

Outcomes from delivery of X-PERT Type II Structured Education

Our outcomes are compelling...

Self Management UK has been delivering the *X-PERT Diabetes Programme* across the Surrey and Isle of Wight regions for the past 5 years. Our outcomes are above the national averages across all domains.

The population size for the areas totals 83,297 with a diagnosed population of people with Type II Diabetes at higher than the national average of 6%, at 7.1%.

Our completers exceed the national average by 4.1%, equating to 84% people who start on a course go on to complete it.

As part of the evaluation we use the *X-PERT Health empowerment questionnaire* and a *participant satisfaction questionnaire*. The target standard score at follow up is 90% for the 4 domains of enjoyment & usefulness; degree of self-management; impact on health; impact on living with diabetes. **Self Management UK's score is 94%.**

Where possible, we have collected data relating to participants' HbA1c levels, their weight loss and waist circumference measurements.

...and cost effective.

X-PERT Audit Results 2020:

1. The best participant experience:

2nd place: Self-Management UK - North West Surrey CCG

2. The largest impact on body weight and waist circumference:

3rd place: Self-Management UK - North West Surrey CCG

3. The greatest improvement in cardiovascular disease risk factors (lipids and blood pressure):

3rd place: Self-Management UK - North West Surrey CCG

Note: 61 organisations submitted data for the audit



Weight Loss Data

Maximum weight loss **43kg**

Average weight loss **10.5kg**

Average HbA1c reduction **40%**



Over the contract period

Number of people supported **1443**

Number of reunions delivered **10**

Number of hours of course delivery **2151**



Return on Investment Potential

£235 Average cost of course delivery per person (self management uk figures)

£480 Average cost savings potential ^{(1) (2)}
*if Metformin medication stopped



Demographics

47% female

53% male

27% aged 65-74

References:

1. Research: Health Economics Estimating the impact of better management of glycaemic control in adults with Type 1 and Type 2 diabetes on the number of clinical complications and the associated financial benefit. M. Baxter¹, R. Hudson¹, J. Mahon², C. Bartlett², Y. Samyshkin³, D. Alexiou³ and N. Hex². 1Sanofi, Guildford, 2York Health Economics Consortium Ltd, University of York, York and 3IMS Health, London, UK. Accepted 11 January 2016
2. MIMS. The prescribing reference for general practice March 2011.

Diabetes - The National Picture

Diabetes Support: A Necessity

Based on current population trends, *by 2035 4.9 million people in the UK will have diabetes*. Type 2 diabetes currently costs the **NHS £8.8 billion** each year and tackling the rise in the disease is vital to the sustainable future of the health service¹. Approximately 80% of these costs are associated with the treatment of complications, including cardiovascular disease, amputations, renal failure and sight loss².

The number of people diagnosed with diabetes has doubled in the last 20 years, and it is responsible for **26,000 early deaths** per year alongside serious complications such as blindness, amputation or stroke³.

NICE guidelines state that structured education should be offered to adults with type 2 diabetes and/or their family members or carers (as appropriate) at and around the time of diagnosis, with annual reinforcement and review⁵.

Structured patient education should be made available to all people with diabetes at the time of initial diagnosis and then as required on an ongoing basis, based on a formal, regular assessment of need⁴.

Over 10 years ago, *X-PERT Health* developed the *X-PERT Diabetes Programme*. The *X-PERT Diabetes Programme* increases the knowledge, skills and understanding of Diabetes and helps people diagnosed to make lifestyle choices to manage their blood glucose levels more effectively. **It has also been shown to be cost effective.**

Diabetes Structured Education makes a difference.

Participant feedback:

“Can now understand how stress impacts diabetes”

“This course is the best medication that the NHS have offered. Educating is the best way to prevent”

“Felt very depressed when I started the course, now walking every day and have lost weight and feel great”

Type 2 diabetes currently costs the NHS £8.8 billion each year

For more information call us on 03333 445 840, email us at hello@selfmanagementuk.org or visit us at www.selfmanagementuk.org

References:

1. <https://www.gov.uk/government/news/38-million-people-in-england-now-have-diabetes>
2. <https://www.england.nhs.uk/wp-content/uploads/2016/08/impact-assessment-ndpp.pdf>
3. <https://www.bbc.co.uk/news/health-46139595>
4. <https://patient.info/doctor/management-of-type-2-diabetes>
5. <https://www.nice.org.uk/guidance/ng28/chapter/Key-priorities-for-implementation>