

Let's Prevent Diabetes (LPD) – Referral Form

Free LPD 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. Available as Face to Face or Virtual groups. **MyDESMOND LPD**, 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/>

Personal Details	
Preferred prefix:	
Full name:	
Date of birth:	
Gender (please tick): Male ☐ Female ☐ Prefer not to say ☐	
Please indicate preferred pronouns (please tick): She/Her He/Him They/Them	
Address:	
Contact telephone number:	Can we leave a voicemail?
Email address:	
NB. THIS IS ESSENTIAL FOR MyDESMOND REFERRALS	
Weight:	Height:
HbA1c (if known):	

<u>In your own words please tell us why you would like support?</u>	
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.	
<u>Preferred Style of Education, please tick:</u>	
Face to Face Group at a site local to you with NHS educators ☐	Virtual Group using a free NHS approved online platform ☐ MyDESMOND L.P.D. free interactive DIGITAL service ☐

Consent

Do you consent to this referral to the NHS Lothian '**Let's Prevent Diabetes**' Service? YES/NO

We 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:

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