

Structured Education for Type 2 diabetes

In line with the National Service Framework for Diabetes, Standard 3, and other guidelines, we have been busy training and organising structured education for people with type 2 diabetes. We now have 2 different courses available:

DESMOND – Desmond is a course designed for people with newly diagnosed type 2 diabetes (less than 1 year since diagnosis). It consists of 2 three hour sessions in consecutive weeks.

X-pert – This course is for anyone with type 2 diabetes, diagnosed for any length of time. The sessions run for 2½ hours per week for 6 weeks.

We are now actively seeking referrals to both these courses. Please refer suitable people to **Anna-Marie Jesson or Ann Chambers via Fax on 020 8510 5015**. We need the usual details (Name, Address, Date of Birth, Telephone number), plus a date of diagnosis and first language. In the first instance we will be running courses in English, and have dates for the X-pert course to be run in Turkish in September. There is some reading to complement the courses, so please bear this in mind when sending referrals.

Presently there is no cost to the PCT attached to these courses, so please refer suitable people with type 2 diabetes for these research-based structured education programmes ASAP.

New Patient Clinic referrals should come through the usual channel, and if patients are suitable, we will slot them into appropriate groups. The New patient clinic structure has not changed.



Resources

We have produced 20000 ID cards for Patients over the last few weeks. You Should have received these soon. Also The DVD is now being replicated, and we Will be sending out copies of this and both Turkish and Sylhetti (Bengali) audio CDs Before the next newsletter.

Novo Nordisk Pork Insulins



You will have had notification that following insulins are to be discontinued on 31st December 2007.

Pork Actrapid
Pork Mixtard
Pork Insulatard

Patients using these insulins may be resistant to switching insulins, as they may have had a negative experience of change in the past. If you have any patients using these insulins, please refer them to the diabetes centre, and we will find an alternative insulin for them.

Structured education for Type 1 Diabetes

For people with Type 1 Diabetes, we are running a course of 4 days duration, over 4 weeks. The course is designed to give people the tools to match their insulin to their carbohydrate intake.

Courses are running at Barts and the Homerton Hospital. If you have a patient who you think is suitable for this intensive course, please refer to Drs Freedman, Anderson or Medici through the usual route.

