

X-PERT Insulin programme



Type 2 diabetes

A structured patient education programme developed for people with type 2 diabetes who need insulin to control blood glucose levels.

These sessions are run for all type 2 diabetic patients who are prescribed insulin in order to provide more detailed information on insulin treatment.

Explore how diabetes affects your body and how lifestyle changes can help you manage it.

The X-PERT Insulin structured education programme offers 15 hours of group education for people who have diabetes and are using insulin. Trained educators deliver the programme, which is split into six weekly two and a half hour sessions. A different topic is covered each week and participants have the choice of attending a group in person or online.



How will I benefit from attending?

Learn how to manage type 2 diabetes whilst using insulin and learn all about the most up-to-date treatment options available. The aim is not to tell you what you should and shouldn't do, but support you in setting realistic goals to address concerns you may have regarding your lifestyle and insulin treatment. The possible benefits from attending are:

- Weight loss
- Smaller waist
- Healthier eating
- Improved fitness
- Lower blood glucose
- Lower blood pressure
- Increased energy levels
- Lower blood cholesterol
- Reduced risk of diabetes complications
- Improved well-being and quality of life
- Make new friends to share ideas and thoughts
- Dispelling dietary myths, allowing increased dietary freedom
- Reduced risk of heart disease and other long-term conditions

Overview

The sessions aim to help you to look at how your insulin and diabetes treatment is working, how to estimate how much carbohydrate there is in the food and drink you eat and to use this essential knowledge to work out how much insulin you require for your foods and activity levels:

Week 1: What is diabetes? The role of insulin

- What is diabetes?
- Digestion, carbohydrates and blood glucose control
- Insulin resistance
- Health results
- 7 lifestyle factors for optimal health
- Possible longer-term complications
- Stress and sleep

Week 2: Nutrition for health and fat awareness

- Weight management
- Nutrition for health and dietary approaches
- Intermittent fasting
- What is a portion?
- Real vs processed food
- Making food choices
- Fat awareness
- Dietary self-assessment

Week 3: Know your carbohydrates and troubleshooting

- Carbohydrate awareness
- Top 10 food shopping tips
- Reading and understanding food labels
- How much carbohydrate am I having?
- Top 10 tips for dining out/ ordering in
- Carbohydrate counting
- How much carbohydrate am I having?

Week 4: Self-monitoring of blood glucose and exploring insulin

- Self-monitoring blood glucose
- Possible short-term solutions
- The range of insulins and insulin devices
- Step by step instructions for insulin injections
- Annual review and living with diabetes

Week 5: MATCH IT

- MATCH IT diary

Week 6: Physical activity

- Physical activity
- The way forwards
- Meal ideas and recipes
- Understanding your medications
- Monitoring health

Sessions are available online or in person, morning, afternoon and evening

2½ hours once a week, for 6 weeks

- Get involved as much or as little as you like
- Relaxed & informal settings
- Experienced educators
- Make new friends

Join a course

If you would like to attend, please return our form by post or e-mail to the following address:

Joanne Gallagher
Diabetes Education Co-Ordinator
West Essex Community Health Services
Dept. Nutrition, Dietetics & Diabetes
Room 7, 2nd Floor, Latton Bush Centre
Southern Way
Harlow
Essex
CM18 7BL

Email: westessex.dietitians@nhs.net
For enquiries telephone 01992 938450

Please fill in your details in block capital letters.

Name

Date of birth

Address

Telephone

Mobile

Email

Nationality

NHS number

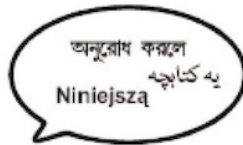
GP surgery

Do you consent to your X-PERT Insulin medical records being shared with other organisations in the NHS?	<input type="checkbox"/>	<input type="checkbox"/>
	Yes	No
Do you consent to receiving text message reminders?	<input type="checkbox"/>	<input type="checkbox"/>
	Yes	No

Patient Advice and Liaison Service (PALS)

If you have any concerns or need advice about accessing NHS services, you can speak in confidence to the Patient Advice and Liaison Service on [0800 085 7935](tel:08000857935) or you can email epunft.pals@nhs.net

This leaflet can be produced in large print, CD, Braille and other languages on request.



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