

EPUT



Essex Partnership University
NHS Foundation Trust

MANAGING YOUR TYPE 2 DIABETES



**INFORMATION
LEAFLET**

EPUT

Definitions

Explore how diabetes affects your body and how lifestyle changes can help you manage it.

The X-PERT Structured Diabetes Programme offers 15 hours of group education delivered by trained educators from a national award winning NHS Trust. The 15 hours are split into bite-sized chunks of weekly 2½ hour sessions over 6-weeks and covers a different topic each week. Participants have the choice of attending a group in person or online.

If you have type 2 diabetes and use insulin, we provide a course called X-pert Insulin. This has the same structure as X-Pert (2 ½ hours session, weekly for 6 weeks) but is tailored specifically for people with type 2 diabetes using insulin. Possible benefits from attending are:

- weight loss
- healthier eating
- improved fitness
- lower blood glucose
- lower blood pressure
- increased energy levels
- lower blood cholesterol
- reduced risk of diabetes complications
- improved wellbeing and quality of life
- make new friends to share ideas and thoughts
- dispelling dietary myths, allowing increased dietary freedom
- reduced risk of heart disease and other long-term conditions



Week 1: What is Diabetes?

- Digestion, carbohydrate & blood glucose control
- Can I put my diabetes into remission?
- Health indicators
- 5 essential steps to goal setting
- What is pre-diabetes and diabetes
- Hormones and health
- 7 lifestyle factors for optimal health

Week 2: Nutrition for Health

- Weight management
- Nutrition for health
- Dietary approaches
- Intermittent fasting
- Making food choices
- Fat awareness
- What is a portion?
- Dietary self-assessment
- The power of protein
- Dietary self- assessment

Week 3: Carbohydrate Awareness

- Carbohydrate awareness
- Glycaemic index
- Carbohydrate awareness for everyday foods
- Fibre and how it protects us
- Gut microbiota
- How many carbs am I having?

Week 4: Psychology of Eating, Food Shopping and Physical Activity

- Causes of hunger and the psychology of eating
- Reading and understanding food labels
- Top 10 food shopping tips
- Top 10 tips for dining out
- Physical activity

Week 5: Possible Complications

- Possible complications
- Stress, meditation and sleep
- Setting a goal: reducing risk
- Annual review
- Emotional and psychological support
- Taking care of your feet
- Living with diabetes: work/driving/insurance/travel

Week 6: Recapping and the Way Forward

- Dealing with challenges
- Top tips for maintenance
- Medication
- Setting a goal: The way forward

More information available at: xperthealth.org.uk

WEEK 1:

- Why do I need insulin?
- Different insulins and how they work
- Blood glucose monitoring
- 5 essential steps to goal setting
- Injection technique and care
- Identifying which foods contain carbohydrates
- Goal setting: 'What carbohydrate am I eating?'

Week 2:

- Carbohydrate awareness
- How to estimate the carbohydrate content of foods.
- What CHO am I eating?
- Goal setting: My optimal carbohydrate intake

Sessions are Available online or in person

**Morning - Afternoon - Evening
Throughout the Year**

**2½ hours once a week,
for 6 weeks(X-PERT) or 2
weeks(CIM)**

- **Get involved as much or as little as you like**
- **Relaxed and Informal Settings**
- **Experienced Educators**
- **Make new friends**

**If you would like to attend please return form,
post or e-mail to the following address:**

Catherine Robinson
Diabetes Education Assistant
West Essex Community Health Services
Nutrition, Dietetics & Diabetes Department
2nd Floor, Epping Forest Unit
St. Margaret's Hospital, The Plain, Epping
Essex CM16 6TN

**Contact:
01992 938450
westessex.dietitians@nhs.net**

Please fill in your details in block capital letters

Name:

Date of birth:

Address:

Home telephone:

Mobile:

Email:

Nationality:

NHS number:

Name of GP:

Surgery address:

Do you consent to your X-PERT medical records to be shared with other organisations within the NHS?

Yes

No

Do you consent to receiving SMS/text reminders?

iWantGreatCare

Transforming Healthcare



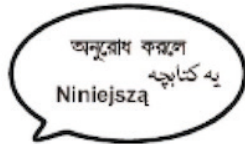
Did you receive great care today? Leave your ratings and review to let us know how we did.
Google search: EPUT iwantgreatcare



Patient Advice and Liaison Service (PALS)

If you have any concerns or need advice about accessing NHS services, you can speak in confidence to the Patient Advice and Liaison Service on [0800 085 7935](tel:08000857935) or you can email epunft.pals@nhs.net

This leaflet can be produced in large print, CD, Braille and other languages on request.



Essex Partnership University NHS Foundation Trust regards equality and diversity as integral to the way it works. Our staff will ensure that everyone is treated fairly and no one is discriminated against on the basis of their ethnicity, gender, disability, age, sexual orientation and religion or belief.

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