

# Diabetes: referral for structured education

NICE indicator

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[www.nice.org.uk/indicators/ind88](https://www.nice.org.uk/indicators/ind88)

## Indicator

The percentage of patients newly diagnosed with diabetes, on the register, in the preceding 1 April to 31 March who have a record of being referred to a structured education programme within 9 months after entry on to the diabetes register.

## Indicator type

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

This document does not represent formal NICE guidance. For a full list of NICE indicators, see our [menu of indicators](#).

To find out how to use indicators and how we develop them, see our [NICE indicator process guide](#).

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# Rationale

Diabetes is a progressive long-term medical condition that is predominantly managed by the person with diabetes and/or their carer as part of their daily life. Structured educational programmes have been designed not only to improve people's knowledge and skills, but also to help motivate and sustain people with both type 1 and type 2 diabetes in taking control of their condition and in delivering effective self-management. Structured education should be offered preferably through a group education programme, to every person with diabetes and/or their carer from the time of diagnosis, with annual reinforcement and review.

## Source guidance

Type 1 diabetes in adults: diagnosis and management. NICE guideline NG17 (2015, updated 2022) recommendations 1.3.1, 1.3.2 and 1.3.4

Type 2 diabetes in adults: management. NICE guideline NG28 (2015, updated 2022) recommendations 1.2.1 and 1.2.2

## Specification

**Numerator:** The number of patients in the denominator in the preceding 1 April to 31 March who have a record of being referred to a structured education programme within 9 months after entry on to the diabetes register.

**Denominator:** The number of newly diagnosed patients on the diabetes register.

**Calculation:** Numerator divided by the denominator, multiplied by 100.

**Exclusions:** None.

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

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