

Care Provider Information about the DESMOND course

Did you know that your patient will only have on average 1.5hr of healthcare professional exposure per year? The rest of the time, day in day out, they are making lifestyle/health choices for themselves. You owe it to your patients to make sure they are fully equipped to make the **RIGHT** choices to enable self-management.

First steps in self-management: Education for Type 2 diabetics

What does DESMOND look like?

- 6 hours of structured group education for Type 2 diabetics
 - up to 10 participants
 - may bring a partner/friend if they wish
- Usually delivered by 2 trained health care professionals
- In 1 day or 2 half-day formats
- **Newly Diagnosed Module** – for those within first 12 months of diagnosis
- **Foundation Modules** – as a follow-on for those with established diabetes
- Deliverable in either a health care setting or local community venue
- Culturally sensitive material available

Content includes:

- Thoughts and feelings of the participants around diabetes
- Understanding the physiology of diabetes and hyperglycaemia
- Understanding the risk factors and complications associated with diabetes
- Understanding more about monitoring and medication
- How to take control; good food choices, physical activity
- Planning for the future

What these modules can do for your patients:

- Lowers HbA1c and other biomedical outcomes
- Provides understanding of the causes of diabetes, facilitating positive behaviour changes and self-management.
- Reduces medication requirements (insulin and oral)
- Supports weight reduction with improved levels of physical activity
- By providing skills for self-management patients feel able to make informed decisions, and show reduced depression scores.

Look at some patient video stories here:

[http://www.hin-southlondon.org/system/resources/resources/000/000/047/original/Structured_Education_Toolkit_\(Final\).pdf?1412668611](http://www.hin-southlondon.org/system/resources/resources/000/000/047/original/Structured_Education_Toolkit_(Final).pdf?1412668611)

Find out more at:

<http://www.desmond-project.org.uk/>

How can I refer my patients?

- Individualise this section for your CCG
- Consider encouraging referrers to attend a full or taster session