

Patient Diabetes Education Programmes – A Handy Guide

Programme Title	Healthier You	EMPOWER
Who is it for	<ul style="list-style-type: none"> ✓ Hb1Ac between 42–47 mmol/mol (at risk of developing diabetes); ✓ Aged 18 years or over; ✓ Not pregnant. 	<ul style="list-style-type: none"> ✓ Confirmed diagnosis of Type 2 Diabetes; ✓ Aged 17 years or over.
Provider	Igneus	Spirit Healthcare
Web site	www.stopdiabetes.co.uk	www.empowerbwd.co.uk
Purpose	Provide information and advice on lifestyle to achieve a healthier life and so minimise the risk of developing T2D.	Provide information about T2D and its treatment; and lifestyle advice to minimise the risk of developing complications.
Commitment from patient	Attend a 90 minute session every 3 or 4 weeks over a 9 month period.	Attend a single 3 hour session.
Venues	Numerous, convenient local venues.	Numerous, convenient local venues. Variety of times available.
Remote option?	Yes	Yes
Style of education	Face2face, interactive, coaching approach.	Face2face, interactive, encouragement to set goals for changing behaviours.
Referral	<ul style="list-style-type: none"> ✓ By practice ONLY. ✓ EMIS (NDPP). 	<ul style="list-style-type: none"> ✓ By practice. ✓ EMIS (EMPOWER) ✓ Patient self-referral either on-line or by telephone.
Self-referral info	Patients are NOT permitted to self-refer.	https://blackburn-darwen.empower-booking.co.uk/ 0800 8527 460

Digital education - My Diabetes MY Way

For those unable to attend Face to face Type 2 or for ongoing learning online programmes are available. Ideally they need to be completed within 6-12 months of diagnosis, but can be done any time. Patient registration is online via www.ydyw.co.uk