

**Press Release
For Immediate Use**

18 June 2018

Living with Diabetes – how structured education can help

Diabetes is a long-term condition that causes a person's blood sugar levels to become too high. There are 2 main types; Type 1 and Type 2. People living with diabetes are encouraged to take control of their diabetes to live a full and healthy life. Patient education courses to support this are available across Guildford and Waverley.

The courses; led by healthcare professionals or individuals who might also be living with diabetes, aim to improve knowledge and confidence to help people living with the condition. The courses also ensure participants can raise concerns, ask questions and meet others living with diabetes.

In Guildford and Waverley there are two education courses available for diabetes patients:

DESMOND – a 6 hour interactive group session for people with Type 2 diabetes; led by a dietician. The course helps those attending to understand their diabetes, the risk factors and increase awareness of the importance of food choices. Patients can ask to be referred to Desmond by their GP, practice nurse or diabetes consultant.

CEDRIC – a 4 session course for people with Type 1 diabetes, led by a Diabetes Specialist Nurse, a Diabetes Dietician and Diabetes Consultant; to provide an understanding of living with diabetes, carbohydrate counting and insulin adjustment. Patients can ask to be referred to CEDRIC at their diabetes clinic, or by their consultant, specialist nurse or dietitian.

A patient in Guildford and Waverley CCG said: "Structured education is a useful forum for diabetes patients to learn more about their condition. The sessions encourage self-management and provide an opportunity to raise questions on how to live with diabetes, reducing the prospect of the onset of complications."

There are 8,325¹ people known to have Type 2 diabetes in Guildford and Waverley and we want to increase the number of these who attend these informative education sessions.

¹ GP Practice QOF (Quality Outcomes Framework) data

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Notes for Editors:

- New 'what is diabetes' videos: [Type 1](#) and [Type 2](#).
- Desmond: <https://www.youtube.com/watch?v=ekbwfBu-CaQ>
- [Desmond: https://www.youtube.com/watch?v=-pCttrwAyc4](https://www.youtube.com/watch?v=-pCttrwAyc4)
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The vision of NHS Guildford and Waverley CCG is:

'To ensure that innovative, quality driven, cost effective health and social care is in place. We will deliver services which reflect the needs of the local population and improve the health and wellbeing of people living in Guildford and Waverley.'

The responsibilities of NHS Guildford and Waverley CCG are to commission:

- Urgent and emergency care
- Elective hospitals treatment
- Community care health services
- Other community-based services
- Rehabilitation services
- Maternity and newborn services
- Children's healthcare services
- Services for people with learning disabilities
- Mental health services

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Guildford and Waverley
Clinical Commissioning Group