

DESMOND NEWSLETTER FOR PROFESSIONALS

March 2022

DESMOND update

Diabetes Education and Self-Management for Ongoing and Newly Diagnosed

After a suspension of the service, to allow the DESMOND team to support the school vaccination programme, courses have now resumed!

Patients can choose to access either face-to-face or virtual courses.

Face-to-face courses are currently being delivered at the following venues:

South Nottinghamshire:


- St Luke's Church (West Bridgford)
- Stapleford Methodist Church (Stapleford)
- Salvation Army Church (Arnold)

Mid Nottinghamshire:

- St Peter's Centre (Mansfield)
- Ashfield Play Forum (Ashfield)
- Bridge Community Centre (Newark)

Safety measures remain in place for groups due to the ongoing Covid-19 restrictions in healthcare settings.


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)

Diabetes professional development

If you're interested in expanding your knowledge in the field of diabetes, consider reviewing the below options:



Shadowing

DESMOND course – Shadowing a DESMOND can be a fantastic way to get first-hand experience, as well as potentially building on existing knowledge of Type 2 Diabetes. Shadowing allows you to be able to confidently answer patients' questions on the content covered, delivery style and overall patient experience of attending a DESMOND course. If you would like to shadow either a face-to-face or virtual course, please contact us today:

01623 484837

desmondreferrals@nottshc.nhs.uk



Websites

[Diabetes UK](#)

[Trend Diabetes](#)

Programmes

[Diabetes in healthcare](#) – An introductory free diabetes education online tool for healthcare professionals covering Type 1 and Type 2 Diabetes. It has been developed by Diabetes UK and Bupa to allow easy access to good-quality diabetes education.

[Emotional Wellbeing Module](#) – A free, introductory diabetes education online tool for primary care. This module can support non-specialist healthcare professionals working with adults living with Type 1 and Type 2 Diabetes with their emotional wellbeing. Accredited by the Royal College of Nursing, it can support professional development.

[Cambridge Diabetes Education Programme \(CDEP\)](#) – Endorsed by Diabetes UK, the British Dietetic Association (BDA) and the Cambridge University Health Partnership, CDEP is a competency-based online diabetes learning tool that supports all levels of healthcare practitioners demonstrate their diabetes knowledge and skills. Access is free for staff working across Nottingham and Nottinghamshire CCG.

[Safe Use of Insulin](#) – A free eLearning package, produced in partnership with Health Education England, to support healthcare staff in the correct prescription and administration of insulin.

DESMOND promotional engagement

Our DESMOND team can deliver service overview presentations or promotional talks to healthcare professionals via MS Teams meetings or in-person! This can be especially useful if you have new staff members that aren't as familiar with DESMOND and how our service is delivered across Nottinghamshire County.

The team are also happy to engage with healthcare events running within GP surgeries or in the wider community.

Please also get in touch if you feel your GP surgery or Pharmacy would benefit from a diabetes or DESMOND display or if you would like a supply of our self-referral leaflets!

NHS low calorie program

Inspired by the ground-breaking Diabetes UK Diabetes Remission Clinical Trial (DiRECT) study, the NHS soup and shake low-calorie diet programme is designed to help individuals recently diagnosed with type 2 diabetes lose weight and put their condition into remission.

Following the first wave of the pilot, Nottingham and Nottinghamshire have been selected as one of the pilot sites for the next wave of the programme with ABL Health as the provider.

This year long programme is fully supported and monitored by expert clinicians and coaches throughout. It consists of 3 phases: Total Diet Replacement Phase, Food Re-Introduction Phase and Maintenance Phase.

There is no cost for the individual and the service will be evaluated by NHS England.

There is strict eligibility and exclusion criteria for accessing the pilot and due to the commitment needed from the individual, careful consideration should be given.

If your patients are interested in accessing the programme and are under 65 years old with a diabetes diagnosis in the last 6 years, they can speak with their GP surgery to identify whether a referral can be processed accordingly.

Diabetes support groups



The aim of a support group is to bring people together in the local area to share experiences of living with diabetes and to get practical tips from others about how to live well with the condition.

Peer support groups are defined as the help and support that people with actual experience of a medical condition are able to give to one another.

This may include social, emotional or practical support, but importantly, this support is voluntary and all people taking part are able to benefit from support whether they are giving or receiving it.

Talking, listening, exploring feelings and helping people to reflect and learn are all parts of peer support. However, for some people,

just knowing that there are other people who are sharing some of the same experiences is most important.

Peer support is different from services provided by professionals. It does not try to find solutions to every problem or give direct advice. Peer support is about giving people a place and time where they can hear from other people in a similar situation and make their own choices. Mick, a regular support group member, says "Being a member of this group has saved my life, my diabetes was out of control but with the support of group members I am now back under full control".

If your patients are interested in attending a local support group, please encourage them to discuss with their GP practice or Diabetes Nurse.

Diabetes support newsletter

Our DESMOND team, in collaboration with the Rushcliffe support group, diabetes nurses and social prescribers, publish a quarterly Diabetes Support Newsletter designed to support and inform people living with diabetes in Nottinghamshire. Topics have included:

- Information on structured education programmes and local support groups
- Eating well with diabetes
- Ways to be physically active
- Local social prescribing events and services
- Q&A with local retinal screening and podiatry teams
- Information on health checks and HbA1c



Please contact our DESMOND team if you would like to receive a copy of the Diabetes Support Newsletter to distribute to your patients.

Telephone: 01623 484837

Email: desmondreferrals@nottshc.nhs.uk