

Menu of Diabetes Structured Education - Ealing

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.

Delivery	Type of Diabetes	Course	Location	Length	How to refer
Online	GDM	My Gestational diabetes	Online	4 hours	Ask patient to create a Know Diabetes account and then complete e-Learning here
Online	NDH	Introduction to type 2 prevention	Online	1 hour	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/
Online	NDH	Understanding high risk of type 2	Online	3 hours	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/
Online	T1D	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	Ask patient to create a Know Diabetes account and then complete e-Learning here
Online	T1D	Considering an insulin pump - aimed at people with type 1 diabetes considering switching from injections to an insulin pump	Online	30 min	Ask patient to create a Know Diabetes account and then complete e-Learning here
Online	T1D	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	Ask patient to create a Know Diabetes account and then complete e-Learning here
Online	T1D	Growing up with type 1 diabetes	Online	3 hours	Ask patient to create a Know Diabetes account and then complete e-Learning here
Online	T1D	Living with type 1 diabetes	Online	3 hours	Ask patient to create a Know Diabetes account and then complete e-Learning here
Online	T1D	My insulin pump	Online	2 hours	Ask patient to create a Know Diabetes account and then complete e-Learning here
Online	T1D	Understanding type 1 diabetes	Online	4 hours	Ask patient to create a Know Diabetes account and then complete e-Learning here
Face to Face and Online	T2D	Rightstart - Offered in English and Punjabi (Somali and Tamil Offer to be delivered soon)	Face to Face/ Online	2 hour session over 3/4 weeks online or onsite - 1 whole day Saturday programme (9.30am to 4pm) online or onsite - 3 session programme is currently being delivered in Punjabi on Thursday afternoons	GP's and other professionals to refer via Ealing Community Partners Referral Hub Email: ealingcommunity.referrals@nhs.net Telephone: 0300 12345 44 Self referral via Know Diabetes Service - https://form.jotform.com/220612255495050
Online	T2D	Healthy Living for people with Type 2 diabetes	Online	Self Directed	Ask patient to self-refer Healthy Living
Online	T2D	Introduction to type 2 diabetes	Online	1 hour	Ask patient to create a Know Diabetes account and then complete e-Learning here
Online	T2D	My type 2 diabetes	Online	4 hours	Ask patient to create a Know Diabetes account and then complete e-Learning here