



### Impact of Locally Enhanced Services on Diabetes Management

#### Background:

- The number of people diagnosed with diabetes in the UK rose by 50% between 2005 and 2011. The condition is a major challenge to healthcare services worldwide, with diabetes potentially leading to reduced quality of life and an increased mortality, particularly from cardiovascular disease.
- In diabetes, patient control of blood pressure, blood sugar (glycaemic) and lipid (cholesterol) levels has been shown to reduce the risk of complications.
- The NHS has developed locally enhanced service (LES) initiatives to provide comprehensive care for diabetes patients within their GP practices.
- Not all GP practices have participated in the LES initiative. We measured the quality of diabetes care in LES practices and non-LES practices.

**The Impact of Diabetes Local Enhanced Service is found to be beneficial**

## Findings

- Using Department of Health data, the study found that GPs offering locally enhanced services (LES) for diabetes were 10% more likely to achieve the NHS targets for control of glycaemic levels.
- LES practices were also less likely to refer patients for hospital appointments than non-LES practices.

This increased performance could be down to a number of factors including:

- Staff within LES practices receive more training and advice on better management of their diabetes patients, resulting in a reduction of complications and need for hospital referral.
- In non-LES practices, patients requiring insulin are referred to hospital for initiation and follow-up, whereas LES practices are required to manage patients on insulin, therefore reducing referral and follow-up appointments.
- Glycaemic control requires frequent and closer monitoring in LES practices compared to local services which could potentially explain the great achievement of glycaemic targets.

The service has responded to these findings by spreading the adoption of the LES into all the practices within the local CCG. It is now important to see whether LES improves diabetes care in all practices.

## Reference

Choudhury S, Hussain S, Yao G, Hill J, Maliq W, Taheri S. The impact of a diabetes local enhanced service on quality outcome framework diabetes outcomes. *PLoS One* 2013;**8**(12): e83738. [[Link](#)].



## Recommendations for practice

Given the increase in diabetes and greater pressures on hospitals, the locally enhanced services approach appears to be an effective way of managing diabetes and potentially minimising complications.

### What is NIHR CLAHRC West Midlands?

The Collaborations for Leadership in Applied Health Research and Care (CLAHRC) is a partnership between universities (Birmingham, Warwick and Keele) and a number of health and social care organisations in the West Midlands. We are funded by the National Institute for Health Research with a mission to undertake high-quality applied health research focused on the needs of patients to improve health services locally and beyond.

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