

Launching virtual type 2 diabetes education across Northamptonshire



Leicester Diabetes Centre
Committed to Growing International Research, Education & Innovation



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Aim:

To launch a virtual means of delivering DESMOND (Diabetes Self-Management for Ongoing and Newly Diagnosed) groups across Northamptonshire.

Method

In March 2020 all face-to-face groups were cancelled and as a result a virtual programme was developed by DESMOND National Office. In Northamptonshire, a small task and finish group of DESMOND Educators and administrators reviewed this and attended virtual workshops to support rollout, subsequently delivery pathways were revised. Volunteers from NHFT Voluntary Services assisted with testing Microsoft Teams, trialling new processes and the co-production of promotional materials. Mock sessions were delivered between Educators to build confidence and provide peer review. The first virtual DESMOND was delivered at the end of September, delivering the six-hour curriculum over three, two-hour sessions.

Results:

Between September and December 2020, the Northamptonshire Diabetes Multidisciplinary Team (MDT) delivered 14 virtual groups with 46 participants attending all three sessions. The importance of administrative support was deemed paramount to securing attendance, reducing anxiety relating to remote attendance and troubleshooting technical queries. This allowed Educators to concentrate on educating and for attendees to participate in learning.

Evaluation data (Table 1) showed self-management confidence scores increased from 5.93/10 pre-group to 8.41/10 post-group (n=28), with 100% of respondents stating their expectations had been met. Qualitative data highlights the usefulness of attending in helping people to better understand their type 2 diabetes, as well as a wealth of positive feedback about the use of virtual delivery and the Educators delivery skills.

Conclusions:

For this group of virtual DESMOND attendees the experience was positive and led to a noticeable increase in confidence to self-manage their condition. For the first few months of 2021, Northamptonshire Diabetes MDT have 13 virtual groups per month planned.

Ongoing development and programme adaption continues as the team gather and assess evaluation data from the virtual DESMOND attendees.

Table 1. Evaluation data

Confidence Score (1-10)	
Before Virtual DESMOND	5.93 Avg
After Virtual DESMOND	8.41 Avg

Educator set-up:



Participant quotes:

“ I found the whole course very informative and engaging, especially getting to know the real causes of diabetes and how to regulate them and also knowing that we have so much help to hand within the county including mental well-being.”

“ The course was very comprehensive and provided useful information, which I now need to review and apply to my situation. It is worth mentioning the two educators, who were excellent.”

“ It all gave me a greater sense of what it entailed and gave me a greater sense of confidence to cope with diabetes.”

Split screen view:

