

# REWIND Contract Expiry Notice and guidance for North West London Primary Care Staff

## Background:

- In collaboration with Xyla Health, NWL ICB developed and delivered the 12-month REWIND programme for people living with type 2 diabetes with the aim to help them lose weight, embed healthy lifestyle behaviours and in some cases, turn their diabetes into remission.
- The original REWIND contract ran from December 2019 to December 2022. In August 2022, the extension clause was enacted, extending the contact until June 2023 until a decision was made about future provision.
- Since REWIND started, the Type 2 Path to Remission (formally the National Low Calorie Diet Programme) was launch by NHS England with similar aims to REWIND, but with stringent inclusion criteria and only a low calorie option. It has been suggested that the intention is for the programme to be provided nationally by December 2023.
- An evaluation of the REWIND programme suggests that though it has had a positive impact, it has been smaller than intended. Conversely, feedback from South West London ICB suggests that the impact of the Type 2 to Remission

Programme has been as expected.

- Therefore, taking into account experience and developments over the past 3 years, the NWL ICB Primary Care Executive Group, Clinical Advisory Group and Local Care Programme Board have made the decision to let the REWIND contract expire on June 30<sup>th</sup> and transition to the NHS Type 2 pathway to remission programme in 2024.

## Purpose of this paper:

This paper highlights the timelines and next steps for REWIND contract expiry and also advice to Primary Care Staff on alternative referral options.

# Frequently Asked Questions (FAQs) for Primary Care

Question	Answers
1. Why is the contract expiring now?	The contract for REWIND with the provider (XYLA) expires on 30 <sup>th</sup> June 2023. The North West London Clinical Advisory Group and Primary Care Executive both endorsed the decision to not renew the contract when it expires, as they would rather transition to the National T2D pathways to remission programme, which has shown better weight loss outcomes, less responsibility for delivery from Primary Care and also no cost the patient (meal replacement/monitoring equipment).
2. When is the last date I can refer a patient to REWIND?	The last date of referral will be 6 <sup>th</sup> June 2023.
3. Will patients already referred to/started REWIND be able to complete the programme?	<p>Yes, patients who start on (or before the 6<sup>th</sup> June) will be able to complete the 12 month REWIND programme up until the following year (the latest this could be is July 2024).</p> <p>The last start date will be in July 2023 to give time for referrals to be processed. All current monitoring requirements will need to continue until 12 months after the patient has started the programme (regardless of early discharge).</p>
4. How will this impact on the REWIND Enhanced Service payments	<p>Payments will still be given as normal for referrals/starters up until July 2023, as well as all monitoring up until July 2024.</p> <p>A proposal for re-allocating the funding for referral and starters post June 6<sup>th</sup> (estimated at about £141 per practice) will be taken through the primary care executive in June 2023.</p>
5. When will I be able to refer my patient to the Type 2 path to remission programme?	NHS England are managing the procurement process. Their expectation is that the programme will be live in North West London by February 2024.
6. What alternatives to REWIND can I refer my patients to whilst we wait for the NHS path to remission programme to be mobilised in NWL?	<p>Practices can still to refer patients to other lifestyle programmes. You can find a list of alternative programmes on the KDS website: <a href="#">Weight loss programmes   Know Diabetes</a></p> <p>Additionally, KDS account holders are able to complete an e-learning module on Remission here <a href="#">Type 2 Diabetes Remission   Know Diabetes eLearning</a></p>

# Next Steps and Timeframes...

Date	Activity
May 2023	NWL Clinical Advisory Group and NWL Primary Care Executive endorse decision to transition to Type 2 Pathway to Remission programme in 2024.
6 <sup>th</sup> June 2023	Last primary care referral date to REWIND
7 <sup>th</sup> June 2023	Referral form will be taken off primary care systems.
July 2023	Last start date for patient on REWIND
Feb 2024	Type 2 Diabetes Pathway to Remission programme expected to start in NWL.
July 2024	<ul style="list-style-type: none"><li>- Last monitoring checks completed by primary care for REWIND (i.e for patients who started in July 2023)</li><li>- Last patient discharged from REWIND.</li></ul>

If you have any further questions about the REWIND contract expiry please email: [nhsnwl.diabetes@nhs.net](mailto:nhsnwl.diabetes@nhs.net)