

NHS Greater Glasgow & Clyde (NHSGGC) Type 2 Diabetes Remission Programme



How to make a referral

Referrals can be made through SCI-Gateway as below

Send to

Greater Glasgow and Clyde

Greater Glasgow and Clyde Non-GP Locations/Providers

Dietetic Service GG&C

Diabetes Remission Programme GG&C

Form(s)

GGC Dietetics

The local NHSGGC Type 2 Diabetes Remission Programme is led by Specialist NHSGGC Diabetes Dietitians and offers a combination of face-to-face, virtual, and telephone consultations. It is an additional option for patients who require more personalised or intensive support than the National Digital Type 2 Diabetes Remission Programme can provide.

Who should be referred to the local NHSGGC Type 2 Diabetes Remission Programme?

Choosing the most appropriate remission pathway.

Please consider referring your patient to the local NHSGGC Type 2 Remission Programme if any of the following apply.

Face-to-face support would be beneficial or required

Your patient would benefit from, or requires, face-to-face appointments. Additional dietetic support may be particularly helpful for patients with:

- Complex social circumstances
- Mental health challenges

Complex medical history

Your patient has a complex medical history, for example:

- Unstable diabetes control
- Unstable blood pressure
- Multiple long-term conditions
- Closer clinical monitoring or multidisciplinary input

Unable to undertake home monitoring

Your patient is unable to carry out home blood pressure and/or blood glucose monitoring. Please consider any physical, cognitive, or visual challenges that may make home monitoring difficult.

Limited digital literacy or barriers to engaging with a digital programme

Your patient has limited digital literacy or faces barriers to engaging with a digital programme.

Consider whether your patient:

- Is comfortable using a smartphone or apps
- Has access to email
- Is willing and able to engage with remote coaching
- Can upload health data digitally

Referral Decision

If additional support is required, please refer to the local NHSGGC Type 2 Diabetes Remission Programme.

Please ensure patients meet the eligibility criteria and have no known medical exclusions as below.

Eligibility Criteria

- Aged 18 –65 years
- Diagnosed with type 2 diabetes within the last 6 years
- BMI between 27- 45kg/m² in people from White ethnic groups or 25-45kg/m² in people from Black, Asian and other ethnic groups
- HbA1c measurement taken in the past 12 months in line with the following:
 - 48mmol/mol or higher and are not taking diabetes medication
 - 43mmol/mol or higher and are taking diabetes medication

Exclusion Criteria

- Patients on insulin
- Pregnant, planning a pregnancy or breastfeeding
- Severe renal failure eGFR <30
- Severe or unstable heart failure
- Active cancer
- Heart attack or stroke within past 6 months
- Eating disorders accompanied by purging or induced vomiting
- Drug or alcohol misuse
- Psychosis or severe/unstable depression
- Porphyria
- Known proliferative retinopathy that has not been treated

After the Referral

Please explain to the patient they will receive a programme information leaflet and a letter inviting them to book an appointment in the programme.

The referrer will receive notification on the outcome of the referral via letter.

T2D Hub Contact Details

The Dietitians from the local Remission Team are happy to discuss and advise on individual cases.

Telephone: 0141 531 8901

Email: ggc.type2diabetes.remission@nhs.scot