

DESMOND Overview

Department of Nutrition and Dietetics



DESMOND

Diabetes

Education and

Self-

Management for

Ongoing and

Newly

Diagnosed



What is DESMOND?

DESMOND is a structured group education programme for individuals with Type 2 diabetes.

The course aims to improve understanding and promote self-management of the condition.



Course Overview



6 hours of
structured
education



Delivered in
person or via
video
conference



Varying group
formats
(Mon-Sat)

Course Format

All staff are
DESMOND trained
and accredited.



Delivered by
healthcare
professionals and
lay educators.

Groups of up to 10
participants with
type 2 diabetes.



Participants can
bring a partner,
family member,
friend or carer.

Supporting
resources and
handbooks for
attendees.



Delivered at
community/primary
care venues or via
video.

Course Content



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

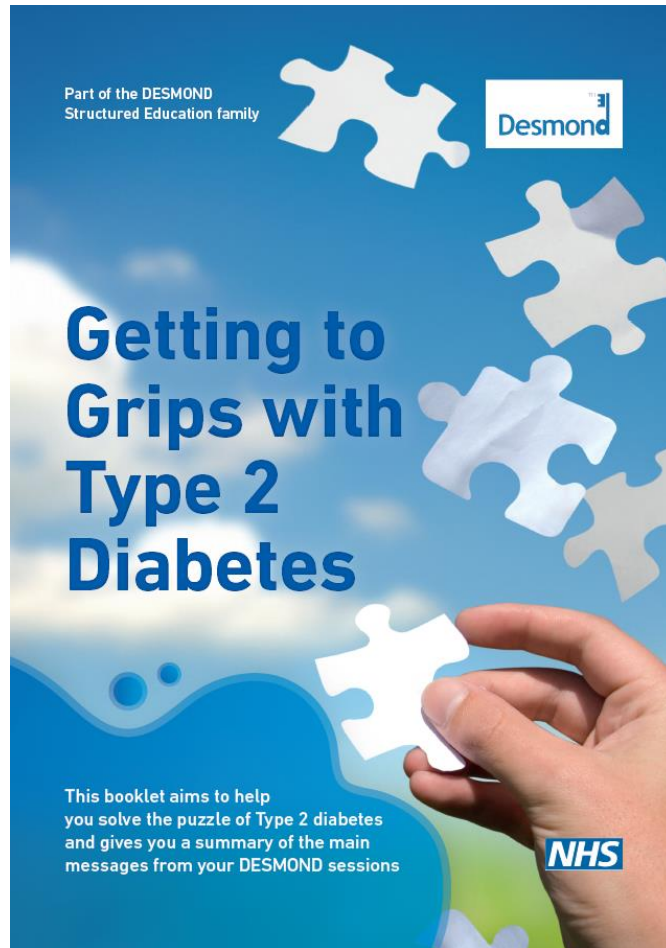


How to take control – food choices and physical activity



Planning for the future

Participant Resources



Participants receive a hard copy of the participant handbook, which includes:

- 'Getting to Grips' booklet
- Health Profiles
- Self-Management Plans

Handbooks are sent out in advance of virtual courses and are provided on the day for face-to-face courses.

Participant Resources

WHAT AM I GOING TO DO NOW?

Which of these health factors do I want to work on?

Blood Glucose

Weight and Waist

Cholesterol

LDL/HDL

Blood Pressure

Smoking

Low Mood / Depression

Other

Which option am I most likely to tackle first?

How important is it to me to make this change?
Choose a number between 1 and 10 (where 1 is not important and 10 is very important)

1 2 3 4 5 6 7 8 9 10

How exactly am I going to do this?

What?

How Often?

When?

What might stop me?

What will I do to overcome these barriers?

How confident do I feel that I can do this?

Choose a number between 1 and 10 (where 1 is not at all confident and 10 is very confident)

1 2 3 4 5 6 7 8 9 10

What can I do to increase my confidence?
If my confidence is less than 7...

When will I review my plan?

Date:

Participant Resources

MY HEALTH PROFILE

HbA1c	Less than 6.5%	7.0%	7.5%	8.0%	8.5%	9.0%	More than 9.5%														
HbA1c	Less than 48 mmol/mol	53	58	64	69	75	More than 80 mmol/mol														
Waist Circumference Male	Less than 94 cm (37 inches)					More than 102 cm (40 inches)															
Waist Circumference Female	Less than 80 cm (31.5 inches)					More than 88 cm (34.5 inches)															
Total Cholesterol	Less than 3.1 mmol/l	4.0 mmol/l	5.0 mmol/l	6.0 mmol/l	7.0 mmol/l	More than 8.0 mmol/l															
HDL	More than 1.5 mmol/l	1.2 mmol/l	1.0 mmol/l	0.8 mmol/l	0.6 mmol/l	Less than 0.4 mmol/l															
LDL	Less than 2.0 mmol/l	2.5 mmol/l	3.0 mmol/l	3.5 mmol/l	More than 4.0 mmol/l																
Blood Pressure Systolic	Less than 130 mmHg	145 mmHg	160 mmHg	175 mmHg	More than 185 mmHg																
Blood Pressure Diastolic	Less than 70 mmHg	85 mmHg	100 mmHg	115 mmHg	More than 125 mmHg																
Smoking	NON			PASSIVE			SMOKER														
Low Mood / Depression	0	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34	36	38	40+

Course Outcomes

- ✓ Lowers HbA1c
- ✓ Improves other biomedical outcomes
- ✓ Supports weight reduction
- ✓ Improves level of physical activity
- ✓ Is an effective smoking cessation intervention
- ✓ Improves understanding of type 2 diabetes and its complications
- ✓ Reduces depression
- ✓ Promotes positive behaviour change

Areas Covered

Nottinghamshire County



Broxtowe

Gedling

Rushcliffe

Newark &
Sherwood

Mansfield
& Ashfield

Referral Criteria



Confirmed
diagnosis of
type 2
diabetes



Nottinghamshire
County GP



Over 18 years
of age

Referral Overview

Self-Referral

Referrals accepted via phone or email.

Healthcare Professionals

Referrals can be via e-referral (SystemOne F12/ Ardens) or email.

Information needed:

HbA1c Blood pressure Cholesterol
NHS number Date of diagnosis

Patient re-attendance recommended after 12 months.

Staff Shadowing

Healthcare professionals are welcome to shadow sessions.



...I would recommend anyone who is involved in supporting diabetic patients to go to a session to increase their awareness of how to communicate and engage better with their patients about self-care and self-management and also to increase their own understanding of the disease.



Rachel, Practice Nurse



Contact



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