

Type 2 Path to Remission: initial information for GPs



NHS Type 2 Path to Remission programme – important information for GPs and Practice Managers

26 January 2024

Work is underway to launch the 'NHS Type 2 Path to Remission' programme in Hertfordshire and West Essex on 1 April 2024.

We are writing to GP practices now to inform you of the start date of the programme and give you some background information. We will follow up shortly outlining the actions you will need to take between now and 1 April 2024 in order to fully understand the programme and be ready to refer eligible patients.

What is the NHS Type 2 Diabetes Path to Remission Programme?

The NHS Type 2 Diabetes Path to Remission Programme, previously known as the NHS Low Calorie Diet, is a 12-month, evidence-based programme to support people with Type 2 diabetes to lose weight and better control their blood sugar levels – reducing the need for diabetes-related medication and potentially achieving remission of their diabetes.

The programme is for patients:

- who have been diagnosed with type 2 diabetes within the last 6 years, **and**
- are aged 18 – 65, **and**
- are overweight, with a BMI of 27+, or a BMI of 25+ if Black, Asian or from another ethnic minority background

Patients can only access this programme through a referral by their GP practice. They cannot self-refer.

For the first 12 weeks of the programme, all meals will be replaced by soups or shakes, totalling 800-900 calories a day. After this initial period patients will be supported to re-introduce healthy food and maintain their good habits. The whole programme lasts for one year. GP practices will be kept informed of their patient's progress and if any medication changes might be needed.

Who is delivering this programme?

The ICB has partnered with Oviva to deliver the programme for our patients. Oviva is a trusted NHS partner, with extensive experience in delivering Diabetes and obesity services since 2014 and supporting more than 2,000 patients in other parts of the country through this programme.

Patient webpage: <https://oviva.com/uk/en/programmes/t2dr/>

Healthcare professional webpage: <https://oviva.com/uk/en/for-primary-care-t2dr/>

All participants will receive one-to-one support from Oviva, either online or in-person. This is a big lifestyle change and patients will need to be committed to the programme to be successful.

Participants will also have access to the NHS-approved Oviva app which will enable them to track their food and activity, blood glucose and blood pressure, communicate with their coach through secure app messaging, log mood and set and monitor goals. Throughout the programme the participant will have access to the Oviva Learn portal to facilitate self-led learning. Oviva Learn is accessible via the Oviva app or you can log into your account on your desktop computer or laptop.

What will practices be required to do?

GP practices will be asked to refer eligible patients to the programme. Oviva will provide templates, training and support to all GP practices in order to do this. We want 250 patients in our ICB area to successfully complete the course this year, but to secure that number, practices will need to refer as many patients as possible who meet the eligibility criteria. Experience from other parts of the country shows that we need more than 2,000 appropriate referrals to convert into 250 participants.

Please look out for further information through the GP bulletin about the training and support webinars that will be provided.

It is important that each practice sends representatives to the training sessions to ensure good understanding of the programme within your practice.

What is the evidence for this programme?

The programme is based on two trials (DIRECT and DROPLET) which showed that a programme including a specially formulated diet for 3 months followed by healthy lifestyle support resulted in around 10-15kg weight loss at 1 year. In the DIRECT trial, which focused on people with type 2 diabetes, almost half of participants achieved remission of diabetes and many more had improvements in blood glucose control and reduced use of diabetes-related medication.

Early results show that, on average, participants on the programme lose 10.9kg at 1 year. This is similar to the outcomes seen in the clinical trials and is encouraging for its potential to support remission of type 2 diabetes.

I have questions. Who can I contact for more information about this programme?

For any clinical or technical questions about the project please contact Caroline Taylor, Oviva T2DR Service Manager: Caroline.taylor@oviva.com

Please contact Rachel.fulton3@nhs.net Project Manager (PMO Office), Hertfordshire and West Essex ICB.