

### **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
Online	GDM	My Gestational diabetes	Online	4 hours	<a href="#">Ask patient to create a Know Diabetes account and then complete e-Learning here</a>
Face to Face and Online	NDH	MyHealth	Face to Face/ Online	3 hours	Ask patient to self-refer MyHealth Email: nhsnwccg.myhealth@nhs.net Phone: 01895 543437 Referral form in EMIS
Online	NDH	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>
Online	NDH	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>
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	<a href="#">Ask patient to create a Know Diabetes account and then complete e-Learning here</a>
Online	T1D	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>
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	<a href="#">Ask patient to create a Know Diabetes account and then complete e-Learning here</a>
Online	T1D	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>
Online	T1D	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>
Online	T1D	My insulin pump	Online	2 hours	<a href="#">Ask patient to create a Know Diabetes account and then complete e-Learning here</a>
Online	T1D	Understanding type 1 diabetes	Online	4 hours	<a href="#">Ask patient to create a Know Diabetes account and then complete e-Learning here</a>
Face to Face	T2D	DESMOND	Face to Face	2.5 days or 1day session	Referral form in EMIS
Face to Face and Online	T2D	MyHealth	Face to Face/ Online	2 hours	Ask patient to self-refer MyHealth Email: nhsnwccg.myhealth@nhs.net Phone: 01895 543437 Referral form in EMIS
Online	T2D	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>
Online	T2D	My type 2 diabetes	Online	4 hours	<a href="#">Ask patient to create a Know Diabetes account and then complete e-Learning here</a>
Online	T2D	MyDESMOND	Online	1 hour to complete	<a href="#">Ask patient to create a Know Diabetes account and then complete e-Learning here</a>