

Royal College of General Practitioners and Warwick Medical School
Annual Education, Research and Innovation Symposium
16th June 2016 - Abstract Submission Form

PRESENTER'S DETAILS Session D. Long Term Conditions		
Title (Prof, Dr, Mr, Mrs) Mr	First Name Harvinder	Surname Mann h.s.mann@warwick.ac.uk
Category Audit, Research , Education Project, Innovation Project		
PRESENTATION DETAILS (max 300 words not including title)		
Authors Harvinder Mann Professor Jeremy Dale		Title of Study A Literature Review on the Views of Patients, General Practitioners and Allied Healthcare Professionals in the Prevention of Diabetes using Lifestyle Interventions in Patients with Impaired Glucose Tolerance.
What's the problem you are tackling? The prevalence of diabetes is continuing to rise in the UK, with obesity being the main modifiable risk factor. Weight loss has been found to be the dominant predictor to reduce diabetes incidence, making this a key prevention strategy. Being diagnosed with an impaired glucose tolerance (IGT) has been found to have an increased risk of transitioning into type 2 diabetes, making this an important group to target any prevention strategies. The majority of type 2 diabetes is managed in Primary Care, making it important to evaluate the views of all parties involved in such interventions.		
How did/will you do it? To review research carried out to date in the UK, which has analysed the views of patients, GPs and their allied health professionals on the prevention of diabetes by lifestyle intervention in patients diagnosed with IGT. Using a reproducible strategy, the literature search set out to identify studies published between 1995-2015. Studies were selected if they considered the prevention of diabetes by means of lifestyle interventions. The studies were critically appraised using the CASP tool. Themes were extracted and then compared across the studies to form conclusions. The sources used were OVID Medline, Cochrane and Google Scholar.		

What did you find?

Eight studies met the inclusion criteria. Patients feel that more practitioner time and advice would be helpful and motivating, reducing confusion over the diagnosis of IGT. GPs and the allied healthcare professionals felt that guidelines for delivering such interventions would be useful, encouraging a multidisciplinary approach. Barriers to providing this intervention were found to be; time, lack of resources and negative attitudes towards the intervention.

Why does this matter?

This review has found that patients desire more attention to the diagnosis of IGT, whilst practitioners are undecided about who should be delivering this intervention, highlighting many barriers. The findings form the foundations for future research to be conducted, in the form of focus groups/questionnaires on a larger scale, which would provide findings to design an interventional service, which would take into account the views of all involved.