

DESMOND – Referral Form

DESMOND: Diabetes Education and Self-Management for Ongoing and Newly Diagnosed people. Free DESMOND courses are provided by NHS Lothian for people with Type 2 Diabetes

*Core **DESMOND** course: First steps in self-management education for people with Type 2 Diabetes. Available as virtual groups (3x 2 hour or 2x 3 hour sessions online), or one-day or two half-day face to face groups.*

Personal Details: Preferred prefix: Mr/Mrs/Miss/Ms/Dr/Prof/Other Full name:	
Date of birth:	
Gender (please tick): Male Female Prefer not to say	
Please indicate which pronouns you prefer (please tick): He/Him She/Her They/Them	
Address:	
Contact telephone number:	Can we leave a voicemail? YES/NO
Email address:	
Weight:	Height:

In your own words please tell us why you would like support?

Please tell us about any additional support you may require to help you get the best care e.g. wheelchair access, an interpreter, carer to attend with you.

Preferred Style of Education, please tick:

Face to Face Group at a site local to you with NHS educators	<input type="checkbox"/>	Virtual Group using a free NHS approved online platform	<input type="checkbox"/>	MyDESMOND free interactive DIGITAL App	<input type="checkbox"/>
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Consent

Do you consent to this referral to the Weight Management & Prevention of Type 2 Diabetes team? YES/NO

We keep all patient data confidential. For data monitoring purposes we require to record data on this referral. Data will only be shared with relevant healthcare staff.

Please contact us if you do not agree to data sharing.

The NHS Lothian Data Privacy Policy can be found at:

<https://policyonline.nhslothian.scot/Policies/ClinicalPolicy/Data%20Protection%20Policy.pdf>

If you are a health professional submitting this referral on a patient's behalf:

Date of referral:

Referrer's Name:

Job title:

Contact Number:

Email:

Important

To provide tailored support, DESMOND attendees should please note their current results prior to attending the course:

1. *HbA1c (a test that provides a picture of average blood sugar levels, mmol/mol)*
2. *Total Cholesterol levels, HDL and LDL (mmol/l)*
3. *Blood Pressure, BP mmHg.*

*DESMOND attendees may have these results confirmed via healthcare providers or easily access results via the MyDiabetesMyWay app. **DESMOND educators may share current results directly with attendees, in line with NHS Lothian Privacy and Information Governance guidelines.***

Please email the completed referral to loth.desmond@nhslothian.scot.nhs.uk

OR

Post to: Ground Floor Woodlands House, Astley Ainslie Hospital, Canaan Lane,
Edinburgh EH9 2TB
Telephone: 0131 537 9169