

Newsletter

An update for all staff on type 2 diabetes education

Feedback from DESMOND participants on page 2!

DESMOND stands for Diabetes Education and Self-Management for Ongoing and Newly Diagnosed

DESMOND is a one day, group, 6 hour course- original style is currently back:
Since restrictions were updated and it has been deemed safe we are now back to using as below examples:
(infection control is ensured at all times)



At face to face:

- Magnetic board
- Food models- examples of carbohydrates and fats
- Tea & coffee
- Informal, relaxed and interactive
- Group based- learn from other participants experiences and the DESMOND course curriculum
- Face to face and virtual courses available*
- Note: if any future restrictions they may have an effect on above.



MyDESMOND can be used as stand alone education or as an additional support and refresher to attending a group



To register people for lifetime, 24/7 free access to MyDESMOND we need their consented H&C number, GP practice and email address.

(referral still required-NOT via app store)

Comments from individuals who have previously attended DESMOND

IF- "Superb course-delivered professionally, exceeded all my expectations".

MF- "Understanding results of blood test HBA1C, HDL/LDL, diet and activity advice. Very interesting and informative. Very well presented".

PL-"That you're not alone and there's lots of support out there. Really educationally. Lots of tips and information. Two ladies taking the course really friendly, helpful, non-judgmental and lovely".

bgh

DESMOND Team NHSCT contact details

Email: DesmondDiabetesCourse@northerntrust.hscni.net

Telephone: 028 27661478 **(NB: We accept self-referrals on this number).**

If you need any advice on referring or promotional materials – we would love to hear from you. If you wish to borrow a pop up do let us know.

Feel free to share our newsletter. You can also request back issues of our newsletter.