

# Diabetes

## Living with and managing Diabetes

Education Programmes for Patients (EPP) Cymru deliver FREE Health and Well-being courses for adults across Wales.



## Diabetes

The exact cause of diabetes is not known. Type 2 diabetes is sometimes called adult onset diabetes. You may develop Type 2 Diabetes as a result of other factors. These include being overweight, lack of exercise, eating and other lifestyle habits or some illness. It is more common among people who are overweight, this is because excess body fat does not allow the body to make proper use of insulin.

This course will improve your confidence to deal with all aspects of living with diabetes and looks at ways to help manage the effects of Type 2 non-insulin diabetes.

This course consists of two and a half hour sessions, once a week for six weeks, in community locations. Sessions are facilitated by two trained people, who have experience of living with Type 2 Diabetes themselves or who are affected by someone who lives with a condition.



### Topics covered include:

- 1 Ways to deal with symptoms of diabetes
- 2 Exercise for staying healthy, flexible and strong
- 3 Preventing low blood sugar
- 4 Preventing complications
- 5 Skin and foot care
- 6 Emotional well being
- 7 Physical activity and exercise
- 8 Making decisions – appropriate use of medication
- 9 Engaging effectively with healthcare providers
- 10 Setting goals and problem solving

### Does this course replace existing programmes and treatments?

The Self-Management Programme will not conflict with existing programmes or treatment. It is designed to enhance regular treatment. The programme gives participants the skills to coordinate all the things needed to manage their health, as well as to help them keep active in their lives.

### How was the Programme developed and evaluated?

The original Diabetes Self-Management Programme was developed at the Stanford Patient Education Research Centre, USA. Participants had significant improvements in depression/low mood, symptoms of hypoglycemia, communication with healthcare providers, healthy eating, and reading food labels. They also had significant improvements in patient activation and self-efficacy. 12 months after attending the Diabetes course, participants continued to demonstrate improvements in depression/low mood, communication with health care providers, healthy eating, patient activation, and self-efficacy.

Each person who attends will receive a copy of the book *Self-Management of Long Term Health Conditions* (on loan for 6 weeks) and a relaxation CD, **Relaxation for Mind and Body**, to keep.

It is the way in which the programme is run that makes it effective. Through group discussions, mutual support and learning and practicing new techniques, participants will finish the course with more confidence in their ability to manage their own health and maintain active and full lives.