

## Diabetes Patient Education An Update for Primary Care Staff

### Education programmes for people with diabetes in Fife

**Specialist diabetes dietitians and nurses in Fife are developing lots of experience with group education.**

**These are provided to supplement the traditional 1:1 education appointments which still take place and have been shown to give participants valuable support for self management in a relaxed environment.**

Comments from participants -

“Discussing with others the different aspects of diabetes was very beneficial for everyone”

“It was a very enjoyable and enlightening experience and I would recommend it to anyone.”

“This programme was well worth the time spent attending the course.....”

“It gave me a bank of skills to understand my own condition and it gave me the confidence to make my own goals and plan strategies.”



#### Inside this issue:

Education programmes 1

People attending in 2014 and 2015 1

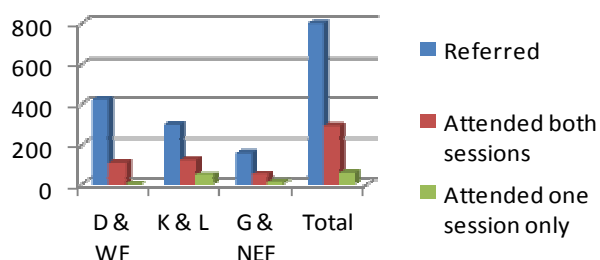
For people with Type 2 diabetes 2

What's New 2

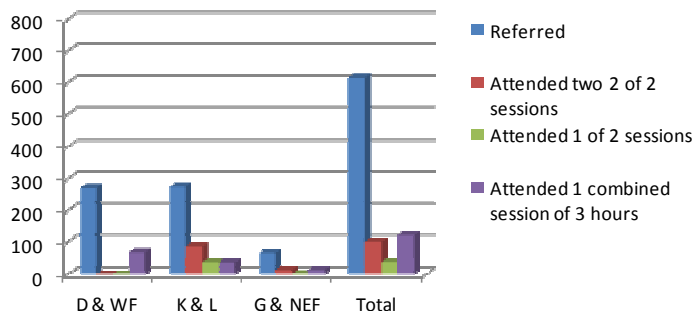
For people with Type 1 diabetes 2

### How many patients attended group sessions in 2014 and 2015?

Conversation Map Patient Education 2014



Conversation Map Patient Education 2015



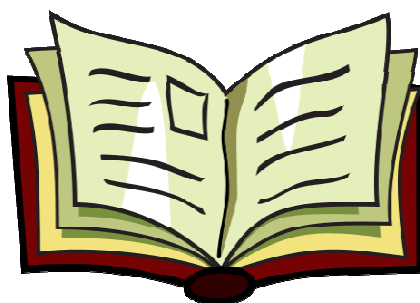
Note: For 2015 - Combined sessions have only been running in KLM and GNEF since October 2015. See information overleaf for more details of the programmes.

## For patients with Type 2 diabetes

<b>Key facts about type 2 diabetes programmes</b>	<b>Introductory programme - Conversation Map</b> For groups of up to 10 plus partners	<b>Comprehensive programme- X-pert Diabetes</b> For groups of up to 15 plus partners
<b>Who should attend?</b>	People with a recent diagnosis of type 2 diabetes	Anyone with type 2 diabetes who wishes to develop more in depth knowledge and skills in self-managing their condition
<b>Where are programmes held?</b>	Dunfermline – Lynebank Hospital Kirkcaldy – Whyteman’s Brae Hospital Leven – Randolph Weymss Hospital Cupar – County Buildings Glenrothes – Cadham Neighbourhood Centre/Glenrothes Hospital St Andrews – Community Hospital	
<b>What topics are covered?</b>	<ul style="list-style-type: none"> <li>• What is diabetes?, medications and health assessments</li> <li>• Eating in a healthy and balanced way</li> <li>• Tips for managing lifestyle</li> <li>• Keeping active</li> </ul>	<ul style="list-style-type: none"> <li>• What is diabetes?, health assessments and medications</li> <li>• Weight management</li> <li>• Carbohydrate awareness</li> <li>• Understanding food labels</li> <li>• Complications of diabetes</li> <li>• Self assessments and goal setting</li> </ul>
<b>How long do the programmes last?</b>	1 session of 3 hours (Previously two sessions of 2 hours) Delivered in each locality most months of the year	Six sessions of 2½ hours on consecutive weeks Afternoon sessions in 4-5 locality venues each year, with one early evening programme in Glenrothes
<b>How do I refer?</b>	CDSN referral form	
<b>Who should I contact for more information?</b>	Dunfermline and West Fife – Karen Smith 01383 565292 Rest of Fife – Irene Lawson 01592 715213	Fife-wide – <a href="mailto:Lesley.Selbie@nhs.net">Lesley.Selbie@nhs.net</a>  Diabetes MCN Office 01592 226736

### What's new?

- We are moving towards Fife wide administration of our programmes which will enable patients to access more variety of venues and dates. This has already been successful in central and east fife and we hope will increase both referral and attendance rates. In the future this could include Sci Gateway referral direct to education programmes.



- An updated leaflet describing the programmes is now available for you to give to your patients. Phone 01592 226736 for copies.

### What about patients with Type 1 diabetes?

Several programmes are offered to patients through the hospital specialist service. These include two quarterly rolling programmes which participants join at the closest date to their treatment commencing. The first is for people who have a recent diagnosis of Type 1 diabetes and the second for those commenced on insulin pump treatment. Also F.I.F.E. (Fife Insulin for Food Education), a 4 day programme for participants to learn to dose adjust their insulin to lifestyle, runs four times a year for 8 participants