

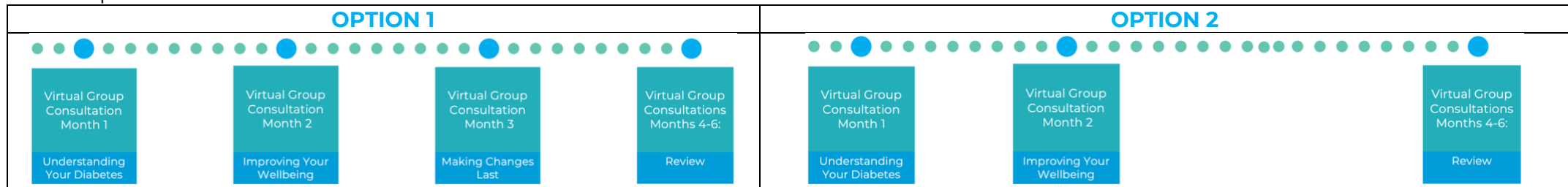
Fresh Start Group Consultations – Programme Overview and Delivery Guidance

This programme has been designed as a different more person centred and sustainable way to deliver routine one-to-one consultations and diabetes reviews.

Group Consultations can support delivery of the 9 Diabetes Care Processes and 3 treatment targets for people living with diabetes. They are **NOT** structured patient education or peer support groups and learning happens from listening to other members of the group as well as interacting with the clinician. They are **one-to-one consultations delivered in a group setting**.

Fresh Start resources have been designed to support delivery of the education and lifestyle element of Group Consultations and are intended to be used flexibly to meet the needs of your local diabetes cohorts

Your Fresh Start Group Consultations programme has been designed to be delivered with a particular focus across 2 or 3 sessions either one month apart or as below:



See above delivery options - You can choose to hold two sessions to cover off all 9 of the diabetes care processes **OR** Focus on the biometrics in session 1 followed up by diet and lifestyle in session 2 and some additional patient guidance and support if needed in session 3

Remember Group Consultations can cover medication reviews part of session 1 and lifestyle and diet, as part of session 2 and should be co-ordinated to review and effectively manage your patient cohorts as well as supporting delivery of key indicators.

Once you have finalised your programme plans you can then ensure that the right clinician is running each session e.g., GP, Practice Nurse or pharmacist running session 1 as there is more focus on biometrics and medications and dietician / HWB coach running session 2 where there is more focus on diet and lifestyle. With session 3 check in led by GP, PN or Pharmacist to review progress and improvements. It is a good idea to use the same facilitator for each of the sessions to ensure rapport and continuity from the patient perspective.

We have collated and stored all of the resources you need to set up and deliver each session on the [Know Diabetes Service Healthcare Professional Website here](#).