This leaflet explains more about the DESMOND course

So, you have just been diagnosed with Type 2 diabetes and are probably wondering
- What this means for you; how will it affect your day to day life?
- What can you do to prevent it from getting worse?

And all those other unanswered questions. Well-meaning friends will be offering advice but now is the time to learn the truth about diabetes and make sure you have all the facts, to help you make the right choices to manage your condition.

Let me introduce DESMOND…

No, he is not a patient but a patient information group that is run locally. It stands for Diabetes Education and Self-Management for Ongoing and Newly Diagnosed.

What is DESMOND?
It is a course run by diabetes healthcare professionals and provides information about Type 2 diabetes including:
- Blood sugar and the way your diabetes will be monitored.
- Potential treatments on offer for diabetes
- Risk factors and possible complications of diabetes
- How you can make positive changes to help control your diabetes.
- You will also get the opportunity to talk to other people in a similar position to you and learn from each other’s experiences.

Who can attend?
Your GP or practise nurse will hopefully have discussed referring you to DESMOND, if not you could remind them at your next consultation. You can bring partner or friend with you.

Where do I need to go?
[Provide venue details, when the service is available and how often patients need to attend e.g. one whole day or two half days. Is patient transport available for those patients who are eligible for this?]

Does it cost anything?
No it is free and refreshments will be provided

Not keen on group learning?
Many people are not eager to join a group to discuss their health issues; however research has shown that this is a really good way to learn. Someone is bound to ask the question you were too embarrassed to ask! The DESMOND team are really supportive and friendly, and the sessions are informal. If you don’t feel ready to ask a question that’s fine, you will still learn by being present.

If you really don’t think DESMOND is for you please speak to your healthcare professional about alternatives.
Useful sources of information

NHS Choices
Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.
w: www.nhs.uk

Diabetes UK
Provide information, help and peer support for people with diabetes so that they can manage their condition effectively.
t: 0345 123 2399
w: www.diabetes.org.uk

DESMOND
Provides information on the patient diabetes course.
w: www.desmond-project.org.uk

Contact us
[Always include contact details for relevant department(s) with opening hours. Include useful helplines and websites – Provide details of who to contact if the patient is worried about anything or if something goes wrong]

[For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.xxxx.nhs.uk]

Language Support Services
If you need an interpreter or information about your care in a different language or format, please get in touch using the following contact details: