



Please email completed forms to scwcsu.rewind@nhs.net

Inclusion Criteria for both pathways

- Registered with a GP Practice within North West London CCGs;
- Aged >18;
- Duration of diabetes ≤ 12 years;
- HbA1c within the last 12 months;
 - HbA1c 43-87mmol/mol with diabetes medication;
 - HbA1c 48-87mmol/mol without diabetes medication;
 - Latest HbA1c 88-108mmol/mol if:
 - Within 6 months of diagnosis **OR**
 - Retinal screening within past 6 months with no evidence of pre-proliferative retinopathy and potential impact discussed with service user. Recommend Retinal Screening 6 months after programme start if HbA1c improves >25mmol/mol within first 3 months
- Patient is able to understand or meet the demands of the treatment programme and/or monitoring requirements, including providing blood samples and sharing reporting information

Exclusion Criteria for both pathways

- HbA1c >108mmol/mol;
- Have not attended monitoring and diabetes review in the last 12 months;
- Current insulin use;
- Pregnant or planning to become pregnant during next 6 months. Defer those breastfeeding until lactation ceases;
- Severe renal impairment (eGFR < 30mls/min/1.73m2 within the last 12 months);
- Health professional assessment that the person is unlikely to understand or meet the demands of the treatment programme and/or monitoring requirements (e.g. active psychotic illness);
- Unwilling to provide blood samples;
- Unwilling to allow sharing of clinical information to Whole Systems Integrated Care (WSIC)

Specific Exclusion Criteria for Total Diet Replacement (TDR) Pathway

- BMI <27kg/m2 (adjusted to <25kg/m2 for people of Black, Asian, and Minority Ethnic (BAME) origin);
- Has one of the following significant co-morbidities:
- Active cancer other than skin cancer treated with curative intent by local treatment only, or people taking hormonal or other long-term secondary prevention;
- Heart attack or stroke in last 6 months;
- Severe heart failure (defined as New York Heart Association grade 3 or 4);
- Active liver disease (not including NAFLD);
- Active substance use disorder/eating disorder;
- Porphyria;
- Known untreated proliferative retinopathy, or pre-proliferative retinopathy if HbA1c is 88-108mmol/mol;
- Current treatment with anti-obesity drugs (would need to stop);
- Recent weight loss > 5% body weight / on current weight management programme / had or awaiting bariatric surgery (unless willing to come off waiting list);

PLEASE RESPOND IN PALE BLUE BOXES WITH "YES" OR "NO"

Is the patient eligible for the TDR pathway?	Y
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There is a limited number of patients who may be eligible for the TDR products to be funded therefore it is important that before completing the next section you have followed the Yguidance 'Eligibility Guidance for REWIND TDR funding'. If this guidance has not been followed there is a risk the patient will not receive their products for free.

Following the guidance, is the patient eligible for free TDR products?

Y

Specific Exclusion Criteria for the Low Carbohydrate Pathway

- Concurrent SGLT2 inhibitor usage (SGLT-2 inhibitors will need to be stopped in view of potential risk of ketoacidosis whilst on intensive carb reduction programme);

Is the patient eligible for the low carbohydrate pathway?

Y

Patient's GP Details

GP's surgery name	Hollybush Road	Practice code	0000
Surgery address	Harrow on the Hill		

Please note there should be one main contact for all referrals about REWIND for each GP practice. It is expected that this person regularly checks the email address below and will respond to all queries in good time.

Referral updates will be sent to the generic contact address we have on record for each practice, in addition to the 'Main Contact Details' listed below.

Main Contact Details (Referrer)

Main contact's name	Dr S K Aly	Referral date	22.01.21
Main contact email	skaly@nhs.net	Main contact tel	02089080000

Patient Details (Patient must have a valid telephone or mobile number)

Title	Mr	Email address	Sundarah123@gmail
First name	S	Telephone number	02089080000
Surname	Brown	Mobile number	07986570000
Address	Harrow on the Hill	What is the patient's first language?	English
		Does the patient speak English?	Y
		Date of birth	24.09.80
		Ethnicity	British
		Gender	M
Postcode	HA1	Is the patient on the Severe Mental Illness Register?	N
NHS number	998800	Is the patient on the Learning Disability Register?	N

Referral Information

Weight measurement (kg)	80	Date of weight measurement	22.01.21
Height measurement (m)	5.5	Date of height measurement	22.01.21
BMI	34	Date diagnosed with Type 2 Diabetes	22.01.90
HbA1c (mmol/mol)	80	Date of HbA1c	22.01.20
eGFR (ml/min/1.73m ²)		Date of eGFR	
Blood pressure (systolic and diastolic)		Date of blood pressure measurement	

GP Consent Statement: Please confirm by marking the below with a 'Yes'

I understand that I am responsible for completing the patient's HbA1c measurements, blood pressure and BMI at 0, 3, 6 and 12 months and for reviewing their medication management during the duration of the programme.	Y
I understand / I have discussed with the patient that Xyla Health & Wellbeing may use and disclose information to third parties for statistical medical research purposes, including personally identifiable data to the NHS Know Diabetes Service and North West London Whole Systems Integrated Care Record, currently hosted by NHS Brent CCG.	Y
Click here to enter text. I confirm that I have discussed the benefits of REWIND. If the patient is being referred for total diet replacement (TDR), I have explained the costs of the TDR meal supplements with the patient and they are happy to purchase these (except those patients eligible for free TDR products). If I have marked the patient as eligible for funded TDR I have followed the guidance provided.	Y
I confirm that the patient has consented to receiving a booking call, SMS or being left a voicemail by Xyla Health & Wellbeing from an 0333 number. This will be needed to process the referral.	Y
I confirm that the inclusion and exclusion criteria has been reviewed (including if the patient's most recent HbA1c is above 87mmol/mol a retinopathy status has been reviewed) and that the required medication guidance will be followed ahead of programme start.	Y

Medication Information

I confirm that a medication review (including potential deprescribing) will be completed with the patients' Healthcare professional prior to programme start. Check here for the total diet replacement or low carb protocols, and for further details of the programme visit https://www.knowdiabetes.org.uk/professional/type-2-diabetes-remission-and-intensive-lifestyle-support/	Y
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END OF REFERRAL FORM

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