

Using CDEP to Support Tirzepatide Roll-Out



South West London

THE CHALLENGE

- To date, **96% of GPs** across South West London have signed up to the new Tirzepatide-prescribing initiative.
- NHS South West London ICB needed to **upskill** its primary care workforce to support the roll-out of Tirzepatide.
- While the **main prescribers** required **in-depth clinical training**, the ICB recognised that **all staff** needed a **solid understanding** to ensure safe and consistent patient care.
- The key challenge was to identify a **scalable, flexible solution** that could reach a large and diverse workforce.

THE SOLUTION

A two-phase rollout was adopted:

ICB Tirzepatide Training (first phase)

- The ICB hosted its own **90-minute webinar**, led by an endocrinology consultant, with a GP and GPN supporting delivery, and a medicines optimisation pharmacist available for the **Q&A session** at the end.
- Key prescribers were invited to do this ICB training, targeting **1-2 people per practice**.
- The training has been delivered to more than **540 healthcare professionals** to date.

CDEP Training (second phase)

- CDEP's GLP-1 Agonists and Weight Management training is being used as **supplementary online training** for **all staff** that may come into contact with someone taking Tirzepatide.
- All CDEP topics are **available for all health and social care staff** to build a broader understanding of diabetes.
- CDEP is **easy to fit into busy days** - topics don't need to be completed in one sitting as **progress is saved**, and can be continued later.

THE BENEFITS

- **Improved competence:** Staff *knowledge and confidence significantly increased* after completing CDEP training. Staff's self-rated pre- vs post training scoring: 2.27 vs 4.21 out of 5.
- **System-wide readiness:** Prescribers received detailed clinical guidance, while all other staff can access CDEP to *enrich their skills relevant to their role*.
- **Flexible learning:** CDEP's *bite-sized, online format supports busy staff*, enabling training during short breaks or downtime.
- **Sustainable upskilling:** The training ensures ongoing familiarity with guidelines and best practice in diabetes care.



Feedback on CDEP's topic: GLP-1 Agonists and Weight Management

Core: *It was interesting to find out what support and information is available to patients through the NHS.*

Intermediate: *I've learnt how to assess patients suitability for GLP-1 and more confidently discuss their diabetes and weight management.*

Specialist: *Great course, lots of easily accessible information, and I have more awareness of when these meds can be used now.*

Expert: *Well organised and very useful case-based learning. I am now more confident prescribing GLP1 for both weight management and diabetes.*

