

# National Structured Diabetes Education *addressing local need*



## Are you looking to...

- ✓ improve access to structured diabetes education?
- ✓ enhance quality and length of life for people with diabetes?
- ✓ reduce risk levels of complications, drive efficiency and reduce the cost of care?



Fully Managed | Closer to Home | Outcome Based



## What is EMPOWER?

EMPOWER is a national, structured diabetes education programme designed to help people with Type 2 Diabetes understand what diabetes is, the effect it has on their body and how to make small, achievable changes to the food they eat and their everyday life.



Spirit Healthcare employs a specialist team of dedicated educators and experienced administrators to:

- Manage the referral process, with a dedicated 24/7 support line for patients
- Deliver the EMPOWER course across a range of community venues – during the week, in the evening and at the weekend
- Collect and review key clinical and quality of life metrics pre and post course

Suitable for up to 15 people per session, the EMPOWER programme is a single four-hour course designed to maximise uptake and completion rates, whilst delivering great outcomes!



DIET



LIFESTYLE



MEDICATION



GOALS

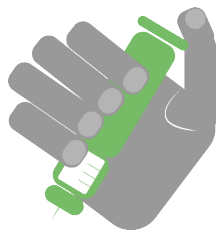


CONTROL

# Why EMPOWER?

EMPOWER addresses the core elements driving value transformation

## Clinical Outcomes



including 10% relative reduction in HbA1c<sup>1</sup>

## Patient Experience



99% Friends & Family Test score<sup>2</sup>

Fully Managed  
Closer to Home  
Outcome Based

## Efficiency in resourcing



44% Uptake Rate<sup>3</sup> and long-term savings<sup>4</sup>

## Safety and Quality



Evidence based outcomes

# Evidence based outcomes and impact

Clinical outcomes

## Improvements in key clinical markers including<sup>1</sup>:

10%



relative reduction in HbA1c

Efficiency

## Improvements in staff efficiency

Administrative burden



Nursing time

Population health benefits

## Improvements in access to education & attendance

44%

uptake rate<sup>3</sup>

vs

7.6%

national recorded average<sup>5</sup>

Cost savings & impact

## NHS England estimated savings<sup>4</sup>

*(if national programme of structured education delivered to 20% of prevalent population over 5 years)*

£23m



net savings over 10 years

## The patient experience

“ I would like to say what a fantastic thing that these meetings are. I was diagnosed with type 2 diabetes 2 years ago and believed that I didn't have a clue what it meant or how I managed it until today.<sup>6</sup> ”

(Selina from East Lancashire)

99%

Friends & Family Test score<sup>2</sup>



“ The course has been a real plus to my diabetes. After five years of living with diabetes this is the first time I have found good knowledge about how to live appropriately with diabetes and not let diabetes control you!<sup>7</sup> ”

(Ashit from Leicester)

## Quality Assurance



- The EMPOWER programme is led by our Clinical Lead, educated to Masters level and with over 30 years experience in diabetes nursing.
- All educators are trained to deliver EMPOWER and are subject to annual reassessment.
- The EMPOWER programme was developed using an evidence based approach according to NICE criteria, is underpinned by a written structured curriculum.
- EMPOWER is QISMET certified. QISMET's Diabetes Self Management Education (DSME) Quality Standard is a way for providers to demonstrate they meet relevant national criteria, including the NICE Guidelines (e.g. NG28).
- EMPOWER is subject to regular External Quality Assurance.

### References:

1. Data on file, Spirit Healthcare. Outcomes data for East Lancashire EMPOWER course participants. (February 2017)
2. Data on file, Spirit Healthcare. Friends and Family test score across 3 CCGs since April 2016. (March 2017)
3. Data on file, Spirit Healthcare. Historic EMPOWER attendance levels in 3 CCGs since April 2016. (April 2017)
4. National Diabetes Treatment and Care Programme. Dec 2016. Accessed 7th March 2017 <https://www.england.nhs.uk/wp-content/uploads/2016/12/diabetes-call-to-bid.pdf>
5. National Diabetes Audit 2015-2016. [www.content.digital.nhs.uk/PUB23241](http://www.content.digital.nhs.uk/PUB23241) (Accessed 22nd May 2017)
6. Data on file, Spirit Healthcare. EMPOWER participant in East Lancashire 2016
7. Data on file, Spirit Healthcare. EMPOWER participant in Leicester 2016.

Get in touch on

**0116 286 5000**

Call us today to find out how we can help your organisation increase the number of patients receiving structured diabetes education!

**info@empower-diabetes.co.uk | www.empower-diabetes.co.uk**

*The EMPOWER programme is provided by Spirit Healthcare. We work with the NHS and local authorities to help people better manage their health, make positive lifestyle choices and support their wellbeing.*