

# NDPP Checklist

## Supporting Your Conversations with Patients

When discussing NDPP with eligible patients, please ensure the following checklist is covered to support successful patient engagement:

**1. Referral Process:** Are patients aware that once referred, they should expect contact from Xyla, the provider of the NDPP in your area?

**2. Available Pathways:** Are they informed about the available pathways?

- Face-to-Face Groups (local community)
- Tailored-Remote Service (TRS) for those with visual or hearing impairments, alternative language requirements or a history of gestational diabetes.
- Digital 1:1 Coaching, via our digital partner Oviva

**3. Programme Length & Commitment:** Are patients aware of the programme length and how many sessions they are committing to?

**TOP TIP:** the programme is approximately 20 hours spread over 9-months; it involves 14 educational sessions including an end of programme review.

**4. Service Overview:** Are patients clear about the NDPP's purpose and content?

Here's what you could say...

*'NDPP aims to help reduce an individual's risk of developing Type 2 Diabetes by promoting healthy lifestyle adjustments. It provides structured educational support covering; nutritional advice, strategies to improve physical activity, stress management and sleep routine guidance.'*

**5. Suitability & Motivation:** Is the programme suitable for the patient, and are they motivated to participate at the time of referral?

With your help, more patients can begin the NDPP and take positive steps toward better glucose control and overall healthier living.