

**July 2018**

**KERNOW HEALTH CEPN rolls out diabetes education**

People with Type 2 diabetes living in Cornwall can now access free NHS education sessions.

The DESMOND (Diabetes Education and Self-Management for Ongoing and Newly Diagnosed) programme is a six-hour course designed to help people gain an understanding of the condition and provide practical skills to manage it effectively.

It has been developed on the back of years of research and has proven to improve the health of participants.

The course will be run at a variety of venues around Cornwall and delivered by qualified healthcare professionals

Type 2 diabetes can be devastating if poorly managed with complications including blindness, heart disease and foot amputations. However, with the right knowledge and education, these risks can be minimised. NICE guidance states education should be offered to all patients with a new diagnosis.

DESMOND is about helping to change people's lifestyle through a personal and proactive approach, which has been tried and tested in different locations across the country.

DESMOND is an NHS programme commissioned by more than 100 NHS trusts & organisations across England. It provides structured education, which means it has an underpinning philosophy, is based on evidence and delivered by trained educators using a structured curriculum and quality assured.

The courses are delivered in a group to increase healthcare professional contact time and also encourage positive interactions between group members.

Bernie Stribling, DESMOND National Director, said: "People with diabetes have a demanding condition to manage, yet on average they see a healthcare professional for an hour a year only.

"Structured education programmes are a proven method to enable supported self-care in diabetes. Based on a solid bed of evidence, DESMOND provides a blueprint to maximise the precious contact time between a healthcare professional and their patient – ensuring the person can leave with an agreed set of goals addressing their needs based on their latest test results."

For more information on the DESMOND programme contact:

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Or visit:

- <http://www.desmond-project.org.uk>.
- [NICE guidance](#)
- <http://cornwallcepn.co.uk/>
- [Khcic.desmond@nhs.net](mailto:Khcic.desmond@nhs.net)