Diabetes update

**NHS England Diabetes COVID-19 update**

NHS England has published an update on the effect of COVID-19 on people with Type 1 and Type 2 Diabetes, and what people with diabetes should do.

Key points:

* The NHS is providing an expanded offer of help to people with diabetes during coronavirus outbreak
* World-leading studies reveal that people living with type 1 diabetes are at three and a half times the risk, and people living with type 2 are at double the risk of dying in hospital with the virus, compared to people without diabetes.
* If people are concerned about their diabetes during the coronavirus pandemic, the NHS is here to help. They should contact their GP Practice or Diabetes team.
* If people have diabetes and have been contacted by their specialist eye or foot care team, they’re asked to please go to their appointments to receive treatment to avoid these problems getting worse. Clinics are taking extra protective measures to keep people safe.
* The 4Ts – toilet, thirsty, tired and thinner – are signs of a life-threatening diabetic emergency, diabetic ketoacidosis or ‘DKA’. If people recognise these signs, they should seek urgent medical advice from their GP Practice (or 111 out of hours); if they already have diabetes, they should contact their Diabetes team; or if they feel very unwell, call 999.
* If people have diabetes and see a cut or blister on their foot, it may be a sign of a foot ulcer. They should call their GP Practice to get it checked as soon as possible. If they do have an ulcer or other serious foot problem, they will be referred to see a specialist urgently.
* If they are experiencing a serious or life-threatening emergency – call 999.

<https://www.england.nhs.uk/2020/05/nhs-expands-offer-of-help-to-people-with-diabetes-during-coronavirus-outbreak/?utm_source=feedburner&utm_medium=email&utm_campaign=Feed%3A+NHSCBoard+%28NHS+England%29>

**Update from WYH ICS re NHS Diabetes Prevention Programme and Blood Tests**

Due to the impact of COVID-19, many individuals who have previously been categorised with Non-Diabetic Hyperglycaemia following a blood test and are therefore eligible for the NHS Diabetes Prevention Programme, may not have access to a repeat blood test maintaining their eligibility (i.e. their last recorded blood test may now be 12 months + ago); for example because they are shielding, or because primary care are currently focusing on COVID-19 response.

In addition, many individuals with an eligible blood-reading have had their referral into the programme delayed due to COVID-19, and now have a blood test result more than 12 months old.  This makes them technically ineligible for the service.

To ensure that individuals in these circumstances are not disadvantaged due to the impact of COVID-19, the requirement for a confirmatory blood test indicating NDH to be within 12 months will be temporarily increased to 24 months.  This change will apply until 1st April 2021, at which point we plan to revert to 12 month eligibility.