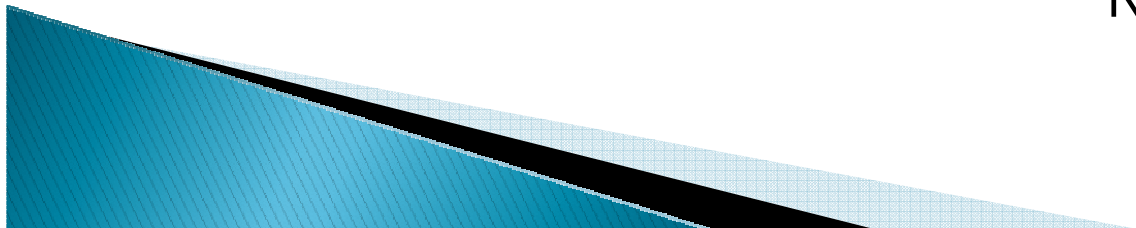


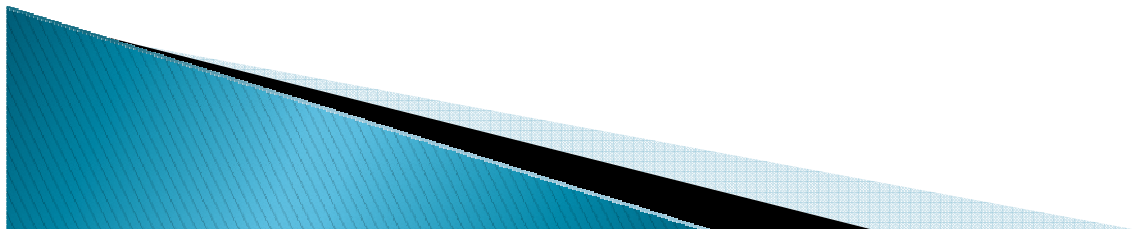
# Diabetes Patient Education

Linda Burns  
Diabetes Specialist Nurse  
North West CHP



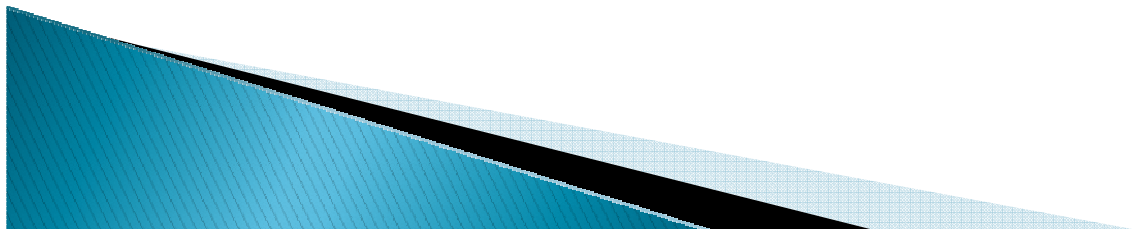
# Principles of Adult Education

- ❑ Process of learning brings together **cognitive, emotional, and environmental influences** for acquiring knowledge, skills, and values<sup>1</sup>
- ❑ Adults learn most effectively when the teaching environment allows individuals to **internalise** and express their **understanding** of the content and its interpretations.
- ❑ It is not enough to just provide content - learners must be allowed to experience it through a lens that accounts for their **personal experience** and environment.



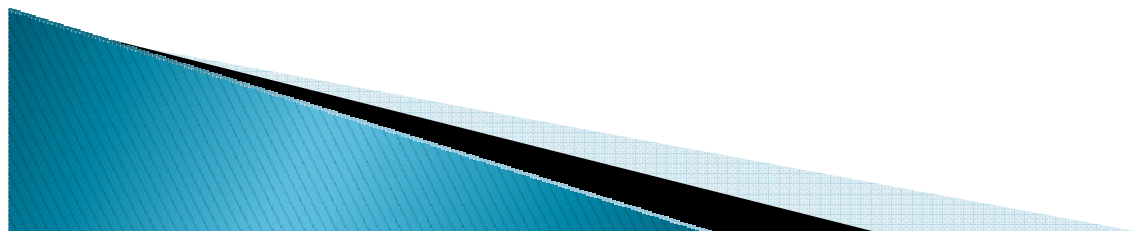
# Key criteria of a structured education programme

- A clear underlying philosophy on which the programme is based
- ▶
- A structured written curriculum
- Trained educators familiar with the programme and its delivery
- ▶
- A quality assurance system applied to the structure, process, content, and delivery of the programme
- ▶
- A process of audit of programme outcomes including biomedical, psychosocial, and patient experience



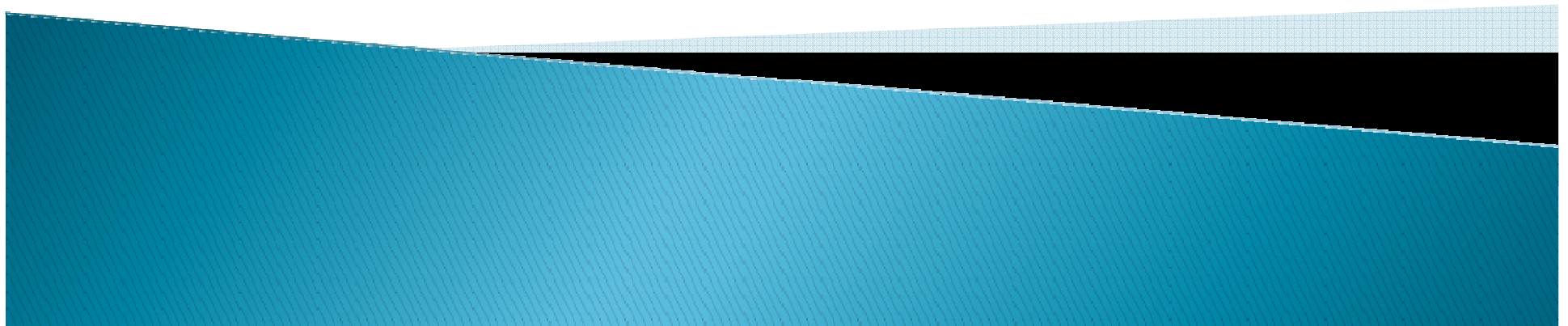
# Ongoing Work in GGC

- ▶ Diabetes MCN developed patient pathways for Type 1 and Type 2 education
- ▶ Multi-disciplinary working groups are reviewing current provision and developing action plans to improve provision of Type 1 and Type 2 patient education
- ▶ New programme for those with established T2 DM developed by Valerie Laszlo, called Mastering Type 2, is being piloted



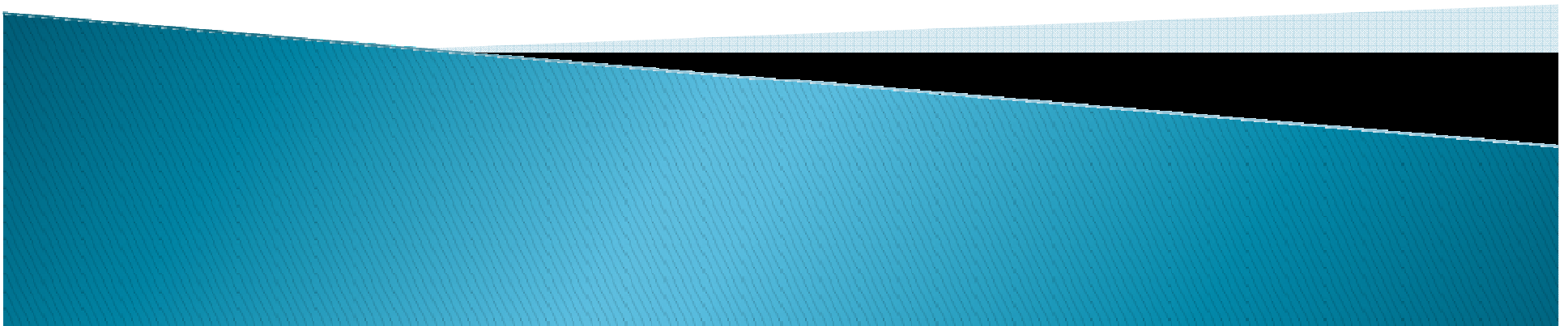
# TYPE 1 DIABETES EDUCATION

- DAFNE
- DICE
- Foundation Programme



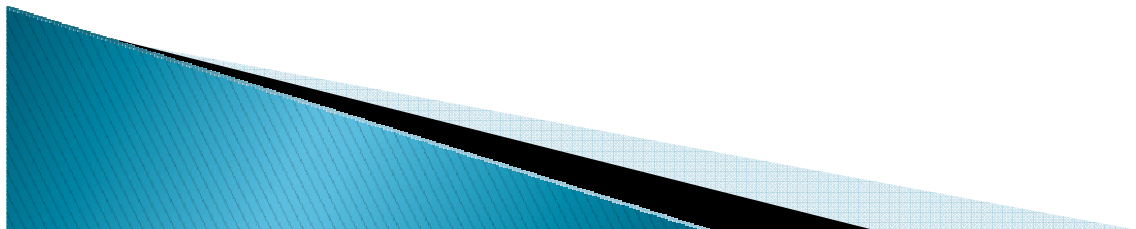
# DAFNE

Dose Adjustment for Normal Eating



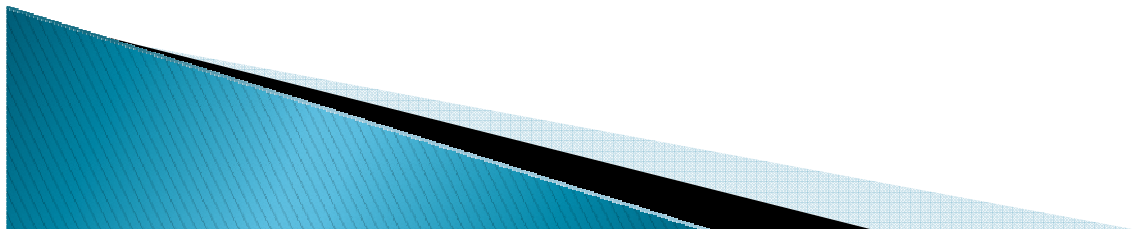
# What is DAFNE?

- ▶ DAFNE is a way of managing Type 1 diabetes for adults and provides the skills necessary to estimate the carbohydrate in each meal and to inject the right dose of insulin.
- ▶ 5-day training course (either in one week, or one day a week over 5 weeks) plus a follow-up session around 8 weeks after the course.
- ▶ Structured teaching programme delivered to groups of 6–8 participants, supervised by DAFNE-trained educators.
- ▶ Most of the training is built around group work, sharing and comparing experiences with other participants. However, there are opportunities for each person to speak to DAFNE Educators individually.



# Who should attend DAFNE?

- ▶ Type 1 diabetes for at least 6 months (and/or post 'honeymoon')
- ▶ Over 17 years of age
- Motivated to improve diabetes control
- ▶ Ability to cope with flexibility of eating/insulin regime
- ▶ Willing to inject and test at least 5 times a day
- ▶ Able to speak/understand/read English (interpreter can be used)
- ▶ Absence of 'end-stage' diabetes or other medical complications
- ▶ Able to attend for a full 5-day course

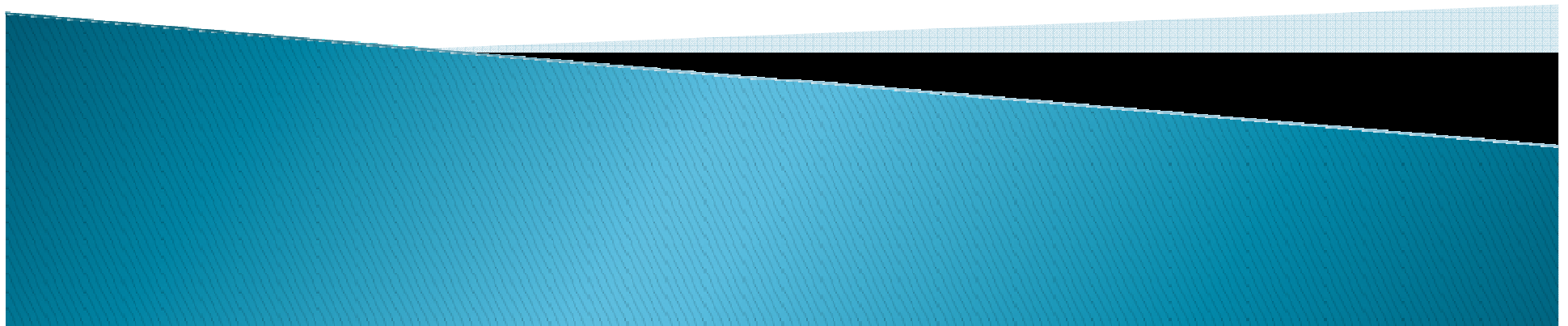




# Type 2 Patient Education

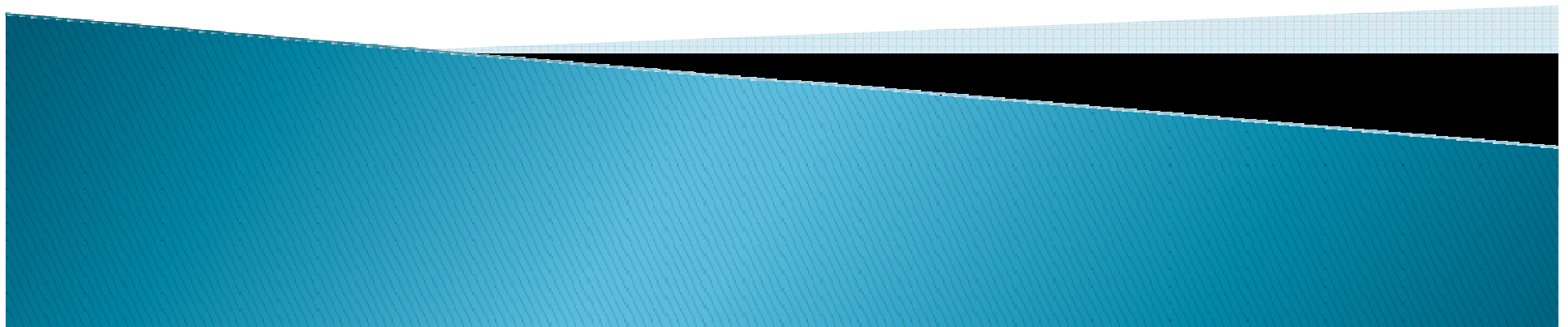
DESMOND

CONVERSATION MAPS



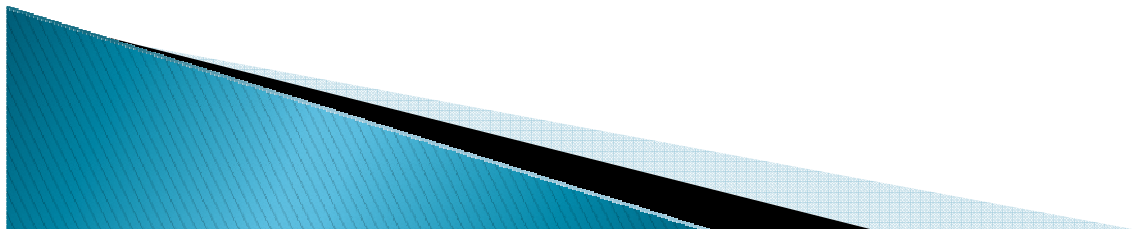
# DESMOND

Diabetes Education and Self Management for  
Ongoing and Newly Diagnosed

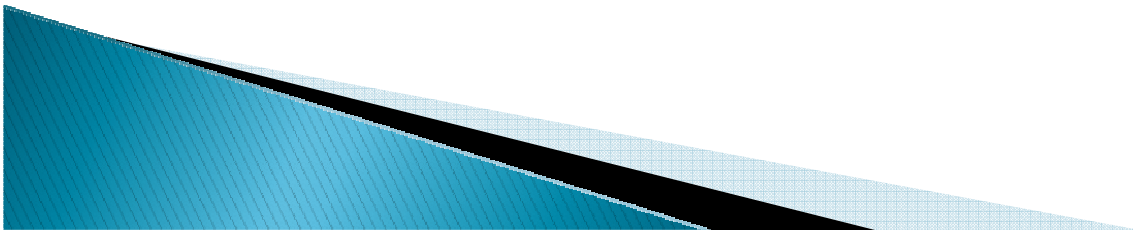


# Group based structured education

- ▶ 6 hours of education by 2 DESMOND educators in a group setting
- ▶ Education is non-didactic / patient centred
- ▶ Patients use results from their diabetes review to assess their risk of complications and to complete an action plan.
- ▶ Facilitate learning to enable patients to make informed decisions about how to manage their diabetes.



# Conversation Maps



# Diabetes Conversation Maps



- A comprehensive and unique set of educational tools known as Conversation Maps

- Designed to engage patients in the learning process and help them become better self managers through group sessions

- Developed in accordance with Clinical Practice Guidelines

# Training Educators

- ▶ After completing the *Conversation Map* training, facilitators are able to incorporate new education techniques into their practice, which can help drive greater retention and help positively affect behaviour.
- ▶ The training can expand the skill set of healthcare professionals by enhancing their group-session facilitation skills.
- ▶ A new role for educators – that of a facilitator rather than just a dispenser of facts. Educators are there to ensure that information shared within the group is correct.

- ▶ Training workshops – 4 hours arranged through Lilly representative

**Thank you .... Any questions?**

