

# The NHS Type 2 Diabetes Path to Remission Programme

## What is it?

A free programme designed to help participants reduce their diabetes medications, lose weight, improve their health, and potentially put their type 2 diabetes into remission.

Participants will be offered low calorie, total diet replacement products (typically soups, shakes and porridges) totalling 800-900 kilocalories per day, to replace all normal meals for 12 weeks.

Participants will receive support and monitoring for 12 months, including help to re-introduce food after the initial 12-week period.

We understand that everyone has their own preferences, and we provide two options for accessing the service. This will be either;

- One-to-one in person support; or
- One-to-one digital support

Coaching sessions are delivered by one of our qualified diabetes practitioners, along with online learning and resources including meal plans and recipes.



## How does it work?

The NHS Type 2 Diabetes Path to Remission Programme is 12 months long and is split into 3 key stages:



## Features



Three-stages programme focused on helping participants achieve their health goals, including free total diet replacement products



Reduce blood glucose levels and potentially achieve remission (*blood glucose levels no longer in the diabetes range without using diabetes medication*)



Diabetes practitioner support throughout the programme and supported health monitoring



Use of the exclusive Wellbeing Way app; Includes e-learning, supportive resources, community forum and health tracking tools



Free sessions, diabetes practitioner support and resources throughout the year

## Eligibility Criteria

- Aged 18 to 65 years (note that individuals aged over 65 years may be referred if clinically appropriate and if potential benefits for that individual are considered to outweigh potential risks associated with rapid weight loss [e.g. exacerbation of pre-existing frailty])
- Diagnosed with type 2 diabetes within the last 6 years
- Have a BMI of 27kg/m<sup>2</sup> or higher in people from a white background (or 25kg/m<sup>2</sup> or higher in people from all other ethnic groups)
- HbA1c measurement within the last 12 months of 43-87 mmol/mol if taking diabetes medication or 48-87 mmol/mol if not taking diabetes medication
- Patient has attended a diabetes review when this was last offered, inc. retinal screening, and commits to continue attending annual reviews, even if remission is achieved. (If a patient is newly diagnosed then there is no requirement to wait for retinal screening to take place before offering referral)

## Exclusions:

- Current insulin user
- Pregnant or planning to become pregnant before the end of the 12-month programme
- Currently breastfeeding
- Has at least one of the following significant co-morbidities;
  - active cancer;
  - heart attack or stroke in last 6 months;
  - severe heart failure (defined as New York Heart Association grade 3 or 4);
  - severe renal impairment (most recent eGFR less than 30mls/min/1.73m<sup>2</sup>);
  - active liver disease other than non-alcoholic fatty liver disease (NAFLD) (i.e. NAFLD is not an exclusion criterion);
  - active substance use disorder;
  - active eating disorder (including binge eating disorder);
  - porphyria; or
  - known proliferative retinopathy that has not been treated (this does not exclude individuals who are newly diagnosed and have not yet had the opportunity for retinal screening);
- Has had bariatric surgery
- Health professional assessment that the person is unable to understand or meet the demands of the programme and/ or monitoring requirements (due to physical or psychological conditions or co-morbidities)
- Discharged in the last 12 months from the NHS Type 2 Diabetes Path to Remission Programme after having commenced the programme (for clarity, this does not apply to people previously referred to the programme but who dropped out or declined prior to commencing the TDR Phase)

### How to refer:

After discussing the service with your patient and confirming eligibility, please complete the referral form which is embedded into your clinical system. Additional information on the service, can be found by scanning the QR code below or by visiting our website



[www.xylaservices.com/T2DR-referrer](http://www.xylaservices.com/T2DR-referrer)