

## WHAT IS INVOLVED WITH THE DESMOND COURSE?

### Course Overview:-

- ✓ 6 hours of structured education
- ✓ Two formats:

1 - day	2 - half day equivalents
Full day sessions: 09:00 – 16:00 or 09:30 – 16:30	Morning ½ day sessions: 09:30 - 13:00 Afternoon sessions: 13:00 – 16:30

- ✓ Delivered by Health Care Professionals and Lay Educators – all staff are DESMOND trained.
- ✓ Groups of up to 10 participants with newly-diagnosed or established Type 2 Diabetes who may wish to bring along a partner, family member or friend.
- ✓ Community/Primary Care Venues e.g. Libraries, Health Centres, Miners Welfares etc.
- ✓ Supporting resources and handbook for attendees.

### Course Content:-

The course will cover

- ✓ Thoughts and feelings of the participants around diabetes
- ✓ Understanding diabetes and glucose: what happens in the body
- ✓ Understanding more about monitoring and medication
- ✓ Understanding the risk factors and complications associated with diabetes
- ✓ How to take control – Food Choices & Physical Activity
- ✓ Planning for the future

positive  
about integrated healthcare



**DIABETES  
EDUCATION**  
*get in the know!*

**DESMOND**  
**Diabetes Education and**  
**Self-Management for Ongoing**  
**and Newly Diagnosed**

## WHAT IS DESMOND?

DESMOND stands for Diabetes Education and Self-Management for Ongoing and Newly Diagnosed. It is a structured group education programme for individuals with Type 2 Diabetes. The course is a way of finding out more information about Type 2 Diabetes but also helping to provide participants with the skills to manage their condition.

## CAN ANYONE WITH TYPE 2 DIABETES ATTEND?

Yes! The DESMOND course can be accessed by individuals that have newly diagnosed Type 2 Diabetes (within first 12 months of diagnosis) but also individuals that have established Type 2 diabetes.

## HOW CAN INDIVIDUALS ACCESS THE DESMOND COURSE?

DESMOND is free to access and is currently being delivered across Nottinghamshire County. Individuals can simply ask their Practice Nurse/General Practitioner to complete a referral or Self-Referral is available in South Nottinghamshire.

## SEE WHAT OUR PAST DESMOND ATTENDEES THOUGHT.....

"Have found these meetings very good, extremely thorough and very helpful, a much better understanding of diabetes now. Lovely ladies who made you feel very confident reassuring. Really enjoyed it. Thank you so much Sarah, Wendy and Kate."

"The whole day has been truly interesting. I feel much more educated on foods and how the body is affected. Sarah and Hannah made the day enjoyable and their delivery is very relaxed and informative. I will look at my Action Plan later but already know where I need to improve personally - ACTIVITY. Thank you."

"Excellent educators - good communicators, patient and friendly. Made to feel very comfortable. Answered all and specific questions very well. Well put together session and good flow."

"This morning before I came I was unsure if this would be useful. I was very wrong. The information was delivered in a clear, fun way by two delightful facilitators. I would recommend it straight away. Thank you."