**Let’s Prevent Diabetes – Referral Form**

**Free L.P.D. groups are provided by NHS Lothian for people at risk of Type 2 Diabetes**

*Early self-management support and education for people at risk of Type 2 Diabetes. 6-hour course. Available as Face to Face (one day session) or Virtual groups (3x 2-hour sessions).* ***MyDESMOND L.P.D****, is a self-led learning platform (works like an app) accessed through a personal learning account created for you by the service.*

**For Further information:**  <https://weare.nhslothian.scot/awmt2d/lets-prevent-diabetes/>

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| **Personal Details:**Preferred prefix: **Mr/Mrs/Miss/Ms/Dr/Prof/Other**Full name: |
| Date of birth:  |
| Gender (please tick): Male Female Prefer not to say Please indicate which pronouns you prefer (please tick):  **He/Him She/Her They/Them** |
| Address: |
| Contact telephone number: | Can we leave a voicemail? YES/NO |
| Email address: |
| Weight: | Height: |
| HbA1c (if known): |  |

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| **In your own words please tell us why you would like support?** |
| Please tell us about any additional support you may require to help you get the best care e.g. wheelchair access, an interpreter, carer to attend with you. |
| **Preferred Style of Education, please tick:**Face to Face Group Virtual Group MyDESMOND L.P.D.at a site local to you using a free NHS free interactive with NHS educators approved online DIGITAL service platform |

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| **Consent** Do you consent to this referral to the NHS Lothian **‘Let’s Prevent Diabetes’** Service? YES/NOWe keep all patient data confidential. For data monitoring purposes we require to record data on this referral. Data will only be shared with relevant healthcare staff. Please contact us if you do not agree to data sharing.The NHS Lothian Data Privacy Policy can be found at: <https://policyonline.nhslothian.scot/Policies/ClinicalPolicy/Data%20Protection%20Policy.pdf>  |

**If you are a health professional submitting this referral on a patient’s behalf:**

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| Date of referral**:** Referrer’s Name:Job title:Contact Number:Email: |

**Important**

To provide tailored support, ‘Let’s Prevent Diabetes’ attendees must have the following test results recorded prior to attending the course:

1. HbA1c (a test that provides a picture of average blood sugar levels, mmol/mol)
2. Total Cholesterol levels, H.D.L. and L.D.L. (mmol/l)
3. Blood Pressure, BP (mmHg.)

Let’s Prevent Diabetes attendees can get these results from their healthcare provider (normally GP surgery).  Let’s Prevent Diabetes educators will use these results to plan individually with patients their Pre-diabetes self-management goals.

Please email the completed referral to loth.lpd@nhslothian.scot.nhs.uk

OR

Post to:

Weight Management Type 2 Diabetes Prevention Service

Ground Floor Woodlands House

Astley Ainslie Hospital

Canaan Lane

Edinburgh

EH9 2TB