



Delivering value based healthcare

Measuring outcomes that matter to patients:

Three Dimensions for Diabetes (3DFD) care.



The challenge

High numbers of diabetes patients with multi-morbidity, in Southwark and Lambeth.

- Lambeth and Southwark are two of the most ethnically and socioeconomically diverse boroughs in the UK
- They each have a high number of diabetes patients with multi-morbidity and who are at risk of complications.

Our intervention

Integrating psychological, social, and diabetes care.

- Integrating psychological, social, and diabetes care
- 3DFD comprises clinical psychologists, third-sector support workers, and a consultant liaison psychiatrist, all integrated into diabetes teams across primary, community, and secondary care
- The Programme receives an average of 300 referrals per year, overall, 1,020 patients have been referred.

Our impact

Savings of £225,000 in one year, reductions in A&E attendances of 45%, predicted savings of £2,425,000 over five years.

- 60% of patients received a new diagnosis of a psychiatric disorder (60% of which was depression). Once conditions are identified patients have the opportunity to access appropriate care and receive support to enable recovery
- Reductions in A&E attendances of 45%, hospital admissions of 43%, and bed days of 22%
- Savings of £225,000 in one year (£850 per patient, per year), the service cost £190,000 for the two boroughs
- Predicted savings of £2,425,000 over five years (£3,375,000, minus cost of £950,000)
- 16 mmol/mol reduction in HbA1c for patients (reducing HbA1c by 10 mmol/mol reduces risks of complications by up to 40%).