



Menu of Diabetes Structured Education - Hillingdon

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
	- Diabetes				Ask patient to create a Know Diabetes account and then
Online	GDM	My Gestational diabetes	Online	4 hours	complete e-Learning here
					Ask patient to self-refer MyHealth
					Email: nhsnwlccg.myhealth@nhs.net
Face to Face			Face to		Phone: 01895 543437
and Online	NDH	MyHealth	Face/ Online	3 hours	Referral form in EMIS
					Create an NHS Preventing Type 2 Diabetes account and
					then go to the eLearning pages on that platform
-		Introduction to type 2			https://www.preventingdiabetes.org.uk/learning-
Online	NDH	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			https://www.preventingdiabetes.org.uk/learning-
Online	NDH	type 2	Online	3 hours	zone/elearning/
					Ask patient to create a Know Diabetes account and then
		Carbohydrate Counting -			complete e-Learning here
		(Only for people using either			
		an insulin pump or multiple			
		daily injections (MDI)/ basal-			
		bolus short-acting insulin			
Online	TAD	with meals and long-acting	Online	0 5 5	
Online	T1D	insulin once/twice a day)	Online	2 hours	Ash astisates and the all the second and the second
					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			
Online	T4D	switching from injections to	Online	20 min	
Jhiine	T1D	an insulin pump	Online	30 min	Ask nations to areas a Know Disheston account and then
		Freestyle Libre (for anyone			Ask patient to create a Know Diabetes account and then complete e-Learning here
		diagnosed with type 1			Complete e-Learning here
		diabetes, that is using or			
Online	T1D	would like to start using the Freestyle Libre system)	Online	1 hour	
Offilitie	110	Growing up with type 1	Offilitie	Tiloui	Ask patient to create a Know Diabetes account and then
Online	T1D	diabetes	Online	3 hours	complete e-Learning here
Jilline	110	diabetes	Offilitie	3 Hours	Ask patient to create a Know Diabetes account and then
Online	T1D	Living with type 1 diabetes	Online	3 hours	complete e-Learning here
Offinite	110	Living with type 1 diabetes	Offilitie	3 110013	Ask patient to create a Know Diabetes account and then
Online	T1D	My insulin pump	Online	2 hours	complete e-Learning here
5111110	112	Understanding type 1	OTHER TO	2 110010	Ask patient to create a Know Diabetes account and then
Online	T1D	diabetes	Online	4 hours	complete e-Learning here
O1111110	112		OTHER TO	2.5 days or	Somprote & Leanning Hore
Face to Face	T2D	DESMOND	Face to Face		Referral form in EMIS
				-	Ask patient to self-refer MyHealth
					Email: nhsnwlccg.myhealth@nhs.net
Face to Face			Face to		Phone: 01895 543437
and Online	T2D	MyHealth	Face/ Online	2 hours	Referral form in EMIS
Online		Introduction to type 2			Ask patient to create a Know Diabetes account and then
	T2D	diabetes	Online	1 hour	complete e-Learning here
					Ask patient to create a Know Diabetes account and then
Online	T2D	My type 2 diabetes	Online	4 hours	complete e-Learning here
				1 hour to	Ask patient to create a Know Diabetes account and then
Online	T2D	MyDESMOND	Online	complete	complete e-Learning here