

The NWL REWIND programme is a one year NHS programme designed to support people with Type 2 Diabetes lose significant weight (average ~10kg), reduce diabetes and antihypertensive medication and potentially achieve remission. They will receive intensive dietary and motivational support from a team of trained coaches from UK ICS (NDPP providers).

Primary care teams will need to follow these 3 steps: **REFER, DE-PRESCRIBE, MONITOR**

1. REFER

Does the patient meet the referral [criteria](#)?

Are there any **medical conditions** (heart failure, significant frailty) that would exclude them from total diet replacement?

Have you explained the REWIND [programme](#) / provided the patient with the [information leaflet](#)?

Has the £2.25 daily **cost** of Total Diet Replacement been explained? (**patient will not need to buy food for 12 weeks** other than some greens, then will reintroduce food slowly over another 12 weeks. There is no cost for the Low Carb Pathway, however patient will continue to need to buy their food).

2. DE-PRESCRIBE

Once you receive **confirmation** of the patient's agreed start date and which pathway they will follow, please ensure the following:

- 1) Repeat diabetes +/- antihypertensive medication **is stopped/reduced** in line with the [Total Diet Replacement](#) or [Low Carb](#) guidelines
- 2) That the appropriate [codes](#) are added to the record using the REWIND clinical template, using the patient's start date
- 3) Patient receives glucometer (e.g. [4SURE Smart](#), available free) and prescribe one pack each of 50 low cost test strips (e.g. 4SURE) and lancets (e.g. 4SURE)

3. MONITOR

Arrange [follow up](#) to ensure that patient is contacted by at intervals outlined in the REWIND programme protocol (1, 2, 4, 8 weeks and 3, 6 and 12 months)

- 1) Blood pressure and blood glucose review at 1, 2, 4, 8 weeks (2-5 mins max, ideally by phone or video – patients may buy their own BP machine (do they need a large cuff?) / use pharmacy or waiting room, recommended monitors here: <https://bihsoc.org/bp-monitors/for-home-use/> e.g. **Omron M2** (£25.99 at [Amazon](#) or [Argos](#)) or **A&D UA-651** (£21.76 at [Amazon](#) or £20.99 at [Diabetic supply](#)) or **Boots BPM 56-90-420** (£19.99 at [Boots](#))
- 2) HbA1c, BP, weight at 3 and 6 months (face to face)
- 3) HbA1c, BP, weight and lipids at 12 months (face to face)