

DIABETES & LIFESTYLE GROUP CONSULTATIONS



Winner:
Diabetes
Project
of the year

Scottish Healthcare
Awards 2022



Wards Medical Practice, Kilmarnock - Scotland

OUR CHALLENGE: Dr Rohit Sabharwal (GP Partner)

"I saw that our patient diabetic list had nearly quadrupled in the last 15 years.

In addition, coming out of COVID we had a backlog of patients due for their diabetes review.

We needed a more ambitious approach on managing patients living with long term conditions, such as diabetes.

Demonstrating that Lifestyle medicine has a vital role to play in helping us to improve the health of our local population."

WHAT WE DID

- Designed a Group Consultations programme for our patients that consisted of three sessions, each with an individual health & lifestyle focus. (Movement; nutrition; sleep & stress).
- Delivered both Face-to-Face & Virtual Group Consultations (VGC) to groups of 10-12 patients.
- Baseline investigations including medication, HbA1c, blood pressure & metabolic health markers, were captured at week 1 & again in week 12.
- Set up a YouTube channel & created a booklet to give patients access to resources, including workouts, recipes & goal setting.
- Patients also received twice-weekly e-mail support, to help motivate them & build confidence.

THE IMPACT OUR GROUP CONSULTATIONS PROGRAMME HAD:



Stopped
medication

(inc. angina, diabetic & hypertension medication)



Improved
Metabolic
Health
Markers

(HbA1c, BP, BMI)



+25%
in wellbeing
scores

(EQ5D5L)



103kg
weight loss

(Average 3.3kg
per patient)

WHAT PATIENTS TOLD US:

It has changed how I manage my health.

The encouragement I received from the Group was great

Fantastic sessions
Dr Sabharwal's enthusiasm was infectious.
- makes you want to embrace new healthy ways of living!

OTHER KEY LEARNINGS

- Provided us with an opportunity to upskill other members of the team. (i.e. Admin staff & HCAs)
- Planning to further implement Group Consultations in other areas e.g. chronic pain & menopause
- Lifestyle Group Consultations are useful for de-prescribing & this could have a massive impact if rolled out wider across Ayrshire & Arran.
- Patients have responded well & attendance has been good throughout the program.

For more information about how we can help you to set up & implement Group Consultations, please contact our team at:

info@groupconsultations.com or visit www.groupconsultations.com



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