Structured Education for Type 2 diabetes

A toolkit for optimal delivery- The fundamentals

✓ Structured education programmes for people with Type 2 diabetes are an effective and cost efficient way of improving outcomes and are a key part of diabetes self-management when linked with collaborative care planning, screening and medications 3, 4.

✓ Acting early to prevent complications limits their impact on the person’s life and saves the NHS money4.

✓ However access to structured education is very poor and there is unacceptable variation across South London5.

✓ When people with diabetes, providers, referrers and commissioners work collaboratively real change can happen allowing education to reach a greater number of the population, as has been demonstrated in Bexley, Southwark and Lambeth 6, 7.

✓ NICE states that structured education should be offered to every person with diabetes and/or their carer around the time of diagnosis, with annual reinforcement and opportunity to be repeated as necessary 8.

✓ It is vital to record and report those who are not attending the structured education offered (usually DESMOND or X-PERT) and provide a suitable alternative that meets their individual needs 3.

✓ High quality alternative education programmes do exist for harder to reach groups and innovative ways should be sought to allow people with diabetes to access different types of learning.