

Diabetes Self-Management Programme (DSMP)

What is it?

DSMP is a FREE 7-week course for people who live with Type 2 Diabetes. DSMP is designed to help you better manage your diabetes and gain control of your health. The course covers information about living with Type 2 Diabetes (e.g. managing diet, exercise, medication) as well as skills and tools to help you learn to self-manage e.g. finding solutions to everyday problems when living with diabetes, relaxation techniques, communication with friends and family and other coping strategies.



The course is co-delivered by a Lay tutor living with Type 2 Diabetes and a Healthcare Professional (e.g. a nurse). The course runs for 3 hours each week.

How DSMP can help you:

People who have come on the course tell us it has made a big difference to them, they feel more positive, able to manage their health and enjoy life again. Benefits include:

- ❑ A 'Tool kit' of techniques that you can try out for yourself.
- ❑ Different topics covered each week.
- ❑ Times to share and discuss.
- ❑ Building confidence that you can cope with your condition and work towards what's important to you (your personal goals).
- ❑ Being with others who know what it's like and can share tips
- ❑ Focusing on taking control of your condition rather than it controlling you
- ❑ Taking small, gradual steps – pacing.

What our participants say!

"...it was fantastic...helped me to control my diabetes. ... it helped me and made a lot of difference. I look at things objectively, I don't sit down and start getting angry with myself... diabetes is not going to control my life, I will try to control diabetes. I do things that will improve it... walking, control my diet... this course has helped me!" **Sophie**

Whittington Health NHS Trust

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*“The DSMP gave me the tools to seek help and advice from my health carers and to find the solutions to the various problems. I now have improved health, take less medication and feel a lot better. The feeling that I was alone and did not have anyone who cared or listened to me has gone. I feel in control of my own health.” **Abdul***

*“... that was the first course I'd had for many, many years, and you tend to forget things. You're reminded how to look after yourself, and you listen to other people's problems... I am reminded that I have to look after me, and can't leave it to the doctors all the time. I have to do my share of being responsible for me... and keeping in touch with my doctors” **Anna.***

Content of the course:

The Diabetes Self-Management Programme includes information on managing long term health conditions in general as well as diabetes in particular. You are not expected to become an expert at all the things, or even find all of them helpful. The programme is designed to give you a taster of a number of self-management strategies so that you can take away and practice the ones that you feel are most helpful to you.

Frequently Asked Questions

How much does it cost?

These courses are absolutely **FREE**. You don't pay anything to attend any of our courses.

Who are the courses for?

The courses are for anyone who has had their health condition for more than 3 months and who lives, or has a GP, in Islington or Haringey. If you'd like to discuss whether a course is for you, please do call us (see contact details).

Do I have to be referred by someone?

No, you don't. Although healthcare professionals do refer people to us, many of our participants have simply called us up themselves.

Do I have to attend all the sessions?

To get the most out of the course it is best to attend as many sessions as you can, but we understand this might not always be possible.

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Do I need to talk about my own condition?

There will be times when you will be asked to share how your condition affects your life and what you would like to change. However, it is up to you what you want to share and how much detail you want to give. All discussions are confidential.

Where are the Courses held?

The courses are held online on Zoom and also at accessible local venues with good access to public transport adhering to COVID-19 infection control regulations.

Will I get a break during the session?

Yes, there is a 20-minute break half way through each session. However, you are free to get up and move around whenever you need to.

Do I need to bring a carer / assistant with me to the course?

If you need a carer, you will need to bring your carer with you as the course tutors won't be able to assist you with personal care.

Please do bear in mind that if you are related to your carer, it may be difficult for you to discuss certain issues freely. This is your time to focus on how you would like to manage your health. If you decide you would like your carer to be present, they can take part as a participant. Please let us know beforehand if you are likely to bring a carer or assistant.

I have specific communication requirements – can these be accommodated?

If you have specific communication requirements, please do contact us beforehand. For example, we can arrange for a BSL interpreter to attend or for large-print materials to be available.

Do you provide transport?

Unfortunately, we are unable to provide transport. We would recommend attending our online courses, where possible.

What happens after the end of the course?

We hope that once the course is over you will start putting the skills and knowledge you have learned into practice to help you manage your health and feel more confident.

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Can I feedback my views about the course?

Yes, we are always seeking feedback about our courses to help us improve them. At the end of the course you will have an opportunity to feedback and you are always welcome to contact us at any time.

Contact Details:

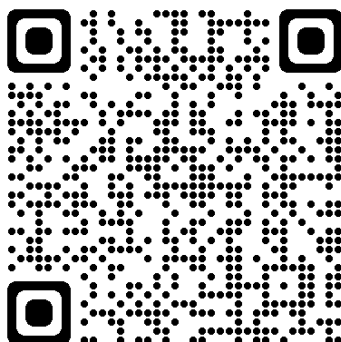
If you are interested in finding out more or attending DSMP, please contact us:

Telephone: 020 7527 1558

or

Email: whh-tr.self-management@nhs.net

Or use this QR code to take you directly to our on-line form.



For further information, visit our website:

<https://www.whittington.nhs.uk/selfmanagement>

We look forward to hearing from you!

Self-Management Support and Behaviour Change Team
Whittington Health NHS Trust

Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or whh-tr.whitthealthPALS@nhs.net

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