

DESMOND education at the Diabetes Centre:



DESMOND: **D**iabetes **E**ducation and **S**elf **M**anagement for **O**ngoing and **N**ewly **D**iagnosed Type 2 Diabetes.

Desmond is an educational programme. It has been developed by, and used nationally. It is the chosen structured education Diabetes course run via the Diabetes & Endocrine centre.

DESMOND is a group based education programme aimed at supporting individuals who have been newly diagnosed with Type 2 diabetes, or have an ongoing need for Diabetes education.

Desmond aims to support self management of the condition, and targets lifestyle modification and behaviour change.

The course can be completed in person, via the face to face groups, or individuals can opt to make use of the online programme called MYDESMOND.

Both courses discuss thoughts and feelings of a diabetes diagnosis, blood glucose levels; and what is happening in the body. They cover understanding the risks and complications associated with the diagnosis, along with food choices, physical activity and future planning.

These courses can be attended via a referral from the GP practice.

Again, feedback from the Desmond courses is very positive, with a lot of people asking to return!

For more information: www.desmond.nhs.uk or locally via Louisa Mower ltr.desmond@nhs.net