



Menu of Diabetes Structured Education - Harrow

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	Delivery	Course	Location	Length	How to refer
Diabetes					Ask patient to create a Know Diabetes account and then
CDM	Online	My Gestational diabetes	Online	4 hours	complete e-Learning here
GDM	Offilitie	iviy Gestational diabetes	Offilitie	4 110u15	
					Create an NHS Preventing Type 2 Diabetes account and
					then go to the eLearning pages on that platform
NIBIL	0 "			4.1	https://www.preventingdiabetes.org.uk/learning-
NDH	Online	Introduction to type 2 prevention	Online	1 hour	zone/elearning/
					Create an NHS Preventing Type 2 Diabetes account and
					then go to the eLearning pages on that platform
		Understanding high risk of type			https://www.preventingdiabetes.org.uk/learning-
NDH	Online	2	Online	3 hours	zone/elearning/
				5 days - either	
				1 week or split	
	Face to			over one day	Referral form in EMIS
T1D	Face	DAFNE(18+)	Face to Face	,	Harrow clcht.desmonddiabetes@nhs.net (tbc)
					Ask patient to create a Know Diabetes account and then
		Cambabuduata Cauntina (Only			complete e-Learning here
		Carbohydrate Counting - (Only			<u> </u>
		for people using either an			
		insulin pump or multiple daily			
		injections (MDI)/ basal-bolus			
		short-acting insulin with meals			
	0 "	and long-acting insulin			
T1D	Online	once/twice a day)	Online	2 hours	
					Ask patient to create a Know Diabetes account and then
		Considering an insulin pump -			complete e-Learning here
		aimed at people with type 1			
		diabetes considering switching			
		from injections to an insulin			
T1D	Online	pump	Online	30 min	
		Freestyle Libre (for anyone			Ask patient to create a Know Diabetes account and then
		diagnosed with type 1 diabetes,			complete e-Learning here
		that is using or would like to			
		start using the Freestyle Libre			
T1D	Online	system)	Online	1 hour	
110	Orinite	Systemy	Offilitie	Tiloui	Ask patient to create a Know Diabetes account and then
T1D	Online	Growing up with type 1 diabetes	Online	3 hours	·
	Online	Growing up with type i diabetes	Online	3 Hours	complete e-Learning here
T1D T1D T1D T2D	0 "				Ask patient to create a Know Diabetes account and then
	Online	Living with type 1 diabetes	Online	3 hours	complete e-Learning here
					Ask patient to create a Know Diabetes account and then
	Online	My insulin pump	Online	2 hours	complete e-Learning here
					Ask patient to create a Know Diabetes account and then
	Online	Understanding type 1 diabetes	Online	4 hours	complete e-Learning here
	Face to			1 day or 2.5	Referral form in EMIS
	Face	DESMOND	Face to Face	days	Harrow clcht.desmonddiabetes@nhs.net
	Face to			1 day or 2.5	Referral form in EMIS
T2D	Face	DESMOND BME	Face to Face	•	Harrow clcht.desmonddiabetes@nhs.net
		Healthy Living for people with		Less than one	Ask patient to self-refer
T2D	Online	Type 2 diabetes	Online	day	Healthy Living
	23)	2		Ask patient to create a Know Diabetes account and then
T2D	Online	Introduction to type 2 diabetes	Online	1 hour	complete e-Learning here
	Orinite	introduction to type 2 diabetes	Orini le	i iloui	Referral form in EMIS - Harrow
TOD	Online -	DESMOND	Online	0 v 0 ha	
TOD	Online	DESMOND	Online	2 x 3 hours	clcht.desmonddiabetes@nhs.net
T2D		Ì			
T2D					Referral form in EMIS - Harrow
		DESMOND – Type 2 Diabetes			
T2D T2D	Online	DESMOND – Type 2 Diabetes Injectable Therapy	Online	4 x 3 hours	clcht.desmonddiabetes@nhs.net
	Online	1	Online	4 x 3 hours	clcht.desmonddiabetes@nhs.net Ask patient to self refer - Healthy Living
	Online Online	Injectable Therapy	Online Online	4 x 3 hours Self Directed	_
T2D		Injectable Therapy Healthy Living for people with			_
T2D T2D	Online	Injectable Therapy Healthy Living for people with Type 2 diabetes	Online	Self Directed 1 hour to	Ask patient to self refer - Healthy Living Referral form in EMIS - Harrow
T2D		Injectable Therapy Healthy Living for people with		Self Directed	Ask patient to self refer - Healthy Living Referral form in EMIS - Harrow clcht.desmonddiabetes@nhs.net
T2D T2D	Online	Injectable Therapy Healthy Living for people with Type 2 diabetes	Online	Self Directed 1 hour to	Ask patient to self refer - Healthy Living Referral form in EMIS - Harrow