

## **Urgent request to review my COVID-19 Risk Status**

### **FAO of the Lead GP**

Due to the rapid increase in COVID-19 cases and hospitalisations, Diabetes UK and JDRF – supported by the Primary Care Diabetes Society and Association of British Diabetologists – have written to the CMO calling for immediate action to protect people with diabetes facing the highest risk from COVID-19.

**This includes the extension of the shielded patients list to people with any type of diabetes who are aged 50 years or older, who have an HbA1c of 75 mmol/mol (9%) or more, and who have received treatment for a chronic diabetes-related complication or for an acute diabetes-related complication in the last five years.**

### **The evidence**

Over the course of the last six months, a number of large UK population studies have consistently shown that people with diabetes are at increased risk of dying from the virus.

These studies have also shown that the risk of serious illness or death from COVID-19 is not equal across all people with diabetes. While, in the main, the conditions currently included in the Clinically Extremely Vulnerable group generally have a single risk factor which increases the risk of death dramatically, in terms of diabetes there is a combination of many risks which increases the overall risk so considerably for some.

Based on the evidence provided by these studies, **those at highest risk include people with diabetes who are aged 50 years or older, who have an HbA1c of 75 mmol/mol (9%) or more, and who have received treatment for a chronic diabetes-related complication or for an acute diabetes-related complication in the last five years.**

Mortality risk is significantly increased with HbA1c levels of 86mmol/mol (10%) and higher. At HbA1c of 75mmol/mol (9%) risk is also elevated – significantly for people with type 2 diabetes, who represent the 90% of all people with the condition.

People with diabetes who are not covered by these criteria may also be considered Clinically Extremely Vulnerable and be asked to shield, following an individual assessment of their risk by their healthcare professional.

**As your patient, I am writing to request that you review whether I meet the clinical criteria and, if clinically appropriate, take action to add me to the shielded list.**

If added to the list, please can I also request you provide me with a letter confirming this so I can immediately access the support available to Clinically Extremely Vulnerable groups, which includes furlough and Statutory Sick Pay.