



Laura McCann

Accredited Practising Dietitian

DESMOND facilitator

Diabetes Education and Self Management for Ongoing and Newly Diagnosed

developed in the UK in 2003

meets national standards policies for the:

- *National Service Framework (NSF) for diabetes (UK)*
- *National Institute for Health and Clinical Excellence (NICE)*

evidenced based, non didactic

supports active participators during the program

developed based on 3 psychological theories of learning

Leventhal's common sense theory
dual process theory
social learning theory

Effectiveness of the diabetes education and self management for ongoing and newly diagnosed (DESMOND) programme for people with newly diagnosed type 2 diabetes: cluster randomised controlled trial

M J Davies, professor of diabetes medicine,¹ S Heller, professor of clinical diabetes,² T C Skinner, associate professor in health psychology,³ M J Campbell, professor of medical statistics,⁴ M E Carey, national director,⁵ S Cradock, nurse consultant,⁶ H M Dallosso, research associate,⁵ H Daly, nurse consultant,⁷ Y Doherty, consultant clinical psychologist,⁸ S Eaton, consultant diabetologist,⁸ C Fox, consultant physician,⁹ L Oliver, consultant dietitian,⁸ K Rantell, research fellow in statistics,⁴ G Rayman, consultant physician,¹⁰ K Khunti, professor of primary care diabetes and vascular medicine,¹¹ on behalf of the Diabetes Education and Self Management for Ongoing and Newly Diagnosed Collaborative


BMJ

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RESEARCH

Effectiveness of a diabetes education and self management programme (DESMOND) for people with newly diagnosed type 2 diabetes mellitus: three year follow-up of a cluster randomised controlled trial in primary care

 OPEN ACCESS

Kamlesh Khunti *professor of primary care diabetes and vascular medicine*¹, Laura J Gray *lecturer of population and public health sciences*¹, Timothy Skinner *director rural clinical school*², Marian E Carey *national director; DESMOND programme*³, Kathryn Realf *research assistant*³, Helen Dallosso *research associate*³, Harriet Fisher *research assistant*¹, Michael Campbell *professor of medical statistics*⁴, Simon Heller *professor of clinical diabetes*⁵, Melanie J Davies *professor in diabetes medicine*⁶



Diabetes WA conclusions:

- overall participants are highly satisfied with the DESMOND program
- DESMOND plays an important role in providing education and self management skills to people with type 2 diabetes
- people have a greater understanding about their diabetes after DESMOND participation

Topics:

- what is diabetes?
- healthy food choices
- physical activity
- medication management
- monitoring
- complications
- individual pathology results
- **individual goal setting**



- The program recognises no 'one size fits all' approach to diabetes
- Focuses on the practical skills or managing type 2 diabetes
- Helps participants to identify and explore their own beliefs around diabetes to help them self manage



WHO CAN ATTEND?

People diagnosed with type 2 diabetes

18 years and over

WHAT ELSE ABOUT THE DESMOND WORKSHOP?

6 hour, full day workshop

Group of 10 participants, partners welcome

COST: Free

HOW TO REGISTER

Call Diabetes Tasmania

1300 136 588

State wide program

also run nationally in WA, VIC, NSW, QLD and NZ

Self referral or from GP or Allied Health

“DESMOND was great! Most worthwhile, even though I have been managing my diabetes for six years”

“Very informative and relaxed atmosphere. Left me feeling more in control of my self management. Thank you for providing this wonderful service”

Davies MJ, Heller S, Skinner T C, Campbell MJ, Carey ME, Cradock S, Dallosso HM, Daly H, Doherty Y, Eaton S, Fox C, Oliver L, Rantell K, Rayman G, Khunti K on behalf of The DESMOND Collaborative, (2008). Effectiveness of the diabetes education for ongoing and newly diagnosed (DESMOND) programme for people with newly diagnosed type 2 diabetes: cluster randomised controlled trial. *British Medical Journal*, 336; 491-495.

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