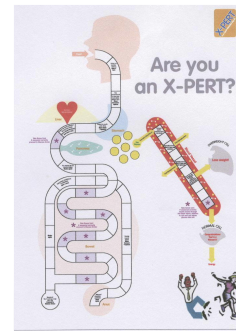
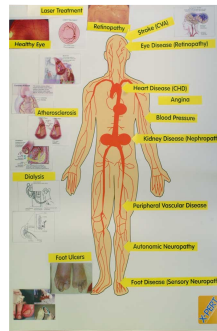
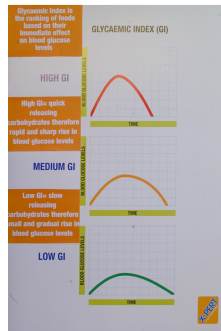




© Dr Trudi Deakin



A STRUCTURED PATIENT EDUCATION PROGRAMME FOR PEOPLE WITH DIABETES

Do you want to increase your skills, knowledge and confidence in managing your diabetes?

The local X-PERT programme is a six-week group diabetes education programme. You will learn all about the up-to-date treatments and management of diabetes and will have the opportunity to explore and address problems/issues that you may have with your diabetes.

The programme has been shown to improve diabetes control, increase self-management skills, improve lifestyle and quality of life.

You are invited to attend the X-PERT programme. It is important to attend all the weeks to get the most out of the course. You are welcome to bring along a family member or friend, however the sessions are not suitable for children to attend.

- Week 1. What is Diabetes
- Week 2. Weight Management
- Week 3. Carbohydrate awareness
- Week 4. Supermarket Tour
- Week 5. Possible Complications
- Week 6. Questions and Evaluation

The sessions will last for 3 hours except on Week 4 that's 2 hours and at your nearest Supermarket.

Comments from patients:

'This is the first time in 10 years of being a diabetic that anybody has told me these things'

'Very glad to be offered the course, much appreciated (Thank you NHS!). Feel much encouraged in dealing with myself and more understanding with latest knowledge'

'I am more at ease with diabetes from what I have learnt and able to control it better'

'I was very impressed – the sessions have been delivered in a manner that had obviously gone beyond that required to make them understandable'

'Don't feel as frightened as I did.....feel more confident in myself...things explained so that anybody & everybody can understand'

'This course was really helpful in helping me understand diabetes as all demonstrations were in laymen's language - programme should have been implemented years ago'



© Dr Trudi Deakin

If you would like to attend, please complete the reply slip below.

Reply Slip (Please Complete as much as possible)

I would like to attend the X-PERT Programme. (Please circle) **Yes** **No**

Your Name:

Home Address:

PostCode:

Telephone Number:

Date of Birth:

GP Practice:

Date of Diagnosis of Diabetes:

Treatment for Diabetes (please circle) **Diet **Tablets** **Insulin****

Would like to bring a friend/carer/ family member? (please circle) **Yes **No****

*Please return the reply slip to one of the diabetes team or post to:
'X-PERT Diabetes', Community Nutrition Service, Wythenshawe Offices, Stancliffe Road,
Sharston, Manchester, M224PJ.*

If you would like any further information please contact:
Amy Bramwell - Dietitian: 0161 9468210
Helen Tyrer – Podiatrist: 07970 650787
Jackie Price – Diabetes Specialist Nurse: 0161 9458203.