

New SCI-Gateway Referral Forms for the Grampian Type 2 Diabetes Prevention & Early Intervention Pathway

You can now use SCI-Gateway to refer patients through to Education and Self-Management Support offered as part of NHS Grampian pathway for Type 2 Diabetes Prevention and Early Intervention.

Education - Control It and Prevent It

The Community Dietetics Diabetes Service provide online group education sessions on understanding Pre-Diabetes (Prevent It) and Type 2 Diabetes (Control It), and how to manage these conditions.

The referral form for Control It and Prevent It education can found on SCI-Gateway under **Diabetes Education > Aberdeen Community Health and Care Village > Pre - Type 2 Diabetes Education**.

Patients can also self-refer directly into the service by emailing gram.patientgroupeducation@nhs.scot or calling 01224 655708.

Diabetes Psychology - Supported Self-Management

The Diabetes Psychology Service provides self-management support for people with pre-diabetes, Type 2 diabetes, or current/history of gestational diabetes that puts them at an increased risk of developing Type 2 diabetes in the future.

This support focuses on being more physically active, improving eating habits and patterns, and managing mild-to-moderate anxiety and/or low mood that is getting in the way of someone's effort to self-manage their condition.

The referral form for Diabetes Psychology Supported Self-Management can found on SCI-Gateway under **Diabetes Psychology > Aberdeen Royal Infirmary > Pre - Type 2 Diabetes Psychology**.

If you do not have access to SCI-Gateway, please contact us with the patient's name, date of birth or CHI, and any important information you wish us to know at the email address below.

Patients can also self-refer directly into the service by emailing gram.actnow@nhs.scot or calling 01224 655755.

More information about these services can be found on the Diabetes in Grampian website:

Prevent It	https://www.nhsgrampiandabetes.scot.nhs.uk/your-diabetes/prediabetes-2/prediabetes-support/prevent-it-3/
Control It	https://www.nhsgrampiandabetes.scot.nhs.uk/your-diabetes/type-2-2/type-2-support/control-it-2/
Diabetes Psychology Self-Management Support	https://www.nhsgrampiandabetes.scot.nhs.uk/support-services/self-management-emotional-wellbeing/