NATIONAL INSTITUTE FOR HEALTH AND CARE EXCELLENCE

# NICE indicator guidance

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## Indicator NM28

The percentage of patients with diabetes who have a record of a dietary review by a suitably competent professional in the preceding 15 months.

## Indicator type

General practice indicator suitable for use in the Quality and Outcomes Framework.

## Rationale

Diabetes is a progressive long-term medical condition that is predominantly managed by the person with the diabetes and/or their carer as part of their daily life. Accordingly, understanding of diabetes, informed choice of management opportunities, and the acquisition of relevant skills for successful self-management play an important role in achieving optimal outcomes. Having a review by a competent professional gives the opportunity for dietary advice and support to help with self-management.

## Source guidance

[Type 1 diabetes in adults: diagnosis and management. NICE guideline NG17](https://www.nice.org.uk/guidance/ng17) (2015, updated 2021), recommendations 1.4.6 and 1.4.7.

[Type 2 diabetes in adults. NICE guideline NG28](https://www.nice.org.uk/guidance/ng28) (2015, updated 2020), recommendation 1.3.1.

## Specification

Numerator: The number of patients in the denominator who have a record of a dietary review by a suitably competent professional in the preceding 15 months.

Denominator: The number of patients on the diabetes register.

Calculation: (Numerator/denominator)\*100

Exclusions: None.

Minimum population: The indicator would be appropriate to assess performance at individual general practice level.

## Further information

This is NICE indicator guidance, which is part of the [NICE menu of indicators](https://www.nice.org.uk/Standards-and-Indicators/index). This document does not represent formal NICE guidance.