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BHR CEPN
YOUR TRANSFORMATION
AND TRAINING HUB

I found it immensely beneficial. It's an eye opener to realise that it's up to us to maintain our very own health

Our Challenge

The team wanted to support pre-diabetic patients to prevent or delay Type 2 Diabetes through evidence-based lifestyle change

Our Group Clinic Design

Working with medical students to explore how to support people with diabetes to build diet and exercise into their treatment plans, inspired Dr Sally Smith (GP) and Jamie Leung (Health and Wellbeing Coach) to develop VGCs to support people with pre-diabetes to make positive lifestyle changes that prevent diabetes.

The team designed a programme of 6 x 90-minute VGCs, delivered once a week for 6 weeks.

The team's pharmacist created a list of pre-diabetic patients.

Jamie called and invited them. 10 were interested. 9 were appropriate. 5 attended. Each had blood tests prior to the first VGC. VGCs were co-facilitated by Jamie and Dr Smith. A different 'expert' attended each week:

Week 1: Health and Wellbeing Coach lifestyle goal setting based on HBA1C and BMI e.g. cut out sugar; walk 30 mins a day

Week 2: Pharmacist diabetic medication and medication review

Week 3: GP diabetic annual review; the importance of lifestyle change to prevent diabetes

Week 4: Diabetes UK Dietician busting diet myths e.g sugar content in common foods

Week 5: Secretary, Diabetes UK Ilford the importance of exercise; signposting to Diabetes UK classes

Week 6: Health and Wellbeing Coach personal reflection and celebration.

To evaluate impact, blood tests were repeated at six weeks. Staff and patients also provided improvement feedback after each session (what worked well; what could be even better).

Results Board

- Hba1c
- BMI
- Exercise per week
- Personal wellbeing score (0-12)
- Confidence about reversing diabetes (0-12)
- 6 week SMART goal progress
- Questions

What Changed & Improved?

Efficiency and Access

- The programme enabled the pharmacist, dietician and Diabetes UK to connect with, support and provide answers to the group's questions. This would have been logistically impossible in 1:1 consultations
- Co-facilitation enabled skill sharing and development, which has supported VGC sustainability

Clinical Impact

A multidisciplinary team of experts contributed to the group's overall knowledge and understanding of their condition and corrected misconceptions.

Over the 6 weeks, all patients:

- Made positive dietary changes; lost weight (range 2-5 kg over 6 weeks); reduced BMI; reduced Hba1c levels
- Increased exercise levels
- Improved mental health, measured through qualitative feedback
- Increased their confidence in self-managing their condition and changing their lifestyle
- Experienced better sleep, energy and mood

Psycho Social Impact

- Because clinicians and experts saw patients regularly over a 6-week period, the group dynamic created motivation, energy and momentum for behavioural change
- Clinicians were blown away by the motivation and support peers gave each other
- Patients found others sharing their experiences of issues they were struggling with incredibly useful and impactful
- Patients formed new friendships, set up a What's App group and arranged to walk together

Experience of Care

- The GP found it fascinating, seeing people progress, and felt VGCs had proved very successful and offered significant long-term benefits for all participants
- Patient feedback surpassed the team's expectations. Patients couldn't speak highly enough of VGCs

I think there is profound benefit from group sessions like these