lifestyle. Thousands have accessed the course in GM to reduce their weight and risk of Type 2 diabetes.

In addition to Healthier You people are still eligible for

- Local Tier 2 Weight Management services if BMI is in range
- [NHS DWMP](#) if BMI 30+ and Hypertension.

Women with previous gestational diabetes and HbA1C ≤ 41 reading (in the last 2 years)

Self-management for People with Diabetes

HbA1C ≥ 48

(Tested on 2 separate occasions)

Structured Education for People with Diabetes

HbA1C ≥ 48

(Tested on 2 separate occasions)

Weight Loss for People with Diabetes

HbA1C ≥ 48

(Tested on 2 separate occasions)

Diabetes My Way (DMW) Patient Dashboard

DMW online provides a personalised dashboard populated with the patient's data readings, care process record, information on treatment targets and tailored recommendations, which can be used for monitoring and goal setting.

Available to all people with Type 1 or Type 2 diabetes:

Local Structured Education Offer

Diabetes self-management education is provided by your local provider so that everyone with diabetes has the skills and confidence to take control of their diabetes.

DMW Digital Structured Education

DMW provides a range of [QISMET accredited structured diabetes](#) education modules which people with diabetes can complete. Attendance will be fed back to practice for coding.

NHS Healthy Living

An [online self-management support programme](#) with an accompanying structured education pathway for adults with type 2 diabetes.

There are also a number of additional programmes available for your cohort of patients with diabetes that meet additional eligibility criteria that you can offer:

NHS Low Calorie Diet Programme (NHS LCDP)

HbA1C ≥ 48 mmol/mol in last 6 years and BMI of 27kg/m² +

The [NHS LCDP](#) is for people who are overweight and living with type 2 diabetes. It is a one-year programme to support healthier lifestyle, weight loss, and remission of type 2 diabetes. Participants are provided with soups and shakes totalling 900 calories per day for 12 under clinical supervision.

Bariatric Surgery

HbA1C ≥ 48 mmol/mol and BMI of 30 kg/m² +

Consider for a bariatric assessment in line with [NICE guidance CG189](#) if the person has a BMI of 30+. Those whose BMI is 35+ should be offered an expedited assessment for bariatric surgery.

NHS Digital Weight Management Programme

HbA1C ≥ 48 mmol/mol and BMI of 30kg/m² +

The [NHS DWMP](#) provides targeted support and access to weight management services on a digital app, delivered over 12 weeks with access to one to one online support.