The NHS Diabetes Prevention Programme in England: Lessons learnt from process evaluation of the demonstrator site phase

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_On behalf of the NHS DPP evaluation team_

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In 2014, the development of the National Health Service (NHS) Diabetes Prevention Programme (NHS DPP) was envisioned.

The NHS DPP aims to prevent or delay the onset of type 2 diabetes in high risk individuals and subsequent complications.

The development, evaluation and implementation of the NHS DPP is planned in phases, starting with a demonstrator site phase.
Phases of the Evaluation

Demonstrator site phase – 7 locations

First wave phase – 27 locations

National evaluation
NHS DPP

• Adults with HbA1c of 42 – 47 mmol/mol (6.0 – 6.4%) or a fasting plasma glucose (FPG) of 5.5 – 6.9 mmol/mol

• Behavioural intervention with three core goals: i) dietary improvements ii) increased physical activity, and iii) weight reduction

• Face-to-face group sessions

• Minimum of 9 months, at least 13 sessions with a minimum total of 16 hours contact time
Aims and objectives of the demonstrator phase evaluation

• Conduct a process evaluation to provide evidence on how to maximise implementation and effectiveness of the NHS DPP

• Identify evaluation opportunities for national implementation of the NHS DPP
Work packages

- Review of documents
- Stakeholder interviews
- Data systems
- Problem solving workshops
- Patient and public involvement
- Data analysis
Review of documents

Stakeholder interviews

Data systems

Patient and public involvement

Data analysis

Problem solving workshops
• Mapped documentation from the seven demonstrator site locations against:
  1. National guidelines
  2. NHS DPP draft specification

• Extracted information on sections to span the entire programme (from referral to the end of the intervention)
1. Option of same sex groups
2. Commitment to cross-cultural communication
3. Clarification of components, behaviour targets and health outcomes
4. Consideration of phone or digital delivery
5. Incorporation of several pathways into the programme (community and workplace recruitment)
6. Clarify training and quality assurance mechanisms
Review of documents

Data systems

Problem solving workshops

Patient and public Involvement

Data analysis

Stakeholder interviews
• Intervention deliverers (n=15)
• Service users (n=20)
• Commissioners (n=7)
• Referrers (n=8)

Recorded - Transcribed – Analysed Framework analysis
- **Risk communication**
  - Referral, the condition, the programme
- **Enrolment**
  - Local and fast referral
- **Recruitment numbers**
  - Monitoring recruitment and drop-outs
- **Follow-up**
  - Provision of services

**Stakeholder interviews**
Current and future research

- Service specification and logic model
- Stakeholders interviews
- Fidelity
- Data systems and analyses
- Health Economics

Demonstrator site phase – 7 locations

First wave phase – 27 locations

National evaluation
Conclusion

• Process evaluation has been used to examine all available evidence to identify potential improvements or challenges with the implementation of the NHS DPP

• Provided recommendations to the management team for subsequent phases of the NHS DPP

• Valuable information for other health systems planning to adopt a systematic universal coverage DPP
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