

Information Prescriptions

**The key to unlocking
behaviour change**

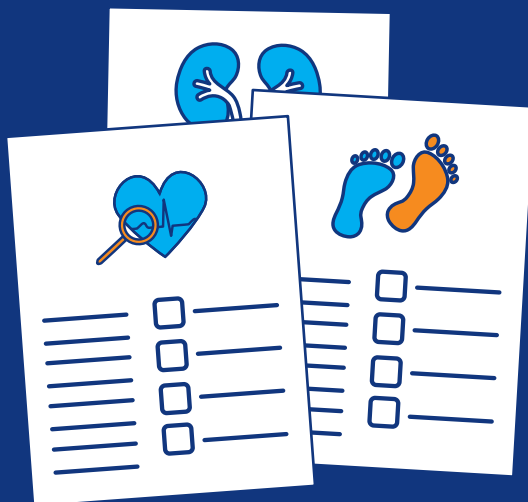
“They are hands down the most useful patient resource I have encountered in my diabetes career to date.”

Dr Kevin Fernando, GP

At Diabetes UK we've developed an easy and evidenced-based way to help you help your patients better understand their diabetes and take ownership of their care.

Information Prescriptions provide you with an effective intervention that take a matter of minutes. Currently **over 5,000 people a month** are using the Information Prescriptions as a gateway to find information and support about their condition.

This booklet will help you find out more about how they work and how to use them.



What is an Information Prescription?

Information Prescriptions are a personalised single side of A4 which include easy-to-read explanations, clear images and individual goals to help prevent diabetes health complications. They are designed to give people with diabetes the information that they need to understand, engage with and improve on their health targets.

Why Information Prescriptions matter



Individual support

– a personalised document that is easy to read and short



National reach

– they are embedded into primary care IT systems



Fight against health complications

– clinically accurate information to make people with diabetes aware of how to prevent complications



Opportunity to transform care

– designed to support care planning and behaviour change enabling self-care

“Information Prescriptions put patients in the driving seat and that is the key to driving successful behaviour change. This is a revolutionary step in diabetes care.”

Dr Steven Lawrence, GP

Types of Information Prescriptions

We provide eight different Information Prescriptions. These cover key health markers that influence someone's risk of complications as well as additional information that clinicians and people with diabetes have asked for.



Blood pressure



Cholesterol



HbA1c



Mood

These are our three core Information Prescriptions. They focus on the three key health markers that influence someone's risk of complications, where only **36 per cent** of people with diabetes achieve the NICE recommended targets. People outside these targets are at higher risk of blindness, kidney failure, amputation, heart attack or stroke.



Keeping your kidneys healthy



Kidney disease



Contraception and pregnancy



Feet



How are they used?

Information Prescriptions are embedded into primary care IT systems, or available to download from our website:

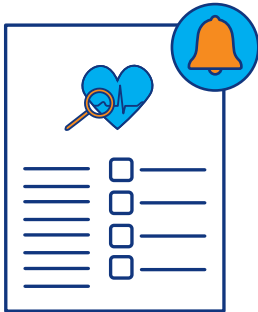
diabetes.org.uk/IP-Prof

“In my own surgery we have seen that the Information Prescriptions make a big difference both to clinician awareness and patient empowerment. For example, since introducing the kidney disease Information Prescription, regular audit has shown we have improved the management of those with diabetes and kidney disease and have no-one on contraindicated anti-diabetes medications.”

Nicola Milne, practice nurse

Why are they needed?

The UK spends **£8 billion a year** treating the preventable complications of diabetes. Information Prescriptions are a quick and effective tool to engage patients in their diabetes care. They increase control of their health and understanding of their condition.



So far more than **100,000** Information Prescriptions have been saved on patient records and **1/3** of GP surgeries have activated alerts to receive them.

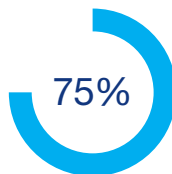


Over **35,000** patients have followed the unique URL at the bottom of Information Prescriptions to find out more information from Diabetes UK's website, showing that they are motivating people to take action towards self-managing their diabetes care.



Case study

The Waverley Park Medical Practice in Scotland did an audit of the Information Prescriptions. After their introduction, a **10 per cent increase** in patients reaching HbA1c targets was found.



T2DM patients with HbA1c<58 at Baseline



T2DM Patients with HbA1c<58 one year later

How were they created?

Information Prescriptions were created by Diabetes UK. They are co-produced by clinicians, health academics, psychologists and people with diabetes. This ensures they are clinically accurate, easy to read and use the latest evidence in terms of supporting behaviour change.

Personal



Name: _____ Date: _____
Name of Doctor/Nurse: _____

Diabetes and high HbA1c
Information prescription

Your last two HbA1c results are /... /... /... /...

Good glucose control is important to reduce your risk of devastating complications. Reducing HbA1c has been proven to have health benefits. Discuss and agree with your doctor or nurse a realistic personal target for HbA1c

What is HbA1c?
It tells you your average blood glucose for the last two to three months. We all need glucose for energy, but if you have diabetes your body loses its ability to use glucose. HbA1c measures how much glucose is stuck to your red blood cells. A finger-prick test shows you a snapshot of your glucose at a moment in time, but HbA1c acts like a film recording how your blood glucose levels have changed.

Normal  **High** 

When is high HbA1c a problem?
High HbA1c is a sign of blood glucose over a long period that can damage the blood vessels. This puts you at risk of going blind, losing a limb or experiencing other complications.

How can I lower my HbA1c?
It is important to understand that your HbA1c will change for many reasons including: how long you've had diabetes, sickness, depression, change in lifestyle or because of other medicine such as steroids. The actions you take to reduce your HbA1c will depend on whether you have Type 1 or Type 2 diabetes and your overall health. The next column has three main areas for you to consider.

1 Medication: It may be time to increase your dose or introduce new medication – ask for advice.
2 Education: Your healthcare team are there to provide support, but you manage your diabetes. Education can help you understand what affects your blood glucose. Ask what's on offer in your area.
3 Lifestyle: Discuss what changes can lower HbA1c:

Keep to a healthy weight

- Reduce the size of your portions and cut down on fatty and sugary foods.

Eat a healthy balanced diet

- Eat less fatty food, processed meats, full-fat dairy, pastries and cakes.
- Carbohydrates change your blood glucose – you may need to eat less carbohydrate and choose wholegrains.
- If you drink, cut down on alcohol.
- Eat plenty of vegetables and fruit – aim for at least five portions a day.
- Aim for at least two portions of oily fish a week.

Get more active

- Aim for 30 minutes five times a week to raise your heartbeat. Activities like walking fast and cycling all count. Twice a week add activities like gardening or yoga to strengthen your muscles.

Stop smoking

- For help giving up ask for your local stop smoking service.

Agreed action plan

My personal goal is: _____

To be achieved when: _____

The two steps that I will take to achieve this are:
(Discuss and agree with your doctor or nurse. Think about what, where, when and how?)

- 1 _____
- 2 _____

Personal care planning

For information or support, call Diabetes UK Helpline: 0345 123 2399* Monday to Friday, 9am–6pm, or go to www.diabetes.org.uk/info-p

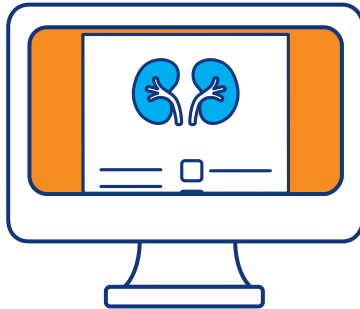
*Calls may be recorded for quality and training purposes.

Signpost for support and information

Actions to reduce risk

“The Information Prescriptions help me to plan better if there is a problem with my test readings.”

Patient



How can I use Information Prescriptions?

Diabetes UK has been working with primary care IT systems to make it as easy and streamlined as possible for you to use Information Prescriptions. All Information Prescriptions are also available for download from our website.

For instructions on installing Information Prescriptions in your practice, clinic or hospital go to diabetes.org.uk/IP-Prof



@DiabetesUK



facebook.com/diabetesuk

diabetes.org.uk