

NHS

Type 2 Diabetes Path to Remission Programme

Xyla Health & Wellbeing

Patient Information Session



What is the Type 2 Diabetes Path to Remission Programme?

A healthy lifestyle intervention for people with Type 2 diabetes

Reduction in weight and the maintenance of weight loss achieved



Reduce glucose levels with the aim of achieving remission* of Type 2 diabetes

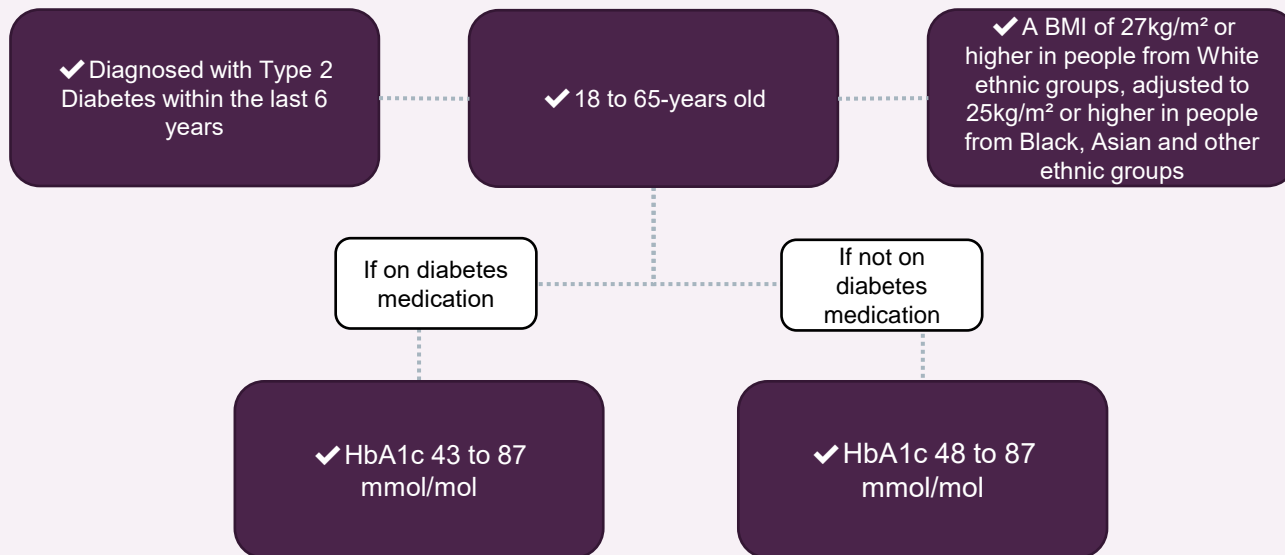


Reduction in medication



**Remission has been achieved when HbA1c < 48mmol/mol has been maintained for at least 6 months, off all glucose-lowering agents.*

Eligibility Criteria



Provided there is no concern from the referrer that the Service User's HbA1c may have changed since last measured such that the individual would not be eligible for the Service at present; and

- ✓ Have attended for monitoring and diabetes review when this was last offered, including retinal screening, and commit to continue attending annual reviews, even if remission is achieved. (For avoidance of doubt, if a Service User is newly diagnosed then there is no requirement to wait for retinal screening to take place before offering referral)

Exclusion Criteria

✗ Current insulin user

✗ Pregnant or planning to become pregnant within the next 6 months

✗ Currently breastfeeding

✗ Discharged in the last 12 months from the NHS Type 2 Diabetes Path to Remission Programme after having commenced the programme

✗ Significant co-morbidities including but not limited to:
active cancer, heart attack or stroke in the last 6 months and active eating disorders

✗ Has had bariatric surgery

DiRECT Study Results

Remission is strongly correlated to weight loss and the maintenance of weight loss.

< 5kg, 5%

5-10kg, 29%

10-15kg, 60%

> 15kg, 70%

Recipe for success



Moving more



Taking Charge



Nutrition

I am in control

**Long-term
behaviour change**

Programme Journey

Measurement collection is an **essential** part of **every session**, this helps us to understand how your body is responding to the dietary changes and any medication changes you are instructed to make by your GP.

Referral by HCP

Booking
Call

1-2-1 phone call

- Programme Overview
- Eligibility Check
- Programme pathway selection (F2F or digital)

Initial
Assessment

1-2-1 phone call

- Recap Programme Overview
- Baseline data
- Goal setting
- TDR and self-monitoring order (if on digital programme)

Stage 1
TDR Phase
Weeks
1 - 12

phone calls/F2F
Sessions

- Behaviour Change Focus
- Habits
- Problem Solving

Stage 2
Food
Reintroduction
Weeks
13 - 18

phone calls/F2F
Sessions

Nutrition
Focus

'Healthy Diet'
'Moving More'

Stage 3
Weight
Maintenance
Weeks
19 - 52

phone calls/F2F
Sessions

Lifestyle
Focus

'Socialising & Sleep'
'Visualisation'

Final
Assessment
Week 52

1-2-1 phone call

Celebrating
success
Signposting

Total Diet Replacement Products

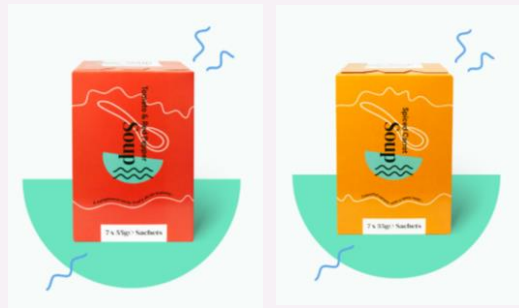


10
Flavour
Choices

2 x Porridge Flavours

3 x Soup Flavours

5 x Shake Flavours



Programme outcomes




**14.9
kg**

Average
Weight Loss
Stage 1



**14.0
kg**

Average
Weight Loss
Stage 2



**13.2
kg**

Average
Weight Loss
Stage 3



98%

of service
users have
rated the
service
'very
good/good'

Karen



- Achieved diabetes remission
- Used to wake 6 – 10 times a night to use the bathroom, now asleep all night.
- Mental health has improved

“I feel so much healthier, I have lost 5 stone 3.5lbs. My HbA1c levels have gone from 63 to 38”

Next steps...

1. Have a look at our website if you'd like any more information:

<https://xylahealthandwellbeing.com/our-services/diabetes-remission/type-two-diabetes-remission/>

2. Are you ready to take this step?

- Are you motivated?
- What would you like to achieve in your journey?

3. **Express Interest:** Get in contact with your medical team.



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Part of Acacium Group

