

Patient Education Programmes – Type 2 Diabetes

This document aims to help practices identify the diabetes education programmes which are currently available:

If your patient has had, in the past twelve months, a Hb1Ac reading between 42-47mmol/mol, is aged 18 years or over and is not pregnant:

The patient is eligible to be referred to the **National Diabetes Prevention Programme**.

This is provided by Igneus and branded as **Healthier You**. More details are provided here:

<https://www.stopdiabetes.co.uk/index.php>



HEALTHIER YOU
www.stopdiabetes.co.uk

Select Language | **NHS**

HOME PROGRAMME OVERVIEW GETTING STARTED MANAGE MY APPOINTMENTS CASE STUDIES TRANSLATIONS CONTACT US REFERRING YOUR PATIENT

Supporting people who are at high risk of developing type 2 diabetes

Are you at risk?

If you haven't been referred to Healthier You but you're interested in the service, the first step is to check if you're at high risk.

Visit the 'Know Your Risk' tool at www.diabetes.org.uk/risk and in just three minutes find out if you are at risk of getting Type 2 diabetes.

TYPE 2 DIABETES
KNOW YOUR RISK

The **Healthier You** programme is focused on providing information and advice about diet, physical activity and weight management to enable participants to decide which changes work best for them and encourage them to adopt behaviours which minimise the risk of them developing Type 2 Diabetes.

Patients **MUST** meet the above criteria and be referred by the practice. Templates for referrals are on EMIS (NDPP). Patients **cannot** self-refer to this programme.

The referral procedure is shown here: <https://www.stopdiabetes.co.uk/referring-your-patient.php> .

The programme consists of a series of 90 minute group sessions held in convenient local venues and time slots, every 3 to 4 weeks over a period of 9 months. Details of available translations are shown here: <https://www.stopdiabetes.co.uk/translations.php>

If your patient has had a confirmed diagnosis of Type 2 Diabetes and is 17 years or over:

The patient is eligible to be referred to **Structured Diabetes Education**. The **PREFERRED** commissioned course for the patient to attend is the **EMPOWER** programme which is provided by Spirit Healthcare. More details are provided here <http://www.empower-diabetes.co.uk/what-is-empower>



The **EMPOWER** course focuses on diet, exercise and lifestyle changes, setting personal goals and enabling people to take better control of their diabetes. It is designed to help people with type 2 diabetes manage their condition through: understanding what diabetes is, the effect it has on the body and how to make small, achievable changes to the food they eat and their everyday life.

Patients can either:

- Be referred for the programme by the practice. Templates for referrals are on EMIS (search for EMPOWER letter).
- Self-refer at the following site <https://east-lancs.empower-booking.co.uk/>

The programme consists of a 3 hour group session held in convenient local venues at various times of the day. (An up-to-date menu of available sessions is available on above link). Courses can be provided in alternative languages and tutors are able to adjust the content according to the cultures of those attending.

A patient leaflet and practice poster is available to assist you promote this and to raise patient awareness of this training. It will also be promoted through social media and external health promotion events.

We believe that face to face group sessions (referred to as 'learning with others') is the most effective way of delivering this training but it is recognised that for some patients it may not be appropriate or convenient to learn in this way. DESMOND and X-PERT are also structured face to face education programmes for Type 2 Diabetics which are used in some areas of Lancashire and South Cumbria. Patients may be aware of them by obtaining leaflets at external health events or online browsing and mention it to practice staff. However, they are not offered in East Lancashire CCG and patients should be assured that EMPOWER is the education programme of choice for Type 2 Diabetics.

Digital Resources

A range of **online educational programmes** are available as part of Lancashire & South Cumbria comprehensive diabetes resource *Your Diabetes Your Way* (<https://ydyw.co.uk/>). Online resources include:



Healthier Lancashire & South Cumbria

Here you'll find all the help you need to learn about and manage your Type 2 diabetes. You can meet and learn with other people like you, learn at your own pace online, or you can try both approaches. Just choose what works best for you.

You can also find out about your risk of developing Type 2 diabetes, prevention and remission of Type 2 diabetes, more about the types of diabetes and what's on locally in your area.

LEARN WITH OTHERS

If you would like to meet other people and learn about Type 2 diabetes together, attend a Group Session. You can take a friend, relative or a carer along with you.

[Find out more](#)

- An interactive structured training resource branded as **My Diabetes** which enables patients to undertake an interactive education course which uses video presentations, quizzes and other materials to learn more about living with Type 2 Diabetes. Patients can work through this material at their own pace and the practice is notified when they initially register and when they complete the course. The registration page can be found here: <https://lsc.mydiabetes.com/register/> .
- A comprehensive selection of online resources which patients can browse as they wish to find out more about living with Type 2 Diabetes. Much of these resources are provided by Diabetes UK and so will offer consistent advice. No registration is required and the practice will not receive any feedback about the patient's engagement with these resources.
- My Diabetes also provides helpful advice for those at risk of developing Type 2 Diabetes (<https://lsc.mydiabetes.com/diabetes-prevention/>).