

Diabetes Prevention in West Cork



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Feasibility for prevention of diabetes



58% of those identified as being at risk can prevent diabetes by making lifestyle modifications.

AIM

- To identify those at risk of type 2 diabetes
- To deliver self management education to those at a moderate or high risk
- Provide one to one support for those at high risk
- Ultimately reduce the potential burden of chronic disease on the patient and the health system

Screening and treatment protocol

- All of the primary care team is involved in screening using the FINDRISC assessment.
- Screen opportunistically at outpatient visits
- Screening at health promotion days and local events
- Search of GP practice records to find any patients with impaired glucose on testing
- History of gestational diabetes
- Polycystic ovary syndrome
- Self referral – press releases with contact info
- Screen yourselves to see what your risk is!

Low risk

- advice

Moderate
risk

- walk away from
diabetes programme

High risk

- Walk away programme
- One to one support

Walk Away from Diabetes

- 3 hour group session run by physio and nurse
- Education to support behaviour change
- Focusing on increasing physical activity and reducing saturated fat intake
- Recommends use of pedometers(5)



One to one support

Seen by the community nurse 6 times over 5 months with the following goals:

- Physical activity of 30mins a day, mod intensity
- Reduced saturated fat intake
- Increased fibre in diet
- 5% weight loss
- Smoking cessation if needed

Referral to physio if support needed with physical activity

Why have a Physiotherapist!

Physical Therapy Journal Nov (2008)“People with Diabetes a population desperate for movement”

The onset of T2D is fostered by decreased physical activity. PT interventions can have a dramatic and positive effect in fighting local and systemic complications arising from Diabetes.

They are the movement experts!

Evaluation:

- So far over 210 patients have attended the Walk Away programme and 131 patients received one to one support.
- The evaluations of the patients are positive in support of the programme
- Phone follow up after the initial trial period found that 48% were still reaching the recommended 30mins of exercise on most days of the week 5-9 months later

One to one support:

- Statistically significant reductions in weight, BMI, abdominal circumference, cholesterol and LDL

Do you want our support for your practice? (If you are in West Cork)

Options

1. You could undertake the risk score with your patients and then refer them to us for the walk away programme.
2. You could become a Desmond educator and provide the programme within your practice
3. If the patient has ifg/igt refer them to us for one to one support for lifestyle change
4. We could help your practice set up one to one support and they can still come on the walk away programme

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