Information
Prescriptions

The key to unlocking behaviour change

“They are hands down the most useful patient resource I have encountered in my diabetes career to date.”

Dr Kevin Fernando, GP
At Diabetes UK we’ve developed an easy and evidenced-based way to help you help your patients better understand their diabetes and take ownership of their care.

Information Prescriptions provide you with an effective intervention that take a matter of minutes. Currently **over 5,000 people a month** are using the Information Prescriptions as a gateway to find information and support about their condition.

This booklet will help you find out more about how they work and how to use them.
What is an Information Prescription?

Information Prescriptions are a personalised single side of A4 which include easy-to-read explanations, clear images and individual goals to help prevent diabetes health complications. They are designed to give people with diabetes the information that they need to understand, engage with and improve on their health targets.

Why Information Prescriptions matter

**Individual support**
- a personalised document that is easy to read and short

**National reach**
- they are embedded into primary care IT systems

**Fight against health complications**
- clinically accurate information to make people with diabetes aware of how to prevent complications

**Opportunity to transform care**
- designed to support care planning and behaviour change enabling self-care

“Information Prescriptions put patients in the driving seat and that is the key to driving successful behaviour change. This is a revolutionary step in diabetes care.”

Dr Steven Lawrence, GP
Types of Information Prescriptions

We provide eight different Information Prescriptions. These cover key health markers that influence someone’s risk of complications as well as additional information that clinicians and people with diabetes have asked for.

**Blood pressure**

These are our three core Information Prescriptions. They focus on the three key health markers that influence someone’s risk of complications, where only **36 per cent** of people with diabetes achieve the NICE recommended targets. People outside these targets are at higher risk of blindness, kidney failure, amputation, heart attack or stroke.

**Cholesterol**

**HbA1c**

**Mood**

**Keeping your kidneys healthy**

**Kidney disease**

**Contraception and pregnancy**

**Feet**
How are they used?
Information Prescriptions are embedded into primary care IT systems, or available to download from our website: diabetes.org.uk/IP-Prof

“In my own surgery we have seen that the Information Prescriptions make a big difference both to clinician awareness and patient empowerment. For example, since introducing the kidney disease Information Prescription, regular audit has shown we have improved the management of those with diabetes and kidney disease and have no-one on contraindicated anti-diabetes medications.”

Nicola Milne, practice nurse
Why are they needed?

The UK spends **£8 billion a year** treating the preventable complications of diabetes. Information Prescriptions are a quick and effective tool to engage patients in their diabetes care. They increase control of their health and understanding of their condition.

So far more than **100,000** Information Prescriptions have been saved on patient records and **1/3** of GP surgeries have activated alerts to receive them.

Over **35,000** patients have followed the unique URL at the bottom of Information Prescriptions to find out more information from Diabetes UK’s website, showing that they are motivating people to take action towards self-managing their diabetes care.

**Case study**

The Waverley Medical Practice in Scotland did an audit of the Information Prescriptions. After their introduction, a **10 per cent increase** in patients reaching HbA1c targets was found.

<table>
<thead>
<tr>
<th>T2DM patients with HbA1c&lt;58 at Baseline</th>
<th>T2DM Patients with HbA1c&lt;58 one year later</th>
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<tbody>
<tr>
<td>75%</td>
<td>85%</td>
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How were they created?

Information Prescriptions were created by Diabetes UK. They are co-produced by clinicians, health academics, psychologists and people with diabetes. This ensures they are clinically accurate, easy to read and use the latest evidence in terms of supporting behaviour change.

Personal care planning

Actions to reduce risk

Visually powerful

Clear information

Signpost for support and information
How can I use Information Prescriptions?

Diabetes UK has been working with primary care IT systems to make it as easy and streamlined as possible for you to use Information Prescriptions. All Information Prescriptions are also available for download from our website.

For instructions on installing Information Prescriptions in your practice, clinic or hospital go to diabetes.org.uk/IP-Prof

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