



Digital Transformation
and Optimisation Service



CASE STUDY

Type 2 Diabetes Remission Programme

York and North Yorkshire

This project was a collaboration between the NECS Primary Care Data Quality Team, OVIVA, and Dr. T Milligan, a GP in North Yorkshire specialising in Diabetes care. OVIVA's team of specialist clinicians creates personalised support plans for those with Type 2 Diabetes, focusing on lifestyle changes and ongoing guidance.



"Doing this project with you was a dream and you should rightly be proud of the results."

Dr T Milligan



Description

The Type 2 Diabetes Remission Program by OVIVA, in partnership with the NHS, aims to transform patients' lives through lifestyle education and support. This 12-month program focuses on significant weight loss and blood glucose improvement, potentially reducing or stopping diabetes medications. It includes a low-calorie diet phase, personalised coaching,

and sustainable healthy habits, offering potential cost savings for the NHS through better diabetes management. The NECS Primary Care Data Quality Team, alongside Dr. Tom Milligan, identified eligible patients and streamlined clinician referrals within York and North Yorkshire using the SystemOne clinical system and standardised resources.

Key tasks



Objective Setting and Planning

Worked with Dr. Milligan to define project goals and create a clear implementation plan.



Patient Identification

Developed reports to identify eligible patients and ensure data quality standards were met.



Protocol Integration

Created a protocol within the EHR to identify eligible patients at the point of care, enhancing patient engagement and timely interventions.



Referral Process

Developed a referral letter template within the EHR for efficient referrals to the OVIVA program.



Accessible Publication

Publicised all resources to GP practices via a reporting unit for ease of utilisation and inclusivity.



Outcomes

With effective resource distribution to GP surgeries, the project met its objectives and gained national recognition. The collaborative efforts of the PCDQ team and Dr. Milligan's leadership secured a top-five finalist spot at the Innovate Awards, celebrating a significant achievement in their commitment to healthcare excellence.

Published in The Lancet Diabetes and Endocrinology, the research suggests that the recent expansion of the NHS Type 2 Diabetes Path to Remission (T2DR) programme to cover all of England has the potential to benefit thousands more people.

The research covers the period between September 2020 and the end of 2022, during which time, 7540 people were referred to the NHS Type 2 Diabetes Path to Remission (T2DR) program.

Of those who started the programme before January 2022 (1740), the findings show that the average participant had lost over 10kg in one year.

"The basics were an additional 220 referrals before the end of an existing contract that wouldn't have happened without the project. This resulted in thousands of future healthcare savings and likely put over 170 patients into remission. The power of the technology was to triple referrals from baseline over 3 months and to maximise use of the new contract."

Dr T Milligan

