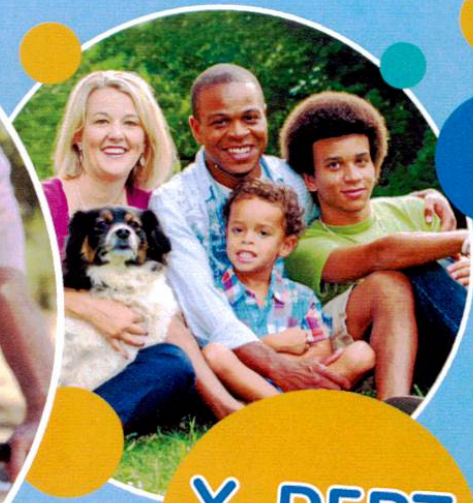
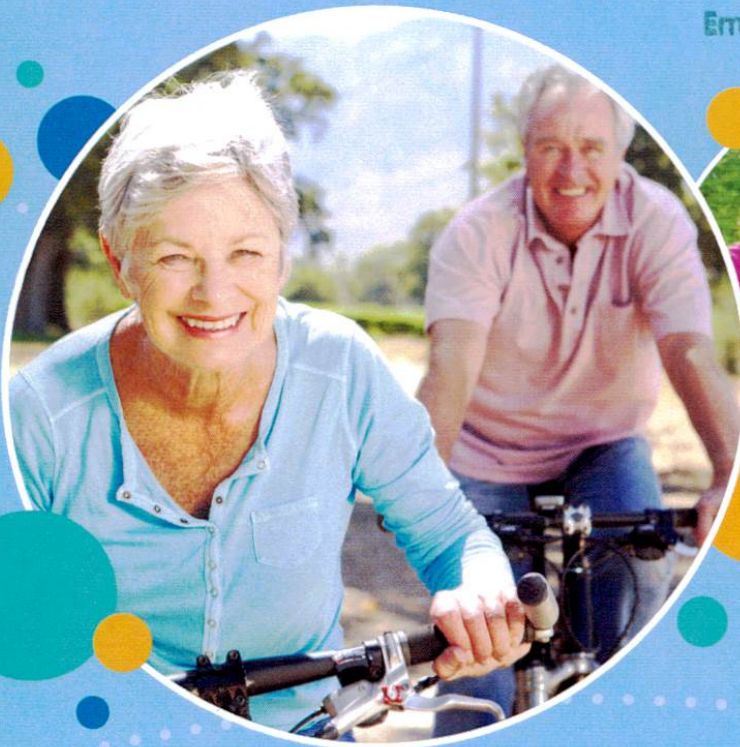


X-PERT Diabetes

First Steps

X-PERT Co-Ordinator

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**X-PERT
HEALTH**

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A programme taster to engage patients
in structured education

Find your nearest X-PERT Centre at:

www.xperthealth.org.uk/contact/x-pert-centres

X-PERT Diabetes

First Steps

Aim

To provide key information regarding diabetes self-management to people who are newly diagnosed or who have established diabetes, but have not accessed structured education.



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Learning outcomes

By the end of the session participants will be able to demonstrate a basic understanding of the following:

- Digestion, in particular that all starchy and sugary food and drink break down to glucose.
- Type 1 and Type 2 diabetes, insulin action and that mild diabetes is a myth.
- Normal blood glucose range and symptoms from raised blood glucose.
- The seven lifestyle factors for optimal health.
- Health results, their meaning and target ranges.
- What is involved in a diabetes annual review and why.
- Energy balance recognising that the solution to weight loss is long-term lifestyle changes.
- Five food groups which contribute to healthy eating and the daily range of portions.
- That the AMOUNT of carbohydrate has a much greater impact on blood glucose than the TYPE.
- Common myths and misconceptions regarding food and diabetes.
- Health benefits from participating in physical activity and frequency guidance.
- The need to take responsibility for diabetes self-management and accept that self-care choices have the greatest impact on health and well-being.
- The benefits from attending the full X-PERT Diabetes structured education programme.

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