

### Menu of Diabetes Structured Education - Central London

Patients registered with a NW London GP who are living with diabetes or at risk of Type 2 diabetes are invited to participate in an education programme. These programmes are free to patients.

Type of Diabetes	Delivery	Course	Location	Length	How to refer
GDM	Online	My Gestational diabetes	Online	4 hours	<a href="#">Ask patient to create a Know Diabetes account and then complete e-Learning here</a>
NDH	Online	Introduction to type 2 prevention	Online	1 hour	<a href="https://www.preventingdiabetes.org.uk/learning-zone/elearning/">Create an NHS Preventing Type 2 Diabetes account and then go to the eLearning pages on that platform https://www.preventingdiabetes.org.uk/learning-zone/elearning/</a>
NDH	Online	Understanding high risk of type 2	Online	3 hours	<a href="https://www.preventingdiabetes.org.uk/learning-zone/elearning/">Create an NHS Preventing Type 2 Diabetes account and then go to the eLearning pages on that platform https://www.preventingdiabetes.org.uk/learning-zone/elearning/</a>
T1D	Face to Face	DAFNE(18+)	Face to Face	5 days - either 1 week or split over one day for 5 weeks	Referral form in SystmOne
T1D	Online	Carbohydrate Counting - (Only for people using either an insulin pump or multiple daily injections (MDI)/ basal-bolus short-acting insulin with meals and long-acting insulin once/twice a day)	Online	2 hours	<a href="#">Ask patient to create a Know Diabetes account and then complete e-Learning here</a>
T1D	Online	Considering an insulin pump aimed at people with type 1 diabetes considering switching from injections to an insulin pump	Online	30 min	<a href="#">Ask patient to create a Know Diabetes account and then complete e-Learning here</a>
T1D	Online	Freestyle Libre (for anyone diagnosed with type 1 diabetes, that is using or would like to start using the Freestyle Libre system)	Online	1 hour	<a href="#">Ask patient to create a Know Diabetes account and then complete e-Learning here</a>
T1D	Online	Growing up with type 1 diabetes	Online	3 hours	<a href="#">Ask patient to create a Know Diabetes account and then complete e-Learning here</a>
T1D	Online	Living with type 1 diabetes	Online	3 hours	<a href="#">Ask patient to create a Know Diabetes account and then complete e-Learning here</a>
T1D	Online	My insulin pump	Online	2 hours	<a href="#">Ask patient to create a Know Diabetes account and then complete e-Learning here</a>
T1D	Online	Understanding type 1 diabetes	Online	4 hours	<a href="#">Ask patient to create a Know Diabetes account and then complete e-Learning here</a>
T2D	Face to Face	DESMOND	Face to Face	1 day or 2.5 days	<a href="#">Ask patient to self refer - Healthy Living</a>
T2D	Face to Face	DESMOND BME	Face to Face	1 day or 2.5 days	Referral form in SystmOne
T2D	Online	MyDESMOND	Online	1 hour to complete	Referral form in SystmOne
T2D	Online	Healthy Living for people with Type 2 diabetes	Online	Self Directed	<a href="#">Ask patient to self refer - Healthy Living</a>
T2D	Online	Introduction to type 2 diabetes	Online	1 hour	<a href="#">Ask patient to create a Know Diabetes account and then complete e-Learning here</a>
T2D	Online	My type 2 diabetes	Online	4 hours	<a href="#">Ask patient to create a Know Diabetes account and then complete e-Learning here</a>