

DESMOND NEWSLETTER FOR PROFESSIONALS

December 2021

DESMOND update

Diabetes Education and Self-Management for Ongoing and Newly Diagnosed

DESMOND face-to-face groups have now returned and can be accessed by patients as an alternative to virtual groups!

Courses are currently being delivered at the following venues across Nottinghamshire County:

South Nottinghamshire:

St Luke's Church (West Bridgford)

Stapleford Methodist Church (Stapleford)

Dora Phillips Hall (Eastwood)

Mid Nottinghamshire:

St Peter's Centre (Mansfield)

Ashfield Play Forum (Ashfield)

Bridge Community Centre (Newark)



As a result of the ongoing Covid-19 restrictions in healthcare settings, measures have been put in place to allow our groups to run safely and ensure everyone is comfortable throughout the sessions.

- Social distancing will apply throughout the sessions at a 2-metre distance.
- Surgical masks or visors must be worn by all participants attending a DESMOND session with no exemptions possible.
- Staff members will be wearing surgical masks throughout.

Please continue to promote our DESMOND courses with your patients and process referrals where suitable. Patients also have the option to self-refer via phone or email:

☎ Telephone: 01623 484837

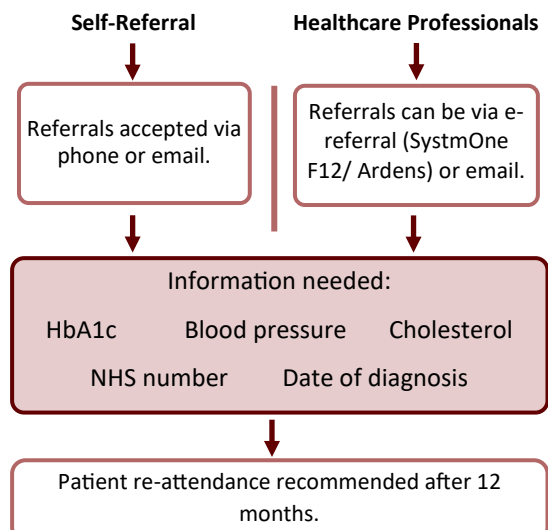
✉ Email: desmondreferrals@nottshc.nhs.uk

Keep in touch with us via social media:

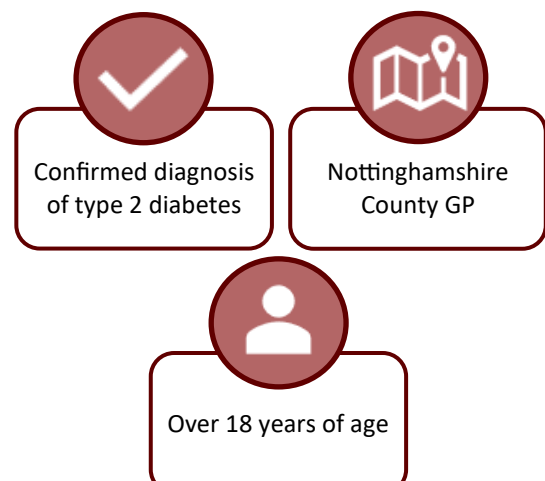
🐦 Twitter – [@DESMONDNotts](https://twitter.com/DESMONDNotts)

📘 Facebook – [@desmondnotts](https://www.facebook.com/desmondnotts)

REFERRAL OVERVIEW



REFERRAL CRITERIA



5 things you might not know about DESMOND

- 1 DESMOND is suitable for anyone with type 2 diabetes, not just those newly diagnosed. Participants are welcome to attend regardless of when they received a diagnosis.
- 2 Participants can reattend a DESMOND course at any time. DESMOND has been shown to be effective for up to 12 months after course attendance, but participants are welcome to re-attend a course at any time.
- 3 Each course can be tailored to the group. Although DESMOND is a set curriculum, there are opportunities to tailor the content to the participants within the group, including discussions around their diabetes medications and food choices.
- 4 It's not just about food. DESMOND courses cover a wide range of content, including thoughts and feelings around diabetes, what diabetes is, medications, food and activity, long-term complications, and how diabetes can be monitored.
- 5 Ongoing support is available. DESMOND courses include 6 hours of structured education, but there are some further support options offered to participants who would like to access them. These include MyDESMOND (an online version of the course), and Recap Health (an online information prescription service).

DESMOND displays and events

Get in contact with the DESMOND team if you would like any diabetes or DESMOND displays creating for your GP surgery. Displays are a great way for patients to find out more about type 2 diabetes as well as what a DESMOND course could offer them.

Our DESMOND team can also give talks and attend events to raise awareness of diabetes and promote DESMOND to patients and healthcare professionals.



SHADOWING

Are you a healthcare professional who wants to know more about DESMOND?

Why not shadow our DESMOND course?

As a healthcare professional working in the field of diabetes, shadowing a DESMOND course can be a fantastic way to get first-hand experience, as well as potentially building on your own knowledge of type 2 diabetes. Shadowing allows you to be able to confidently answer patient questions on the content covered, delivery style and overall patient experience of attending a DESMOND course.

If you would like to shadow a course, please contact us today:

☎ 01623 484837

✉ desmondreferrals@nottshc.nhs.uk

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A colleague and I recently went to a DESMOND educational session and we were extremely impressed. The facilitators were welcoming and made the information they were discussing **easy to understand for the group**; no matter what their level of understanding of their disease. 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

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