X-PERT DIABETES STRUCTURED EDUCATION

By Thomas Coles – Dietitian
What is structured education?

Key criteria of a structured education programme

- A clear underlying philosophy on which the programme is based.
- A structured written curriculum.
- Trained educators familiar with the programme and its delivery.
- A quality assurance system applied to the structure, process, content, and delivery of the programme.
- A process of audit of programme outcomes including biomedical, psychosocial and patient experience.
Why structured education?

- **N.I.C.E Guideline 28.** “Offer structured education to adults with type 2 diabetes and/or their family members or carers (as appropriate) at and around the time of diagnosis”.

- People with diabetes spend only three hours a year with a healthcare professional on average. For the remaining 8,757 hours they manage their diabetes themselves.

- Effective self management is the cornerstone of good care for people with diabetes. High quality structured education that prepares people for a lifetime with the condition is a key enabler of self management.
eXpert Patient Education vs Routine Treatment (X-PERT)

- Dietitian provision at ABMU health board
  - 1 x 1:1 40 minute outpatient appointment.

vs

- 6 x 2 ½ hour informal group education sessions.
  - Consecutive sessions.
  - Shared, peer to peer learning.
  - Learning by experiment and discovery.

https://www.youtube.com/watch?v=UTy4zfZce8U
Course Contents

Week 1: What is Diabetes?

- “What is Diabetes”
  - Digestion, carbohydrate and blood glucose control
- The 7 lifestyle factors for optimal health
- Health results and what they mean?
- Medications for Diabetes
- Setting goals: health results

- https://www.youtube.com/watch?v=X9ivR4y03DE
Course Contents

Week 2: Weight management

- Energy balance
- Eating for good health
  - Food groups and portions
  - Myths and misconceptions
- Physical activity; what, when and how?
- Options for weight loss.
- How to assess what I am eating?
- Setting goals: eating and activity
Course Contents

Week 3: Carbohydrate awareness

- Carbohydrate and blood glucose levels
- Assessing the amount of carbohydrate
- Considering the type of carbohydrate
- How good am I at estimating carbohydrate
- What is my daily intake of carbohydrate
- Setting goals: The right amount of carbohydrate for me.
Course Contents

Week 4: Understanding food labels

- How to read labels
- Using labelling systems
  - Reference Nutrient Intake
  - Traffic light system
  - Nutritional Tables
  - Nutritional labelling claims
- Setting goals: The foods I buy and eat
Course Contents

Week 5: Possible complications

- Low and high blood glucose levels
- How could Diabetes affect my long-term health?
- Prevention of complications
- Importance of regular health checks
- Diabetes and life; Work, driving, insurance and sick days
- Setting goals: to reduce risks
Course Contents
Week 6: Leave the best to the last

- Recapping with the X-PERT game
- What resources are available to help me?
- Revisiting my Diabetes health profile
- Have my needs been addressed?
- Settling goals: Self management in the future.
# How to get on a course?

<table>
<thead>
<tr>
<th>Health board</th>
<th>Referral System</th>
<th>Contact Number</th>
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<tbody>
<tr>
<td>Abertawe Bro Morgannwg University UHB</td>
<td>Self-referral</td>
<td>01639 862982</td>
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<td>Aneurin Bevan HB</td>
<td>Gp/Practice Nurse referral</td>
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<td>Betsi Cadwaladr LHB</td>
<td>Gp/Practice Nurse referral</td>
<td>N/A</td>
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<tr>
<td>Cardiff &amp; Vale UHB</td>
<td>Self-referral</td>
<td>(029) 2066 8089</td>
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<td>Cwm Taf HB</td>
<td>Referral via Diabetes Nurse</td>
<td>01443 443152</td>
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<tr>
<td>Hywel Dda HB</td>
<td>Referral or Self-referral</td>
<td>01554 899035</td>
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<tr>
<td>Powys Teaching HB</td>
<td><strong>Not X-PERT</strong> Gp/Practice Nurse referral</td>
<td>N/A</td>
</tr>
</tbody>
</table>
References

- http://www.bmj.com/content/336/7642/459
- https://www.nice.org.uk/guidance/ng28/chapter/1-Recommendations#patient-education-2