

## I2M MATCHMAKING: SELECTED NEEDS

### Pre-D

## Risk identification and self-management support to prevent type 2 diabetes

### NHS Highland (Scotland)

#### Context

Diabetes costs NHS Scotland around £1 Billion each year, with potentially avoidable complications accounting for 80% of these costs. An additional £300 Million, approximately 12% of the total inpatient budget, is spent providing inpatient care for diabetes and its complications.

Key recommendations to address Type 2 diabetes focus on:

- Lifestyle management, such as education programmes, tackling co-founding factors like smoking and obesity
- Psychosocial factors, such as behavioural issues and eating disorders,
- Condition management and subsequent complications, such as foot disease, visual impairment, Kidney and Cardiovascular Disease seek to improve the management of diabetes.

Scotland, like many countries, has been pro-active in tackling Type 2 Diabetes and formed a national steering group to take forward the implementation of the Scottish Diabetes Framework and the subsequent Action Plan. It aims to promote Scotland-wide collaboration, peer support and dissemination of best practice, such as the [My Diabetes My Way website](#).

This challenge looks to move the focus upstream and prevent people becoming Type 2 Diabetic rather than looking to help them manage their condition, once it is diagnosed.

#### Need description

NHS Highland is interested in tackling the reasons that cause the appearance of diabetes Type 2 in the general population, including older people as Type 2 diabetes tends to be diagnosed in older people and is often associated with obesity, which is linked with lower socio-economic status. Support for active and healthy ageing is needed.

Since Scotland's healthcare model is transitioning from an infrequent, therapeutic focused hospital-based system to a needs-based, prevention focused, community based system, it is keen to adopt technology that demonstrates significant health outcomes and service improvements whilst, at the same time, dramatically reduces costs when compared to its competitors. In Scotland, we are keen to find solutions that promote healthy lifestyles that support physical and mental wellbeing throughout the lifecycle, in support of our active and healthy ageing agenda.

The challenger is looking for (digital) solutions that help to:

- Stratify the type 2 diabetes risk of the Scottish population.

- Support the behaviour change, self-management and multi-disciplinary support to prevent or delay type 2 diabetes and associated complications.
- Promote effective communication about health care needs, plans and status between the citizen and their health and care providers, thus solutions would require to be interoperable with the main health and care systems in use in Scotland.

## About us

**NHS Highland** is the largest geographic healthcare provider in the United Kingdom, covering an area equivalent to Belgium. Our population is 330,000 and we are keen to be a collaborator and testbed for how emerging technology can improve remote and rural healthcare services and scale up in other rural and urban communities. NHS Highland already works closely with Scotland's Digital Health and Care Institute and the Scottish Government's Technology Enabled Care and Digital Healthcare Innovation Division on a number of technology focused health and care initiatives that aim to improve the health outcomes and wellbeing of citizens.

## Commitment to fund this innovation

NHS Highland, working in partnership with The Digital Health and Care Institute and the Scottish Government's TEC and Digital Healthcare Innovation Division can access a variety of funds and initiatives to facilitate the adoption of new products and services nationally that are shown to offer cost benefits compared with current products and services. This could be done through an open tender process, pre-commercial procurement or assessment of disclosed healthcare innovation looking to access the Scottish market.