

Menu of Diabetes Structured Education - Hounslow

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
T2D	Face to Face	X-PERT (Delivered in Hindi)	Face to Face	5/6 once weekly sessions (Patients can opt to attend the First introductory X-PERT session and then decide on course completion)	Referral form via SystmOne task to Hounslow Community Diabetes service Patient self referral via : Type 2 Diabetes - Group Education Learning (Jotform) https://hrch.jotform.com/212144434416043
T2D	Face to Face/ Online	X-PERT (Delivered in English)	Face to Face/Online	5/6 once weekly sessions (Patients can opt to attend the First introductory X-PERT session and then decide on course completion)	Referral form via SystmOne task to Hounslow Community Diabetes service Patient self referral via : Type 2 Diabetes - Group Education Learning (Jotform) https://hrch.jotform.com/212144434416043
T2D	Face to Face/Online	X-PERT Insulin (Delivered in English)	Face to Face/Online	6x once weekly interactive sessions are scheduled for T2 patients on insulin therapy in to enhance their knowledge and confidence in adjusting/reducing insulin doses to match lifestyle changes, (e.g. low carbohydrate diet and exercise)	Referral form via SystmOne task to Hounslow Community Diabetes service
T2D	Online	Introduction to type 2 diabetes	Online	1 hour	Ask patient to create a Know Diabetes account and then complete e-Learning here
T2D	Online	X-PERT Insulin Therapy	Face to Face/ Online	5 /6 once weekly sessions	Referral via SystmOne task
T2D	Online	My type 2 diabetes	Online	4 hours	Ask patient to create a Know Diabetes account and then complete e-Learning here
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	Ask patient to create a Know Diabetes account and then complete e-Learning here
T1D	Online	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
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	Ask patient to create a Know Diabetes account and then complete e-Learning here
T1D	Online	Growing up with type 1 diabetes	Online	3 hours	Ask patient to create a Know Diabetes account and then complete e-Learning here
T1D	Online	Living with type 1 diabetes	Online	3 hours	Ask patient to create a Know Diabetes account and then complete e-Learning here
T1D	Online	My insulin pump	Online	2 hours	Ask patient to create a Know Diabetes account and then complete e-Learning here
T1D	Online	Understanding type 1 diabetes	Online	4 hours	Ask patient to create a Know Diabetes account and then complete e-Learning here
T1D	Online	DAFNE (Delivered in English)	Online	5 days over 1 week or once weekly over 5 sessions	Referral form via SystmOne to Chelsea & Westminster NHS Foundation Trust; Diabetes Service (West Middx. University Hospital)
T1D	Online	BERTIE	Online	Self Directed	Patient Self Refers
NDH	Online	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/
NDH	Online	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/
GDM	Online	My Gestational diabetes	Online	4 hours	Ask patient to create a Know Diabetes account and then complete e-Learning here