

Diabetes Education for People with Type 2 Diabetes (page 1 of 2)

How can a diabetes education programme help me?

Diabetes education is recommended by NICE (National Institute for Health and Care Excellence) as an essential part of diabetes care. When you're first diagnosed with type 2 diabetes, or soon after, you should be offered the opportunity to learn about type 2 diabetes in a structured education programme. This usually involves going to group sessions run by people who have been specially trained to do this. If you can't or don't want to be part of a group, you should be offered an individual appointment. Your doctor or nurse should also check, at least every year, whether you would find further diabetes education helpful.

What programmes are available locally?

In Wiltshire, West Hampshire and North Dorset there are different diabetes education programmes available, depending on where you live. In Salisbury and Warminster we offer the DESMOND course. DESMOND stands for Diabetes Education and Self Management for Ongoing and Newly Diagnosed

If you are newly diagnosed with type 2 diabetes, or have been diagnosed with type 2 diabetes for some time but haven't had opportunity previously to attend a diabetes education course, then DESMOND may be suitable for you. Speak to your doctor or practice nurse to discuss if the DESMOND course might be suitable for you.

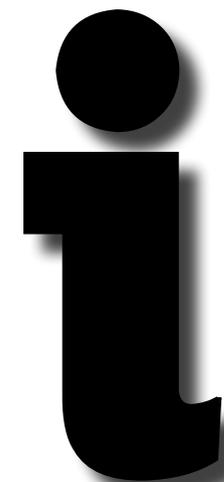
What does the DESMOND course offer?

At the DESMOND course we discuss what type 2 diabetes is, its causes, the different types of treatments for type 2 diabetes (e.g. tablets and injectable treatments), monitoring diabetes, healthy eating, exercise, looking after your health and preventing diabetes-related health problems (complications). It also is an opportunity to meet and share your experiences with others with newly diagnosed type 2 diabetes.

What does it involve?

Each course consists of 2 half-day sessions led by a Diabetes Specialist Nurse and a Diabetes Specialist Dietitian. A maximum of 10-12 people with diabetes attend each course. You may also bring a friend, carer or relative with you to each of the sessions.

Diabetes Nursing Team
01722 425176



If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: customer care@salisbury.nhs.uk

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

Please complete The Friends & Family Test to tell us about your experience at: www.salisbury.nhs.uk/FriendsFamily or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

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Courses are held in the community in Salisbury City Centre and in Warminster. Each session includes a short break, and refreshments are provided. Most people who attend the DESMOND course find it helpful and worthwhile and come away feeling more positive about managing their diabetes.

Further information

For further information about the DESMOND course please contact the Salisbury Community Diabetes Nursing Team at Salisbury District Hospital on telephone number 01722 425176.