

# NORTHAMPTONSHIRE DIABETES MULTI-DISCIPLINARY TEAM

## TYPE 2 DIABETES VIRTUAL EDUCATION COURSE

### SESSION 1

#### Diabetes and Carbohydrate Awareness

- Part 1: What is diabetes
  - Part 2: Diabetes medications
  - Part 3: Monitoring and targets
  - Part 4: Blood glucose monitoring
  - Part 5: Hypoglycaemia
  - Part 6: Healthy eating with diabetes
  - Part 7: The four steps to Carbohydrate Awareness
  - Part 8: SMART Action plan
- Video call approx 90 minutes

### SESSION 2

#### Living Well and Eating Well with Diabetes

- Part 1: Eating well with diabetes
  - Part 2: Healthy weight
  - Part 3: Reducing the risk of long term effects
  - Part 4: Physical activity
  - Part 5: Meal plans
  - Part 6: Emotional eating
  - Part 7: Making changes and SMART Action planning
  - Part 8: GLP1 therapy
- Video call approx 90 minutes

### SESSION 3

#### Managing your Diabetes with Insulin (only for those on insulin)

- Topics include: basic technique, insulin profiles, site rotation and adjusting insulin doses safely.
- Video call approx 120 minutes

This is a virtual education course for people with type 2 diabetes. The sessions consist of videos that can be watched at your own pace, followed by a group video call with members of the diabetes team. If you are on insulin you will be offered a third session. You will need a computer, tablet or smartphone with a camera and microphone and access to the internet.

“Overall this course has made me feel I can make a long term positive difference to my diabetes control. It has come at the right time as long periods of lockdown have been stressful. I feel positive about kick starting my lack of diabetes control again. Thank you very much - the course has been inspiring for me.”  
Review by course participant

If interested, please ask your practice nurse or GP to refer you, or contact us on: 03000 272 282.

MAKING A  
DIFFERENCE  
FOR YOU,  
WITH YOU