

Menu of Diabetes Structured Education - West London

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/
Face to Face	T1D	DAFNE(18+)	Face to Face	5 days - either 1 week or split over one day for 5 weeks	Referral form in SystemOne
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	T2D	DESMOND	Face to Face	1 day or 2.5 days	Ask patient to self refer - Healthy Living
Face to Face	T2D	DESMOND BME	Face to Face	1 day or 2.5 days	Referral form in SystemOne
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
Online	T2D	MyDESMOND	Online	1 hour to complete	Referral form in SystemOne
Online	T2D	Healthy Living for people with Type 2 diabetes	Online	Self Directed	Ask patient to self refer - Healthy Living