

**NICE recommends that well-designed and well-implemented structured education programmes are likely to be cost-effective for people with diabetes and should be offered to every person and/or their carer at and around the time of diagnosis, with annual reinforcement and review.**

Structured education programmes for people with Type 2 diabetes are an essential component of effective diabetes management. Most people will spend only 1.5 hours with a health care professional per year, the rest of the time they are required to make daily lifestyle decisions that may have a significant impact on their health and overall quality of life

The aim of structured education is for people with diabetes to improve their knowledge, skills and confidence, enabling them to take increasing control of their own condition and integrate effective self-management into their daily lives. High-quality structured education can have a profound effect on health outcomes and can significantly improve quality of life.

The referrer will play a huge role in successfully engaging the person with diabetes and increasing uptake of an education course.

Diabetes UK patient focus groups have shown that the attitude of health care professionals and information given at time of diagnosis can have a profound impact on people's ability to self-manage their condition effectively.

**If the person is not keen to engage, screen for psychological difficulties (PHQ4 in primary and community care OR DDS2 in secondary care) and refer to IAPT or other relevant part of local pathway if +ve, as well as assessment using Patient Activation Measure (PAM). See slide [29](#) for details of tools**

## STRUCTURED EDUCATION COURSES

<b>DESMOND</b>	Group education delivered by trained educators: Two half day sessions or one full day
<b>X-PERT</b>	Group education delivered by trained educators: 2.5 hr sessions over 6 weeks with annual follow-up sessions
<b>X-PERT Insulin</b>	Group education delivered by trained educators: 2.5 hr sessions over 6 weeks with annual follow-up sessions
<b>DIGITAL STRUCTURED EDUCATION</b>	<p>NHS England accredited options include:</p> <ul style="list-style-type: none"> <li>• Changing Health</li> <li>• OurPath</li> <li>• Oviva</li> </ul> <p>These will be available through the Know Diabetes information and support service and provide combinations of app, coaching (by dietitian or health coach), self measurement of weight / activity and in the case of OurPath, 3G-connected scales. Length of course varies from 6 weeks to 6 months, but can be fitted around working hours or other activities.</p>