

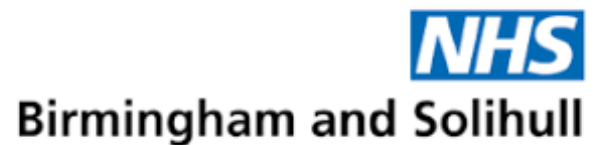
IMPORTANT NOTE

- ♥ This session will be recorded so if you don't want your face or voice to be recorded, please make sure your microphone and camera are off.
- ♥ Meeting etiquette: If you're not speaking, please make sure your microphone is muted.
- ♥ Please put any questions in the chat and we'll pick these up as we go or respond in the chat.

NHS Type 2 Diabetes Path to Remission Programme

Birmingham & Solihull
Referrer support and training

21st February 2024



Agenda

- ♥ Welcome, recording, questions
- ♥ Background and benefits
- ♥ The programme
- ♥ Roles and responsibilities, pathways
- ♥ Medications adjustment
- ♥ Referral support
- ♥ Next steps

Background and benefits



Research

- ♥ Studies: DiRECT, DROPLET
 - ‘Remission’ of T2D possible
- ♥ Intervention group at 12 mths:
 - 24% lost 15kg+
 - 46% achieved remission (70% retained at 24 mths)
 - Fewer adverse events
- ♥ Remission closely linked to weight loss
- ♥ Remission: HbA1c <48mmol/mol, >6 mths, no meds

Benefits

- ♥ Patients:
 - Weight loss, T2D remission
 - Reduction in medications (av. 50%)
 - Impact on comorbidities
 - Healthy living / Quality of life
 - 12 month programme & TDR free
 - [Participant case studies](#)
- ♥ Practices:
 - Free service (NHSE-commissioned)
 - Referrals: WM Enhanced Service
 - Anecdotal: Reduces demands on practice by successful participants (weight loss, impact on comorbidities, peer support). Also medications reviews
 - Extensive support

Framework and Momenta



NHS England approach

- ✔ Piloted as NHS Low Calorie Diet programme (2020+) in 20 ICBs
- ✔ Similar emerging results to DiRECT
- ✔ Now a national Framework (like NDPP):
 - NHS Type 2 Diabetes Path to Remission Programme (T2DR)
 - Design similar to DiRECT
 - Jointly commissioned w' ICB

Momenta Newcastle

- ✔ T2DR provider: Momenta
- ✔ Delivering since 2020
 - Originally: Birmingham & Solihull
 - Now in 13 ICBs + others
 - E.g. N&N, LLR, C&W
- ✔ Early outcomes in line with DiRECT / NHSE pilot:
 - 11-13% weight loss at 3 months
 - Maintained into Phase 3
 - Positive uptake (70-80%)
 - Helps address health inequalities
- ✔ Thank you for your referrals to date

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NHS Type 2 Diabetes Path to Remission



- ♥ Follows principles of DiRECT, delivered by trained Coaches
- ♥ Three phases over 12 months, ALL free to participants:
 - 12 weeks: 8-900 calories/day TDR products
 - 6 weeks: Real food reintroduction
 - 7-8 months: Building healthy eating and activity habits into daily life
 - Plus: TDR Rescue package for those relapsing (>2kg regain)
- ♥ Delivery format: In-person 1:1 clinic or Digital
- ♥ TDR product supplier: Habitual
- ♥ App platform: Habitual (Momenta content and coaches)

Eligibility criteria



Inclusion

- Aged 18-65
- T2D diagnosis within last 6 years
- BMI $\geq 27\text{kg/m}^2$ ($\geq 25\text{kg/m}^2$ if BAME origin)
- Attended monitoring and diabetes review in last 12 months
- HbA1c within 12 months:
 1. If on diabetes medication, HbA1c ≥ 43 mmol/mol (6.1%)
 2. If **not** on diabetes medication, HbA1c ≥ 48 mmol/mol (6.5%)
 3. In all cases, HbA1c must be ≤ 87 mmol/mol (10.1%)

Exclusion

- Current insulin user
- Currently breastfeeding
- Pregnant or planning pregnancy within 6 mths
- Heart attack or stroke in last 6 months; severe heart failure (New York Heart Association grade 3 or 4); severe renal impairment (most recent eGFR $< 30\text{mls/min/1.73m}^2$); active liver disease (not including NAFLD); active substance use disorder; active eating disorder; porphyria; or known proliferative retinopathy that has not been treated
- Had bariatric surgery
- **Health professional assessment; or for whom safe and robust medications adjustment is not practical in a primary care setting**

These sessions follow Registration, Individual Assessment and Booking.

PHASE 1: REBOOT

Total Diet
Replacement
12 weeks

- S00 Setting up for success
- S01 Understanding Type 2 diabetes
- S02 Embrace the shake!
- S03 Know your external triggers
- S04 Know your internal triggers
- S05 Reset your mindset
- S06 Relax and destress
- S07 Preparing to REBALANCE
- S08 Final prep

PHASE 2: REBALANCE

Food
Reintroduction
6 weeks

- S09 Embrace healthy meals
- S10 Mindful eating
- S11 Make every day active
- S12 Meal planning and shopping

PHASE 3: RETUNE

Weight
Maintenance
To end of
12 months

- S13 Know how to eat well
- S14 Main meals and snacks
- S15 Carbs, carbs, carbs
- S16 Build your strength
- S17 Sugars under the spotlight
- S18 Fats under the spotlight
- S19 Protein under the spotlight
- S20 Get your heart rate up
- S21 Moving forwards

RESOURCES

Digital participants also receive access to our App

Phases 1 & 2 Workbook and Lifestyle logbook*
TDR product booklet
High performance toolkit cards
Fibre supplement
Monitoring equipment
Closed Facebook group
ALL TDR products - plus initial sample

Recipe booklet
Pedometer
EXi app (Premium access)
ALL TDR products

Phase 3 Workbook and Lifestyle logbook*
Momenta-in-my-pocket
Any TDR products required

Participant experience: Sessions and resources

* Digital pathway participants do not receive the full Workbooks.

Meal replacement products



- ♥ 10 products, including most popular flavours
 - 2 x porridges
 - 5 x shakes
 - 3 x soups
 - 4 x vegan options, all are vegetarian and gluten-free



- ♥ Participants order directly (voucher codes provided, support available)
 - Samples and shaker, TDR booklet
 - <https://www.tryhabitual.com/momenta>
 - Free next-day delivery to home / office
 - Includes 12-week TDR, Food Reintroduction & Reset plan if required

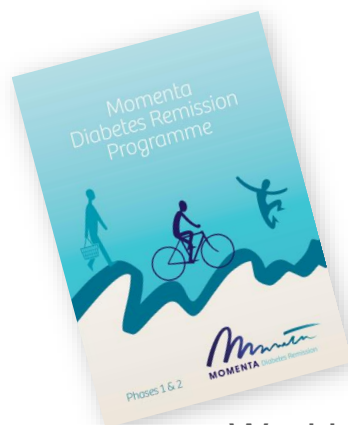


- ♥ No cost to participants

Participant resources: In-person

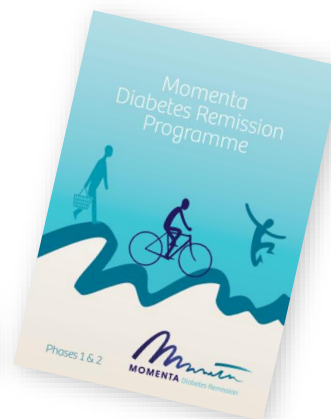


📖 TDR booklet



📖 Workbook

- Session overview
- Content & explanations
- Activities and quizzes
- Goals and targets
- Backup information
- Safety information



📖 Trackers e.g. weight, activity, behaviours, specifics



📖 Recipe book

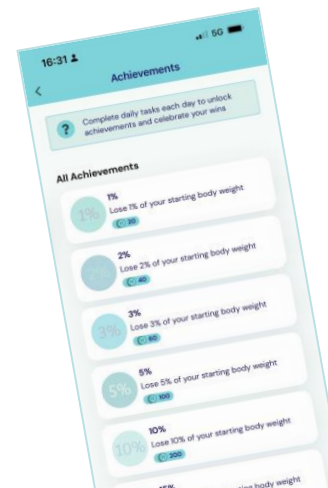
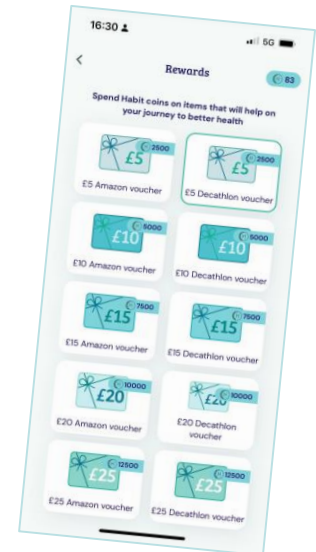
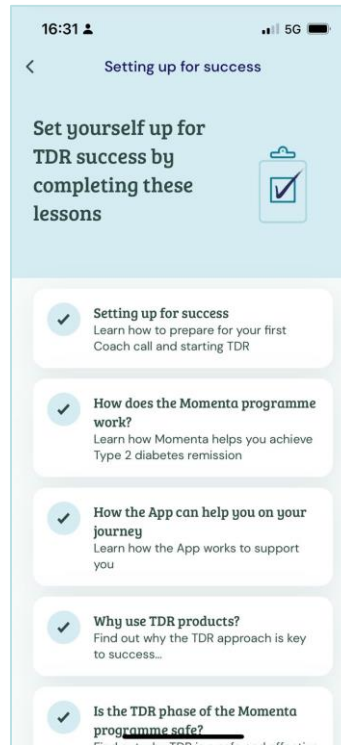
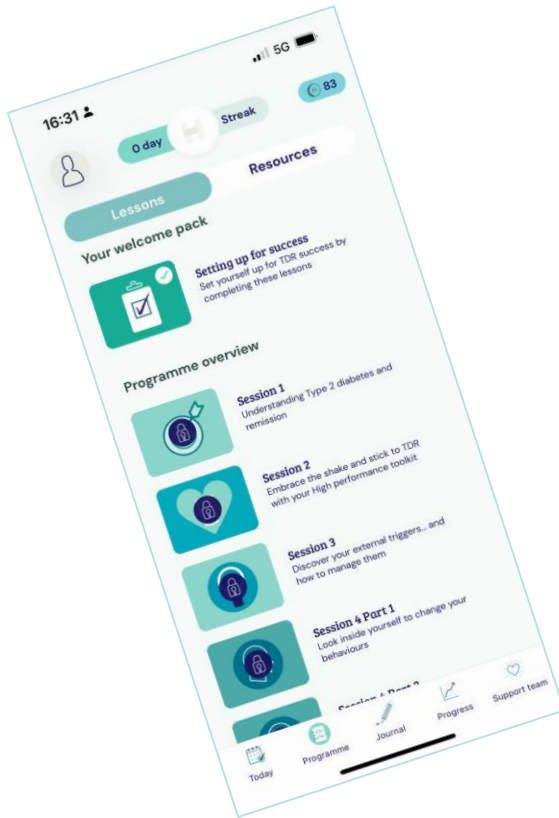


📖 EXi app (12 mths premium)

📖 Wallet card

📖 Pedometer

Momenta app snapshots: Digital



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NHS T2DR: GP practice & provider responsibilities



GP practice

- (Register search)
- Patient apptmt
- **Referral & Medication Adjustment form**

Repeat HbA1c at 6 & 12 months

Medications and other reviews: on discharge / as required

Referral

Registration & Individual Assessment

Phase 1: TDR

Phase 2: Food Re-introduction

Phase 3: Weight Maintenance

Provider (Momenta)

- Patient information flyer / landing page
- Practice poster
- Patient animation
- Drop-ins
- Proactive support
- Attend events / meetings
- Register and check
- IA
- Book on chosen pathway
 - In-person
 - Digital

Service delivery

Patient monitoring:

- BG, BP, weight, BMI, side-effects, adverse events
- Medical Director as required

Reporting

Communication to GP practices

Communication with patients

Discharge and signposting

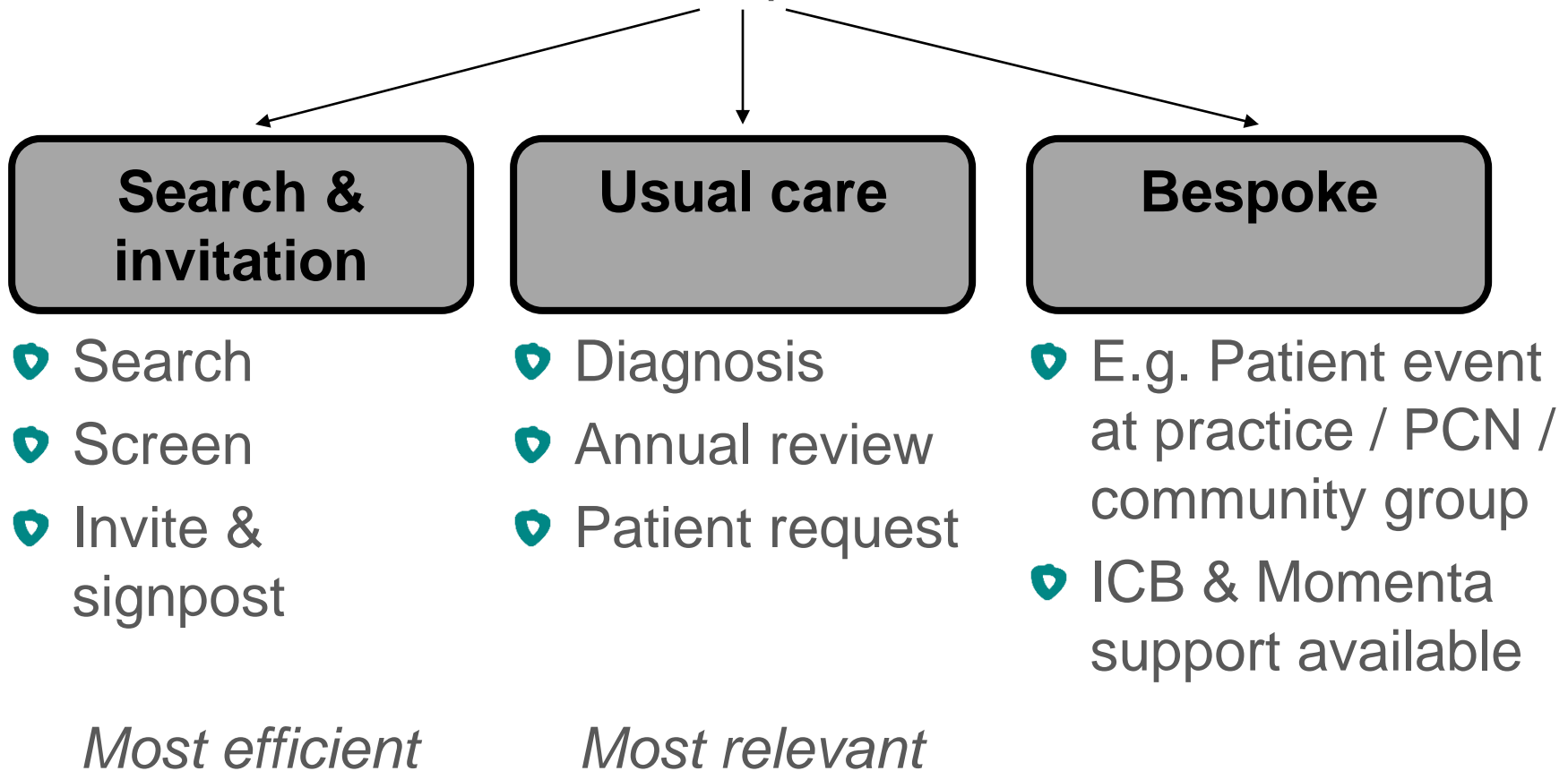


Birmingham and Solihull



Identifying interested patients

Three options



Patient information



- ♥ Patient landing page – for invitation texts, social media – <https://momentanewcastle.com/t2dr-bsol>
- ♥ Patient case studies: <https://momentanewcastle.com/case-studies/>



NHS

Have you or a family member been diagnosed with Type 2 diabetes in the last 6 years?

Patients need to be:

- Aged 18-65
- Above a healthy weight
- Able to commit to a 12 month programme
- Willing to attend either in-person or digitally
- Comfortable with just soups & shakes for the first 12 weeks

If you/they meet these and some other specific criteria the FREE NHS Type 2 Diabetes Path to Remission Programme may be suitable.

Some NHS Type 2 Diabetes Path to Remission Programme (formerly the NHS Low Calorie Diet) participants have achieved remission from Type 2 diabetes and reduced or completely come off their diabetes medications. Participants have also lost significant amounts of weight and feel fitter, healthier and happier. Speak to your GP practice about a referral.

For more details and patient stories: momentanewcastle.com/t2dr-bsol

Service provided by **Momenta** NEWCASTLE

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- ♥ **Medication adjustments**
- ♥ Referral support
- ♥ Next steps

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- ♥ Medications adjustment
- ♥ **Referral support**
- ♥ Next steps

Making a successful referral



Step 1: Identify & invite eligible patients

Search, screen and invite: Search / screen, template SMS / letter, patient landing page

Usual care: Discuss at diagnosis, annual review, patient request

Bespoke: Patient event

Step 2: Referral appointment, including medications adjustments

Appointment (typically 15 mins): Explain programme and discuss medication changes

Make patient aware medication changes to start on **day 1 of TDR**

Provide patient with **copy of MAF**

Step 3: Send referral

Ensure all sections on referral form and MAF are fully completed and email to:

momenta.t2dr-bsol@nhs.net



Searches

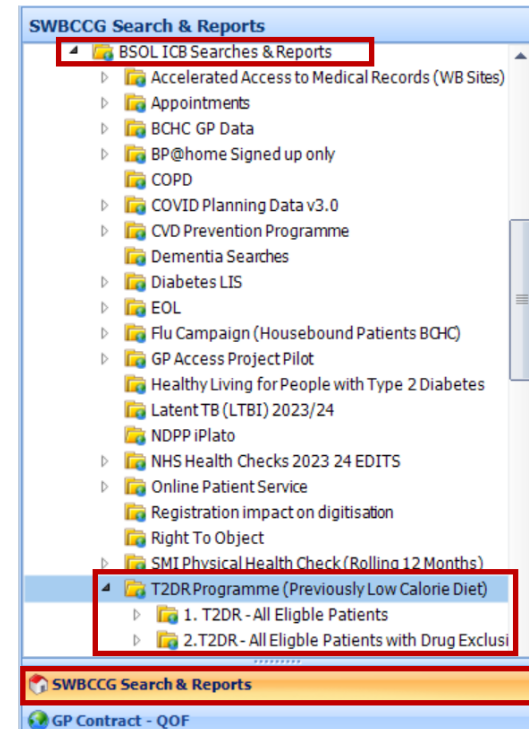
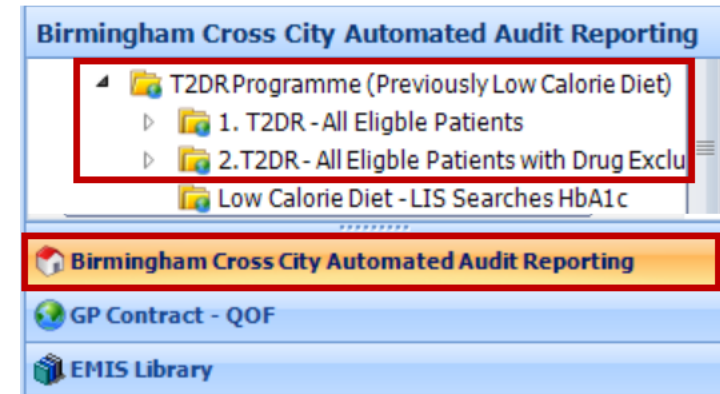


EMIS Practice Guidance:

The searches are available for practices to copy over from all 3 central reporting units (Birmingham Cross City Automated Reporting Unit, Birmingham South Central CCG and SWBCCG Search & Reporting)

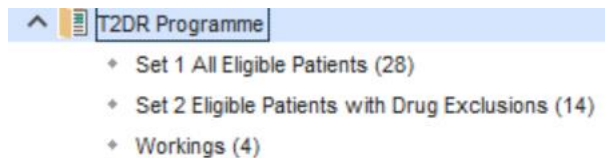
Practices that have access to Birmingham Cross City Automated Reporting Unit or Birmingham South Central CCG, the location of the searches to copy over into your own EMIS system, can be located in the first folder to your right:

Practices that have access to SWBCCG Search & Reporting, the location of the searches to copy over into your own EMIS system, can be located in the second folder to your right:



TPP Practice Guidance:

The previous Low Calorie Diet searches have been updated and the new T2DR Programme searches can be located under **NHS Birmingham & Solihull CCG >>> T2DR Programme.**



Like the previous Low Calorie Diet searches, there are two sets of searches, Set 1 identifies all eligible patients and set 2 identifies eligible patients with some further drug exclusions applied.

Referral and medication adjustment form



EMIS Practice Guidance:

The referral forms have been rolled out to all practices and your CSS will have advised where these can be located within your EMIS clinical system. Practices can locate the referral forms by searching for the form using key word '**T2DR**' and this will display both referral forms available within EMIS and show their location.

TPP Practice Guidance:

The following new details below are located in the following folders within TPP, **BSOL CCG Letter Templates >>> Referral Forms Diabetes**

- T2DR Type 2 Diabetes Path to Remission Referral Momenta v5 2023.docx
- T2DR invitation letter v1 BSOL.docx

Alternatively practices can locate the referral forms by searching for the form using key word '**T2DR**' and this will display both referral forms available within TPP.

Referral and medication adjustment form



- ♥ Complete the referral and medical adjustment form and email to Momenta: momenta.t2dr-bsol@nhs.net
- ♥ If any practices have problems with accessing the referral forms or copying over the searches, they can contact their CSS for support.

Payment to Practices



The practice will receive **£11.50 per eligible referral** (via the Tier 3 weight management DES)

To receive this payment, practices will be required to:

1. Use the SNOMED code when making the referral: 1239571000000105
“Referral to total diet replacement programme (procedure)”
 2. Ensure the patient has a BMI recorded within two years at the point of referral of ≥ 30 , or of ≥ 27.5 for patients from Black, Asian and other minority ethnic groups
 3. Practices are paid via CQRS for the Weight Management DES, in the Weight Management service, enter the number of referrals completed and submit.
 4. That claim will be sent to the PC Contracting Team for approval.
 5. Once approved, payment is then made in the relevant monthly run via PCSE.
- ♥ If practices have any queries re CQRS data they can contact Bethany Featherstone for support, any technical issues should be flagged with the helpdesk (cqrsfeedback@nhs.net).

Top Tips: Searches and referrals



Referral And Medications Adjustment Form

- Confirm eligibility criteria are met before proceeding
- Ensure up to date BMI, HbA1c and date of diagnosis
- Ensure patient receives a copy of the Medication Adjustment Form section of the referral and they are clear what they need to change and when (first day of TDR)
- If no medications need adjusting you must still complete the medication adjustment section of the referral (check acutes as well as repeats)
- ***We are unable to progress the referral until it is complete and patients recall the information.***

Searches

- Sense check and manual screen to confirm eligibility / appropriateness
- Historical coding challenges
- Long lists can be reviewed and invited in batches/triaged.

Supporting links & information

- Patient landing page: Service overview, eligibility, readiness - <https://momentanewcastle.com/t2dr-bsol>
- Referrer resources: Eligibility, search, forms, patient info, guidance etc. - <https://momentanewcastle.com/hcp-t2dr-bsol>
- Contact: momenta.t2dr-bsol@nhs.net or 0121 289 4805
- Referral support session - <https://outlook.office365.com/owa/calendar/T2DRWeeklydropinsessions@momentanewcastle.com/bookings/>

Search and invitation

1. Run T2DR search
2. Confirm patient eligibility and suitability for this programme

Send invite for referral via SMS Landing page / flyer to inform patient about the programme before referral

Optional - Invite to practice T2DR event co-hosted by practice and Momenta (in-person or virtual)

SNOMED codes*:
Invited: 1239631000000109
Declined: 1239581000000107

Referral process
Allow 15 mins

- Review patient medications (diabetes, BP and any impacted by weight loss / dietary change)
- Agree medication adjustments and confirm understanding with patient
- Complete the referral form and **send medication adjustments to Momenta****
- Send patient their medication changes (including if no changes required)

Momenta requests any missing referral / medication adjustment information

GP Practice returns updated form.
(Incomplete referrals cannot progress)

GP Practice care:

- Repeat HbA1c at 6 & 12 months
- Possible medications / other review
- Continued care for patient e.g. annual review

Momenta notifies GP Practice of threshold breaches / actions / coding / side-effects

INCOMPLETE

Momenta checks

- Eligibility
- Medication adjustments (including no changes) in writing
- Missing information

ELIGIBILITY CONFIRMED

Patient onboarding

- Registration
- Individual assessment
- Choice of In-person or Digital

START PROGRAMME

On programme

- Patient starts chosen model
- Momenta monitors attendance, weight, BG, BP if on BP meds @ referral

Patient discharge

- Ineligible / decline / dropout / complete
- Momenta inform GP Practice, with relevant metrics, coding and/or action
- Momenta signposts participants to relevant services

Usual care

Patient review at:

- Diagnosis appointment
- Annual review
- General appointment
- Patient request

Explain T2DR programme, offer resources / information, discuss referral

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Key contacts



♥ Momenta:

- [Jon Scott](#), Operations Manager
- [Jonny Bruce](#), Engagement Lead

♥ ICB

- [Sarah Beddows](#), Diabetes Programme Support Officer
- [Mobeen Nawaz](#), Lead Pharmacist

Next steps

- ♥ Questions / discussion
- ♥ Follow-up email and pack
 - Slides, resources, pathway, NHSE guidance, recording
 - [Momenta](#)
- ♥ Please update your colleagues
- ♥ Ask us any questions by email or at our Drop-in sessions
- ♥ We're very happy to attend PLT / PCN / Practice / DSN / PM / other events
- ♥ Venues: Let us know (venue requirements at end)
- ♥ **We look forward to your referrals!**

Thank you for your time

Jon Scott

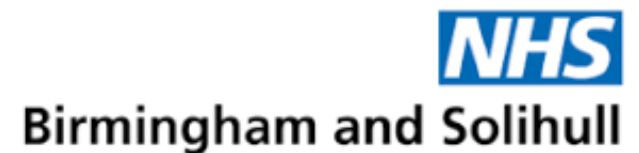
jon.scott@momentanewcastle.com

Jonny Bruce

jonny.bruce@momentanewcastle.com




MOMENTA NEWCASTLE



NHS
Birmingham and Solihull

T2DR venue requirements



Essential

- ♥ Comfortable space for 3 seated participants
- ♥ Chairs and a table / desk
- ♥ Good local public transport (and parking if needed)
- ♥ Clean and appropriately lit and heated / cooled
- ♥ Meet accessibility requirements
- ♥ Free wifi internet access

Ideally

- ♥ Open for extended hours (evenings, weekends)
- ♥ Staffed
- ♥ Used for other health / community services
- ♥ Qualified first aider onsite