

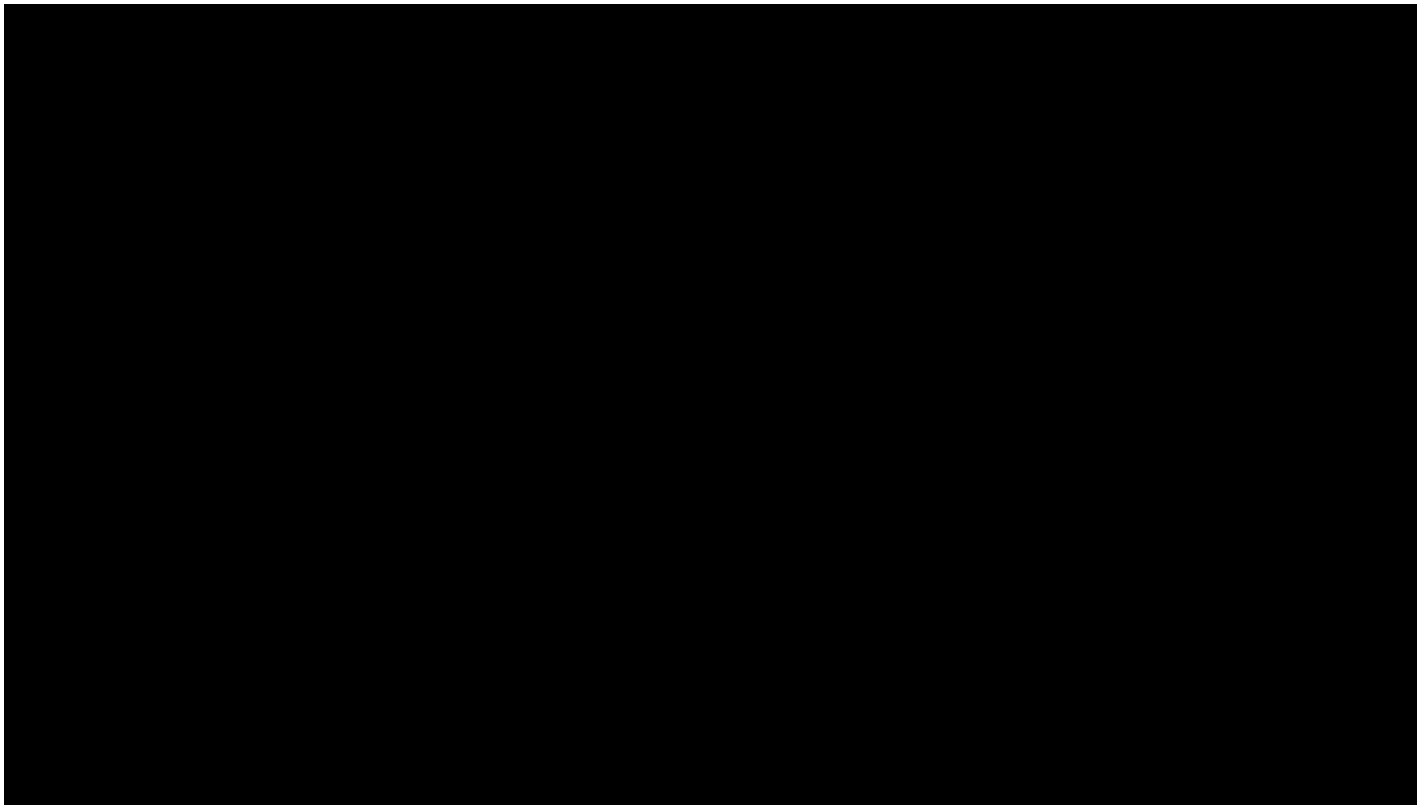


# Group clinics for people living with Diabetes

Dr Grace McGeoch

South Islington PCN Group  
Clinic Pilot

Manage your diabetes more easily and with less stress





# How group clinics work

- What happens in a group clinic?
- Topics include:
  - Recent test results and questions about these, for example what is HbA1c?
  - Managing your blood pressure
  - Diet including healthy swaps, portion sizes, cooking tips
  - Physical activity including the link between this and insulin sensitivity and blood sugar regulation
  - Medications including weight loss injections
  - Eye screening



“Good group session – lots of discussion on how to improve diabetes control and side effects”

“Session was brilliant. I’ve learned so much”

“I have enjoyed my time and learned a lot Thank You!”

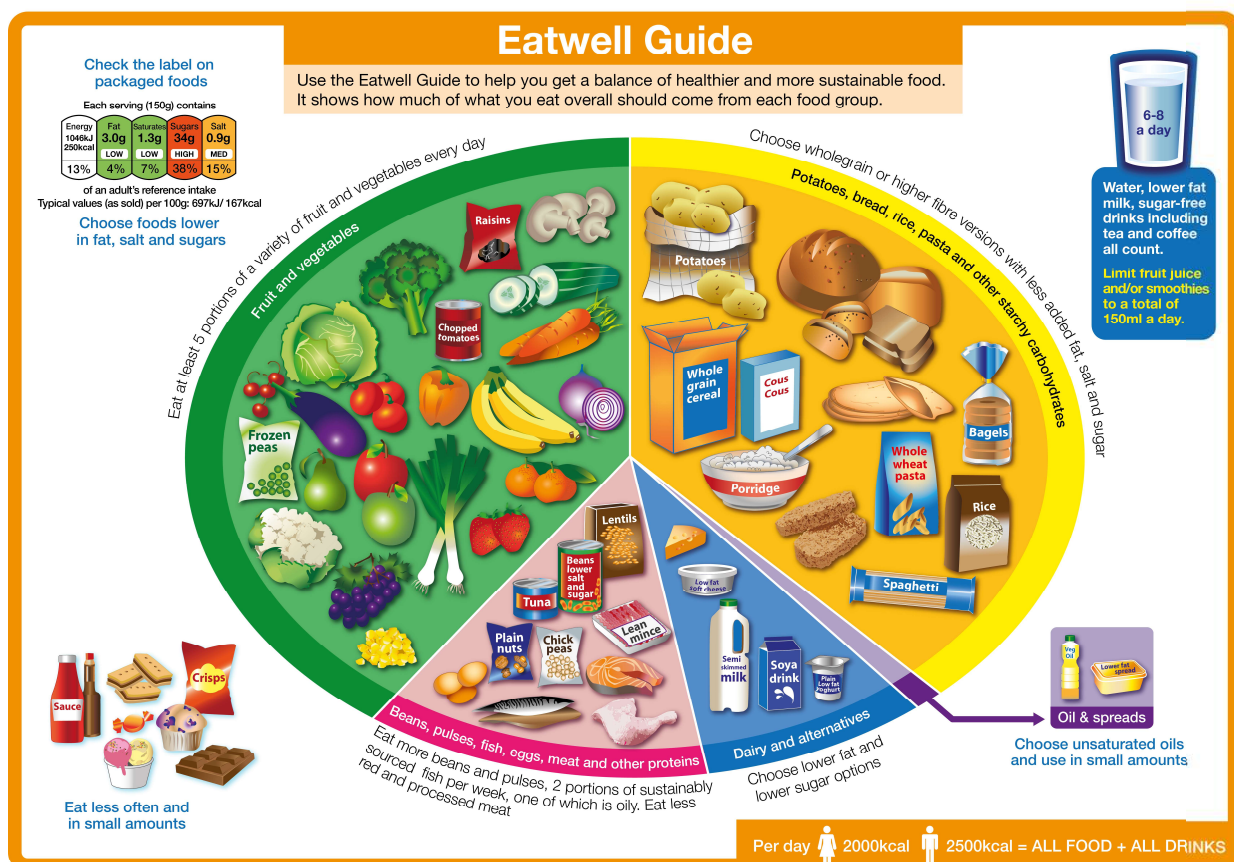
“Perfect session: well informed. Time for discussion. All questions answered. Staff well educated in topic areas.”

“Awareness matters!”

“We are all flying high in some ways and falling flat on our faces in others. Nobody has it all figured out. It’s our job to cheer each other on and lift each other up and push each other to keep giving it our best.”



# What do you find most difficult about managing your diabetes?



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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## Physical activity for adults and older adults

|                          |                            |      |
|--------------------------|----------------------------|------|
| Benefits health          | Type II Diabetes           | -40% |
| Improves sleep           | Cardiovascular disease     | -35% |
| Maintains healthy weight | Falls, depression etc.     | -30% |
| Manages stress           | Joint and back pain        | -25% |
| Improves quality of life | Cancers (colon and breast) | -20% |

Reduces your chance of

Some is good, more is better

Make a start today: it's never too late

Every minute counts

### Be active



### Minimise sedentary time

Break up periods of inactivity



### Improve balance

For older adults, to reduce the chance of frailty and falls



UK Chief Medical Officers' Physical Activity Guidelines 2019

# Ask your GP about group clinics

South Islington PCN GP practices holding group clinics include:

Amwell Group Practice  
Barnsbury Medical Practice  
City Road Medical Centre  
Clerkenwell Medical Practice  
Killick Street Health Centre  
Pine Street Medical Practice  
Ritchie Street Group Practice

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