

Oviva Diabetes Remission



Referral information

Inclusion criteria

- Minimum age of 18 and maximum age of 65 years old
- Minimum BMI of 27kg/m² (25kg/m² in people of ethnic minority origin).
- BMI <45kg/m²
- Duration of Type 2 Diabetes: Diagnosed with within the last 6 years
- HbA1c eligibility, most recent value, which must be within 12 months:
 - If on diabetes medication, HbA1c 43-87 mmol/mol
 - If on diet alone, HbA1c 48-87 mmol/mol
 - In all cases HbA1c must be 87 mmol/mol or lower
- Access to blood glucose monitoring if on a sulphonylurea or a meglitinide prior to referral
- Have attended for monitoring and diabetes review when this was last offered, including retinal screening, and commit to continue attending reviews, even if remission is achieved.
- Ability to speak, read and receive care in English



Exclusion criteria

- Current insulin use
- Pregnant or planning to become pregnant
- Currently breastfeeding
- Significant physical comorbidities:
 - active cancer
 - heart attack or stroke in last 6 months
 - severe heart failure defined as equivalent to the New York heart Association grade 3 or 4 (NYHA)
 - severe renal impairment (recent eGFR <30 mls/min/1.73m²)
 - active liver disease (except non-alcoholic fatty liver disease (NAFLD)
 - active substance use disorder or eating disorder
 - porphyria
 - known proliferative retinopathy that has not been treated
- Weight loss > 5% body weight within the last 6 months/ on current weight management programme
- Had or awaiting bariatric surgery (unless willing to come off waiting list)
- Health professional assessment that the person is unable to understand or meet the demands of the treatment programme and/or monitoring requirements.