

# INFORMATION PRESCRIPTIONS

The key to unlocking behaviour change

# At Diabetes UK we've developed an easy and evidenced-based way to help you help your patients better understand their diabetes and take ownership of their care.

Information Prescriptions are a gateway for patients to find information and support about their condition.



Information Prescriptions put patients in the driving seat and that is the key to driving successful behaviour change.

Dr Steven Lawrence, GP



# WHAT IS AN INFORMATION PRESCRIPTION?

Information Prescriptions are a personalised single side of A4 which include easy-to-read explanations, clear images and individual goals to help prevent diabetes health complications. They are designed to give people with diabetes the information that they need to understand, engage with and improve on their health targets.

## Why Information Prescriptions matter

### **I**ndividual support

A personalised document that is easy to read and short.

### **N**ational reach

They are embedded into primary care IT systems.

### **F**ight against health complications

Clinically accurate information to make people with diabetes aware of how to prevent complications.

### **O**pportunity to transform care

Designed to support care planning and behaviour change enabling self-care.

# TYPES OF INFORMATION PRESCRIPTIONS

We provide 13 different Information Prescriptions. These cover key health markers that influence someone's risk of complications as well as additional information that clinicians and people with diabetes have asked for.



- Emotions
- Keeping your kidneys healthy
- Kidney disease
- Contraception and pregnancy
- Feet
- Improving diabetes knowledge
- Type 2 diabetes remission

These Information Prescriptions help people to live well with their diabetes and include information on how their healthcare team can support them to improve outcomes.



- Blood pressure
- Cholesterol
- HbA1c

These are the three core Information Prescriptions. They focus on the three key health markers that influence someone's risk of complications. Only 34.5% of people with diabetes in England and Wales met NICE treatment targets for these markers in 2021-22. People outside these targets are at higher risk of blindness, kidney failure, amputation, heart attack or stroke.



- Being active
- Eating well

These two Information Prescriptions are for people at high risk of developing type 2 diabetes. They provide simple and clear information to help your patients live healthier lives.



## HOW ARE THEY USED?

Information Prescriptions are embedded into primary care IT systems, or available to download from our website: [diabetes.org.uk/IP-Prof](https://diabetes.org.uk/IP-Prof)



**In my own surgery we have seen that the Information Prescriptions make a big difference both to clinician awareness and patient empowerment. For example, since introducing the kidney disease Information Prescription, regular audit has shown we have improved the management of those with diabetes and kidney disease and have no-one on contraindicated anti-diabetes medications.**

**Dr Steven Lawrence, GP**



# WHY ARE THEY NEEDED?

The UK spends **£8 billion** a year treating the preventable complications of diabetes. Information Prescriptions are a quick and effective tool to engage patients in their diabetes care. They increase control of their health and understanding of their condition.



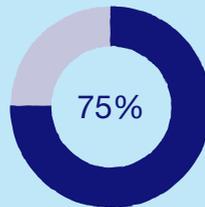
So far more than **100,000** Information Prescriptions have been saved on patient records.



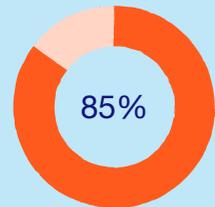
Since their launch, over **35,000** patients have followed the unique URL at the bottom of Information Prescriptions to find out more information from Diabetes UK's website, showing that they motivate people to take action towards self-managing their diabetes care.

## CASE STUDY

The Waverley Park Medical Practice in Scotland did an audit of the Information Prescriptions. After their introduction, a **10 percentage point increase** in patients reaching HbA1c targets was found.



**T2DM patients with HbA1c < 58 at Baseline**



**T2DM Patients with HbA1c < 58 one year later**

# HOW WERE THEY CREATED?

Information Prescriptions were created by Diabetes UK. They are co-produced by clinicians, health academics, psychologists and people with diabetes. This ensures they are clinically accurate, easy to read and use the latest evidence in terms of supporting behaviour change.

Personal

Clear information

Visually powerful

Name:  
Name of Doctor/Nurse:

Date:

**DIABETES UK**  
KNOW DIABETES. FIGHT DIABETES.

## Diabetes and bad cholesterol Information prescription

Your last cholesterol reading is: Total \_\_\_\_\_ HDL \_\_\_\_\_

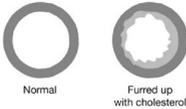
People with diabetes and high levels of bad cholesterol are at higher risk of having a heart attack or stroke. By lowering your bad cholesterol, you can dramatically reduce your risk.

### What is cholesterol?

Cholesterol is a type of fat in the blood. Sometimes it is called lipids. There is good cholesterol and bad cholesterol. HDL (high-density lipoprotein) is good cholesterol which helps protect you from heart disease. Both triglycerides and LDL (low-density lipoprotein) are bad for you.

Most people need a medication to lower their bad cholesterol – the most common is a statin. These have been proven to lower cholesterol. Most people don't experience side effects. If you do it's important to speak to your doctor so they can find a medication that suits you.

### Blood vessel



### When is cholesterol a problem?

Too much bad cholesterol in the blood causes fatty material to build up in the blood vessels supplying the brain and heart, making them narrower. This can lead to a blockage in blood vessels, which can cause a heart attack or stroke.

### How can I lower my cholesterol?

You can get support to make changes that lower your risk of having a heart attack or stroke. The next column explains how.

### Manage your weight

If you are living with obesity or overweight, ask about a referral to your local weight management groups.

### Eat a healthy balanced diet

- Eat less fatty foods, processed meats, pastries and cakes.
- Include wholegrains, such as oats or barley, and pulses.
- Plain nuts or unsweetened yogurt are healthy snack options.
- Aim for at least two portions of oily fish a week.
- Eat plenty of vegetables and fruit – aim for at least five portions a day.
- Replace butter, lard and ghee with vegetable oils and spreads.

### Get more active

Aim for at least 150 minutes a week of moderate intensity activity. This could be done by doing at least 30 minutes of activity five times a week. Add some activity that strengthens your muscles, like gardening or yoga, twice a week.

### Stop smoking

For help giving up ask for your free NHS local Stop Smoking Service.

Actions to reduce risk

### Agreed action plan

#### My personal goal is:

To be achieved when:

#### The two steps that I will take to achieve this are:

(Discuss and agree with your doctor or nurse. Think about what, where, when and how?)

- 1
- 2

Personal care planning

For information or support, call Diabetes UK Helpline: 0345 123 2399\* Monday to Friday, 9am-6pm, or go to [www.diabetes.org.uk/info-p](http://www.diabetes.org.uk/info-p)

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Signpost for support and information

# HOW CAN I USE INFORMATION PRESCRIPTIONS?

We work with primary care IT systems to make it as easy and streamlined as possible for you to use Information Prescriptions.

All Information Prescriptions are also available for download from our website.



The Information Prescriptions help me to plan better if there is a problem with my test readings.

Patient



For instructions on installing Information Prescriptions in your practice, clinic or hospital go to [diabetes.org.uk/IP-Prof](https://diabetes.org.uk/IP-Prof)

Call **0345 123 2399**

Email [helpline@diabetes.org.uk](mailto:helpline@diabetes.org.uk)

Visit [diabetes.org.uk](https://diabetes.org.uk)

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