

WISER



Southern Health
NHS Foundation Trust

West Hants Interactive Structured Education Refresher

We are pleased to announce that West Hampshire locality has been awarded funding to improve treatment targets for patients with Type 2 Diabetes. As part of this project we have launched a new Type 2 Diabetes education refresher course.

Why are we providing this?

Feedback from people living with diabetes shows us that many have not received structured education for a long time or at all and that a short refresher session would be helpful. Structured education delivered by our service has received good feedback and can help you to understand how to manage your condition and improve your health.



What will the course include?

A 3hr session

A session led by a Diabetes Specialist Nurse to include:

- A recap on what diabetes is
- Living with diabetes; symptoms and complications and how to manage and reduce these with lifestyle changes, medication and your annual diabetes review
- Improving your blood pressure, cholesterol and blood sugar levels; why is this important when you have diabetes?
- How to look after your feet
- An open forum for your diabetes questions

A session led by a dietitian to include:

- Eating well with Diabetes and updates on dietary advice
- How to read food labels
- Using food to help manage cholesterol, blood pressure and blood sugar levels
- Open forum for questions



Who can attend?

Anyone with Type 2 Diabetes who has not attended structured education within six months.

How do I sign up?

You can sign yourself up to the course by emailing shft.wisdom@nhs.net or your GP or Practice Nurse can sign you up. If you are unable to attend a session that you are booked on to please email shft.wisdom@nhs.net as soon as possible so that your space can be given to someone else.

