

Screening Visit CHECKLIST

Total Meal Replacement (TMR) Diabetes Remission Programme

St Helena Health and Social Care Directorate (HSC)

Version 1

Date: 06-Jan-2026

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Visit Details

Participant study ID: _____

Date of screening: / / __

Staff initials: _____

Location / mode: In person Telephone Other __

Before the Screening Visit

- Participant identified from an approved source (registry / clinic / referral / self-referral)
 - Screening appointment scheduled
 - Appropriate time allocated
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During the Screening Visit

Programme Explanation

- Explained that this is a *service*, not a research trial
 - Voluntary nature of participation confirmed
 - Screening explained as an eligibility and safety check only
 - Overview of TMR, food reintroduction, and maintenance phases provided
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Eligibility Checks

- Age within programme limits
- Type 2 diabetes diagnosis confirmed
- Duration of diabetes within criteria
- Recent clinic attendance confirmed
- BMI meets eligibility threshold (measured or recent)

- Recent HbA1c reviewed (if available)
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Safety Exclusions Reviewed

- Pregnancy or breastfeeding excluded
 - Recent major cardiovascular event excluded
 - Severe renal impairment excluded
 - Active eating disorder excluded
 - Other significant exclusions considered
 - Borderline eligibility identified and escalated (if applicable)
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Participant Understanding

- Time commitment explained
 - Medication changes under supervision explained
 - Opportunity for questions provided
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Outcome of Screening

- Eligible
- Not eligible
- Interested in proceeding to baseline visit
- Not interested in proceeding

If interested:

- Baseline visit scheduled

If not interested:

- Option of routine data use as control explained (where applicable)
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After the Screening Visit

- Screening outcome recorded in REDCap
 - Notes added where relevant (e.g. escalation, safeguarding)
 - Next steps communicated to participant
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Retention of Checklist

Routine screening – checklist not retained

Checklist retained due to exception (specify reason): _____

Linked Documents

Screening Visit SOP

Data Sharing Agreement – Outline

Caldicott Guardian Sign-off Record

Data Monitoring Group – Terms of Reference