

NATIONAL INSTITUTE FOR HEALTH AND CARE EXCELLENCE

Indicators for the NICE menu for the QOF

Indicator area: Diabetes

Indicator: NM139

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The percentage of patients with diabetes, on the register, who have had influenza immunisation in the preceding 1 August to 31 March

Please note: NICE inherited this indicator when it became responsible for managing the process of developing and maintaining QOF indicators in 2009.

Introduction

Diabetes is a chronic disease that occurs when the pancreas does not produce enough insulin or when the body cannot effectively use the insulin it produces.¹ There are 2 major types of diabetes. Type 1 diabetes occurs when the insulin-producing cells in the pancreas are destroyed and usually develops in children and young adults.² Type 2 diabetes usually appears in middle-age or in older people, although more frequently it is being diagnosed in younger people who are overweight. Type 2 diabetes occurs when the pancreas does not produce enough insulin, or the insulin produced is not used effectively.²

Influenza is an acute viral infection of the respiratory tract (nose, mouth, throat, bronchial tubes and lungs) characterised by a fever, chills, headache, muscle and joint pain, and fatigue. For otherwise healthy individuals, flu is an unpleasant but usually self-limiting disease with recovery within two to seven days³.

¹ World Health Organization (2015) [Diabetes: fact sheet 312](#)

² Diabetes UK (2014) [Diabetes: facts and stats](#)

³ Department of Health and Public Health England (2015) [Flu Plan: Winter 2015-16](#)

For most healthy people, influenza is an unpleasant but usually self-limiting disease with recovery within two to seven days. However people with underlying health conditions such as diabetes are at particular risk of severe illness from the flu.

Immunization for people at risk of the complications of influenza is recommended by the Department of Health and Public Health England based on recommendations by the Joint Committee on Vaccination and Immunization with support from the Chief Medical Officer, Chief Pharmaceutical Officer and Director of Nursing⁴.

Rationale

This indicator measures the percentage of people with diabetes who have been vaccinated against influenza in the preceding 8-month period (1 August–31 March). The aim of vaccination is to prevent complications from influenza in people with diabetes.

The NICE [Clinical Knowledge Summary for seasonal influenza immunization](#) recommends annual vaccination against influenza for people considered at risk of complications from the flu including people with diabetes. These recommendations are based on guidelines issued by the Department of Health and Public Health England outlined in chapter 19 (the influenza chapter) of [Immunisation against infectious disease](#), known as the 'Green Book' which is updated regularly.

The 8-month timeframe has been chosen to allow practices enough time to achieve sufficient uptake during the 6-month winter influenza vaccination programme (usually September to February).

Source guidance and recommendations

- NICE [Clinical Knowledge Summary for seasonal influenza immunization](#) (2015)
- Seasonal influenza immunization is recommended for people at risk of the complications of influenza, including:

⁴ Department of Health and Public Health England (2015) [Flu Plan: Winter 2015-16](#)

- All people 65 years of age and older (including all those aged 65 on or before 31 March 2015).
- All people 6 months of age and older, with the following conditions
 - Chronic respiratory disease, including asthma.
 - Chronic heart disease.
 - Chronic kidney disease.
 - Chronic liver disease.
 - Chronic neurological disease.
 - Diabetes mellitus.
 - Immunosuppression.
- All pregnant women (first, second, or third trimester).
- People living in long-stay residential and nursing homes or other long-stay care facilities; rapid spread is likely to follow any introduction of infection and cause high morbidity and mortality. This does not include prisons, young offender's institutions, or university halls of residence.

Reporting and verification

See indicator wording for requirement criteria.

Further information

This is NICE indicator guidance for QOF, which is part of the NICE menu of indicators. This document does not represent formal NICE guidance. The NICE menu of indicators for QOF is available online at:

<http://www.nice.org.uk/standards-and-indicators/qofindicators>