

Lincus and 2015 NICE Guidelines for Diabetes

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Summary

Lincus meets numerous NICE guidelines to the management of diabetes in adults, including recommendations for individualised care and monitoring/management of clinical measurements and comorbidities. Lincus empowers individuals with diabetes to make informed decisions about their care and treatment in partnership with healthcare professionals through enhanced self-management and education.

Type 2 diabetes in adults: management - NG28

“Patients should have the opportunity to make informed decisions about their care and treatment, in partnership with their healthcare professionals.”

Lincus empowers individuals with diabetes to better understand their condition through self-management and education. This in turn enhances involvement in shared decision making.

“Involve adults with type 2 diabetes in decisions about their individual HbA1c target. Encourage them to achieve the target and maintain it unless any resulting adverse effects (including hypoglycaemia), or their efforts to achieve their target, impair their quality of life. [new 2015]”

Lincus allows multiple clinical measurements to be tracked over time, including HbA1c. Individuals can also set goals so they are aware of the target HbA1c they need to achieve. Lincus results module provides data visualisation showing the change in measurement over time, and a ‘goal line’, allowing users to see a visual representation of their previous and current measurements in comparison to their target measurement. This visualisation provides additional motivation to achieve the target measurement. In addition, improved self-management, and better understanding of the condition through the content recommendation engine enables individuals to become more involved in decisions regarding their HbA1c target.

“Adopt an individualised approach to diabetes care that is tailored to the needs and circumstances of adults with type 2 diabetes, taking into account their personal preferences, comorbidities, risks from polypharmacy, and their ability to benefit from long-term interventions because of reduced life expectancy. Such an approach is especially important in the context of multimorbidity. Reassess the person's needs and circumstances at each review and think about whether to stop any medicines that are not effective. [new 2015]”

Lincus encourages an individualised approach to diabetes care. Lincus is highly configurable and takes into account personal preferences and comorbidities.

“Take into account any disabilities, including visual impairment, when planning and delivering care for adults with type 2 diabetes. [new 2015]”

Lincus enables individuals to record disabilities and accessibility requirements so their health professionals are aware of their needs. Lincus software is highly accessible and takes into account disabilities, including visual impairment.



“Consider short-term self-monitoring of blood glucose levels in adults with type 2 diabetes (and review treatment as necessary):

- **when starting treatment with oral or intravenous corticosteroids or**
- **to confirm suspected hypoglycaemia. [new 2015]”**

Lincus allows monitoring of numerous clinical measurements, including blood glucose levels. Measurement goals can also be set so individuals are aware of their target blood glucose level. Lincus results module provides data visualisation showing the change in measurement over time. If a measurement goal has been entered, this will display a goal line on the graph, allowing users to see a visual representation of their previous and current measurements in relation to their target measurement. This enhances self-monitoring and provides motivation to achieve target measurements.

Type 1 diabetes in adults: diagnosis and management – NG17

“Patients should have the opportunity to make informed decisions about their care and treatment, in partnership with their healthcare professionals.”

Lincus empowers individuals with diabetes to better understand their condition through self-management and education. This in turn enhances involvement in shared decision making.

“Take account of any disabilities, including visual impairment, when planning and delivering care for adults with type 1 diabetes. [new 2015]”

Lincus enables individuals to record disabilities and accessibility requirements so their health professionals are aware of their needs. Lincus software is highly accessible and takes into account disabilities, including visual impairment.

“Set up an individual care plan jointly agreed with the adult with type 1 diabetes, review it annually and modify it taking into account changes in the person's wishes, circumstances and medical findings, and record the details. The plan should include aspects of:

- **diabetes education, including nutritional advice (see sections 1.3 and 1.4)**
- **insulin therapy, including dose adjustment (see sections 1.8 and 1.9)**
- **self-monitoring (see section 1.6)**
- **avoiding hypoglycaemia and maintaining awareness of hypoglycaemia**
- **for women of childbearing potential, family planning, contraception and pregnancy planning (see the NICE guideline on diabetes in pregnancy)**
- **cardiovascular risk factor monitoring and management (see section 1.13)**
- **complications monitoring and management (see section 1.15)**
- **means and frequency of communicating with the diabetes professional team**
- **frequency and content of follow-up consultations, including review of HbA1c levels and experience of hypoglycaemia, and next annual review. [2004, amended 2015]”**

Lincus encourages an individualised approach to diabetes care. Lincus is highly configurable and includes unstructured diabetes education and self-monitoring. Lincus also supports monitoring of cardiovascular risk factors and complications.



“Provide nutritional information sensitive to personal needs and culture from the time of diagnosis of type 1 diabetes. [2004]”

The Lincus content engine provides unstructured education, including recommended nutritional information sensitive to personal needs through utilising information provided on the individual’s profile.

“Make information available about the benefits of healthy eating in reducing cardiovascular risk as part of dietary education in the period after diagnosis, and according to need and interest at intervals thereafter. Include information about fruit and vegetables, types and amounts of fat, and ways of making the appropriate nutritional changes. [2004, amended 2015]”

The Lincus content engine provides unstructured education, including information about the benefits of healthy eating in reducing cardiovascular risk, fruit and vegetables and types and amounts of fats. Most relevant information is recommended to the user, and users can also search for specific content.

“Advise routine self-monitoring of blood glucose levels for all adults with type 1 diabetes, and recommend testing at least 4 times a day, including before each meal and before bed. [new 2015]”

Lincus supports monitoring of numerous clinical measurements, including blood glucose levels. Measurement goals can also be set so individuals are aware of their target blood glucose level. Lincus results module provides data visualisation showing the change in measurement over time. If a measurement goal has been entered, this will display a goal line on the graph, allowing users to see a visual representation of their previous and current measurements in relation to their target measurement. This enhances self-monitoring and provides motivation to achieve target measurements.

