



Norfolk and Suffolk Health and Care Awards 2026

Treatment to Prevention Award

Proactive Programmes in Primary Care

Lionwood Medical Practice

These two programmes at Lionwood Medical Practice demonstrate a highly effective, primary care-led approach to preventing diabetes complications and cardiovascular disease within a high-deprivation, rapidly growing population. Together, they shift care from reactive treatment to proactive, population-level prevention by systematically identifying and managing clinical risk early.

The diabetes optimisation programme uses the practice register to proactively identify patients missing essential care processes or with suboptimal HbA1c or blood pressure. Rather than relying on opportunistic reviews, patients are actively recalled, reviewed, and supported before complications develop. Care is delivered by a multidisciplinary team including a GP, diabetes specialist nurse, pharmacy technician, GP assistant, and care coordinator, ensuring medication optimisation, lifestyle support, and consistent clinical oversight. This integrated model has eliminated fragmentation and delivers high-quality care entirely within primary care.

Complementing this, the lipid optimisation programme systematically identifies patients at risk of cardiovascular disease and ensures timely intervention. Patients are started on or escalated through lipid-lowering therapies, including advanced treatments such as inclisiran where required. This centralised pathway ensures no patient is missed, while the skill-mix model maximises efficiency and releases GP capacity without compromising safety.

The impact has been exceptional. Diabetes care process completion has risen from 64.2% to 90.0% over three years, placing Lionwood in the top quintile across the ICB for both Type 1 and Type 2 outcomes. Lipid management has also significantly improved, with large gains in patients achieving cholesterol targets and measurable reductions in LDL and non-HDL levels, preventing cardiovascular events.

Crucially, these improvements have been achieved alongside a 55% increase in patient population, demonstrating scalability, resilience, and a powerful model for tackling health inequalities and improving long-term outcomes.