

Xyla Health & Wellbeing Newsletter

Update

The 1st of December saw the start of a new NHS Diabetes Prevention Programme (NDPP) across Suffolk & North East Essex. With this new phase, I would like to introduce myself as the engagement officer for Xyla Health & Wellbeing.

Of course, due to the pandemic we saw a significant reduction in referrals. Therefore, I am here to provide support to increase awareness of the programme and to provide support to GP practices to ensure all patients have access to the service.

About Xyla

The NHS Diabetes Prevention Programme is open to those with pre-diabetes to help reduce their chances of developing Type 2 diabetes.

The programme consists of a mixture of 1-to-1 and group sessions delivered by specially trained health and wellbeing coaches.

Throughout the programme participants learn how to prevent diabetes by incorporating healthier eating, physical activity, problem-solving, stress-reduction and coping skills into their daily lives.

Referral Pathways

Keep referring your NDH patients to the programme or encourage self-referral. As a direct referral, healthcare professionals complete an electronic referral form available in SystemOne/EMIS Webb/ ARDENS and emails this to Xyla at scwcsy.suffolk-nessex@nhs.net. Alternatively, patients can self-refer with their NHS number, eligible blood test result & the date of the test persons registers for the programme either online via <https://preventing-diabetes.co.uk/> or by telephoning 0333 577 3010.

Service Changes

Xyla Health & Wellbeing have developed a digital service with OVIVA to provide a unique service in-line with the face-to-face delivery. This service provides live one-to-one specialist Diabetes dietician-led support to all patients, supported by a multi-channel approach including the OVIVA app, digital guidebook and web portal.

Xyla Health & Wellbeing have also expanded the eligibility criteria to include patients who previously suffered with Gestational Diabetes (GDM). A history of GDM increases a patient's risk of developing Type 2 Diabetes in the future, therefore the programme provides the support to lower the risk of this development.

Referral tables

Here are the top 5 referring surgeries within Ipswich & East Suffolk since the beginning of the new phase (December 2020 – May 2021);

1. Stowheath – 37 referrals
2. Haven Heath – 36 referrals
3. Howard House – 33 referrals
4. Ravenswood, Two Rivers & Felixstowe Road – 32 referrals
5. Framfield House – 27 referrals

Thank you for key work you are doing to refer patients into the programme. Hopefully we may see some more practices after the next quarter.

Targets

For the four months of 2021, Suffolk & North East Essex are at 43% of the cumulative referral target achieved. For the next three months, there is a referral target of 2,000 referrals to be met.