

Western Isles Diabetes Education for People with Type 2 diabetes mellitus (WIDE 2)

March 2012

Western Isles Education in Diabetes Type 2 (WIDE 2)

Introduction

Within the Western Isles Health Board, people with type 2 diabetes are normally diagnosed by their General Practitioner (GP) and referred to the Practice Nurse (PN) for education and support.

Patient education is normally conducted on a 1:1 basis although people with diabetes are strongly encouraged to include family members, friends or significant others in any teaching and learning sessions. All communications are an opportunity for engaging the patient in education and more formal education sessions may occur within the hospital clinic, a hospital ward, a general practice or the patient's home.

WIDE 2 addresses patient education within the first three months of diagnosis of diabetes mellitus that is considered to be at Level 1¹. At the first GP clinic visit, the PN will first try and determine how the person feels emotionally about the diagnosis before beginning any education through open questioning and probing follow up questions from answers given.

In conversation with the newly diagnosed person, the PN will work with the person to determine their lifestyle and what changes the person with diabetes will need to make in their daily living to adjust to diabetes self management.

The frequency of the patient/professional communications will depend on the patient's lifestyle although people are normally given a clinic appointment within 3 months of diagnosis. Telephone contact via the GP surgery can be maintained between formal clinic visits for ongoing education and advice. PNs liaise with the Diabetes Specialist Nurses for advice regarding individual patient's clinical situations.

Philosophy

People with type 2 diabetes are living with a long term condition. The health care team support individuals holistically within their family context to manage their condition emotionally, psychologically and physically. The health care professional facilitates patient learning and adaptation behaviours to adopt healthy eating and healthy lifestyles. Patients are empowered to self manage their diabetes. Patient education is driven by patient needs and relevance to the individual with the aims of achieving good diabetes control; minimising the effects of diabetes on their health and well being for the whole of their lives; preventing problems occurring and to live life to its fullest

Process

In all educational sessions, the PN will ask specific questions to elicit prior knowledge which will help patients and/or their family to value and reflect on their prior knowledge and experience. The PN will encourage the patient and/or family to contribute and every comment will be actively listened to.

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Patients and/or their family will be actively engaged by asking specific questions related to their care of the PN. Patients and/or their family will be encouraged to reflect and share their experiences and to ask any questions. All questions will be answered in an honest, open and non-judgmental way.

Learning Theory

There are several learning theories that can be adopted in working with individuals. The most prominent theories for one to one teaching in the context of diabetes care are holistic learning theory and facilitation learning theory¹. As people live with diabetes, they may proceed onto experiential learning theory¹. It is obvious that emotions affect how people learn and so there is the emphasis on building relationships that are based on trust.

WIDE 2 addresses education at diagnosis of diabetes and for the first 3 months. There is therefore a spiral curriculum as the PNs plan a developmental approach to teaching and learning that enhances the patients and/or their family's understanding of the condition through incremental development of key topic areas that are revisited with time and as different situations occur. For each teaching and learning session, the educational theory is integrated into activities by the PN and the patient and his/her family supported by resources (Table 1).

Table 1: Sample teaching and learning session

Specific aspects of theory	Practice Nurse activity	Patient activity	Resources
Elicit current knowledge to facilitate learning Emotion management; verbal reasoning role modeling	The PN will cover each topic by: 1. Eliciting patients current level of knowledge 2. Asking questions and responding to answers to increase understanding 3. Using patients' experiences from which to learn further 4. Asking the patient if her/she has any further queries before moving on to the next topic.	The patient and /or family will be encouraged to: 1. Recall own experience and knowledge 2. Respond to questions using own prior knowledge and experience 3. Use responses and new knowledge to increase understanding 4. Work out the application of new knowledge to his/her own lifestyle	SIGN (2010) Managing diabetes: a booklet for patients and carers. SIGN, Edinburgh www.sign.ac.uk Diabetes UK (2009) Understanding diabetes: Your essential guide. Diabetes UK London

WIDE 2: Educational programme for people at diagnosis of type 2 diabetes and for the first 3 months

Aim

To promote self care management through patient led education and support from the health care team.

Learning outcomes

After three months of diagnosis patients will be able to:

1. Describe what is a healthy diet and make adjustments to their diet to aim for optimum weight
2. Describe the benefits of exercise in relation to diabetes and actively participate in exercise
3. Relate the importance of adherence with all recommended treatment, diet and follow up appointments to diabetes self management
4. Actively participate in behaviour change, if necessary, to reduce the risks of diabetes related complications
5. Identify both hypoglycaemia and hyperglycaemia and know what actions to take
6. Demonstrate confidence in own self management.

People with type 2 diabetes are routinely referred to the Dietitian and Podiatrist who for education, assessment and support. Retinal screening is undertaken locally and reported on a national basis.

As education is undertaken on a 1:1 basis and patient led, there is no formal order to each learning session. Aims and learning outcomes with indicative content are detailed below that will be addressed in a timely manner.

Aim: Patients will understand the importance of diet in the management of diabetes

Learning outcomes

After practice, experience and learning, patients will:

1. Identify the five food groups and the healthy proportions as described in the “Eat Well Plate”.
2. Identify different nutrients within foods.
3. Identify the effect of the different nutrients on blood glucose levels.
4. Identify the different types of carbohydrate.
5. Describe the importance of regular meals containing starchy carbohydrate and practice the same.
6. Describe the importance of weight management including the role of diet, portion control and exercise and work towards integrating these into their lifestyle.

Aim: Patients will consolidate their understanding of diet in the management of diabetes

Learning outcomes

After practice, experience and learning, patients will:

1. Avoid diabetic products and be able to explain the rationale for doing this.
2. Identify foods which contain fats; the different types of fat and benefits of decreasing foods containing saturated fat and increasing foods containing mono or poly unsaturated fats.
3. Describe the effects of alcohol on health, including weight and blood glucose levels, and aim to incorporate this knowledge into their lifestyle.
4. Identify sources of, and foods with, a high salt content and aim to avoid them.

Aim: Patients will actively participate in exercise

Learning outcomes

After discussion and reflection patients will:

1. Describe the benefits of exercise on their cardiovascular system and diabetes control
2. Discuss their current levels of activity
3. Identify reasonable adjustments that they can make to their current activity levels

Aim: Patients will actively engage in determining their recommended treatment

Learning outcomes

After experience, reflection and learning, patients will:

1. Describe the purpose of the main blood tests taken at the GPs surgery
2. Describe the importance and purpose of regular appointments to early detect and treat diabetes complications including what happens at the clinic
3. Inform others about their diabetes and carry identification that they have diabetes
4. Detail the influence of diabetes on their general health and ill health
5. Actively participate in annual screening of clinical parameters for diabetes complications
6. Women of child bearing age will be aware of the recommended standards of pre-conceptual care and care during pregnancy and act appropriately
7. Patients will actively adopt healthy eating and lifestyle choices

Aim: Patients will actively engage in behaviour change to reduce the risks of diabetes related complications

Learning outcomes

After experience, reflection and learning, patients will:

1. Carry identification that they have diabetes
2. Aim to stop smoking if they currently smoke
3. Advise the DVLA about their diabetes if they drive according to their prescribed medication
4. Describe the effect of alcohol and, if necessary, aim to alter alcohol consumption to within safe guidelines
5. Develop an appropriate exercise plan

Aim: Patients will be able to identify both hypoglycaemia and hyperglycaemia and know what actions to take

Learning outcomes

After discussion and learning patients will:

1. Describe what the term hypoglycaemia means
2. Describe the main causes of hypoglycaemia, how to recognize and treat it
3. Describe what the term hyperglycaemia means
4. Describe the main causes of hyperglycaemia, how to recognize and treat it
5. Detail their actions, with their limitations, if they think they have had a hypoglycaemic episode or are hyperglycaemic

Aim: Patients can self-manage their diabetes on a day to day basis

Learning outcomes

After experience, reflection and learning, patients will:

1. Actively manage their diet and exercise without requiring professional support
2. Seek help from the health care team recognizing their own limitations
3. Utilize relevant phone numbers for professional contacts
4. Utilize Diabetes UK resources including support groups if necessary

References

1. Bath L (2009) Short Life working group of type 1 diabetes. Scottish Diabetes Group, Edinburgh
<http://diabetesinscotland.org.uk/Publications/Final%20report%20of%20the%20Type%201%20Diabetes%20Short%20Life%20Working%20Group.pdf>
2. <http://www.brookes.ac.uk/services/ocslid/resources/theories.html>

Resources

Frequently used leaflets

SIGN (2010) Managing diabetes: a booklet for patients and carers. SIGN, Edinburgh
www.sign.ac.uk

Diabetes UK (2009) Understanding diabetes: Your essential guide. Diabetes UK London

Eileanan Siar Western Isles Eat, drink and be healthy this winter – tips and recipes. Department of Nutrition and Dietetics

Local leaflets

Western Isles Education checklist for Type 2 patients
New patient with diabetes checklist (Group Practice)
Western Isles Diabetes Education Checklist (dietetics)
Western Isles leaflet on eating healthy with diabetes
Healthy eating plate
Posters of a healthy diet – calories, fibres, carbohydrate

SCI-DC and associated literature (Group Practice)

BHF

Diabetes and Your heart (Langabhat)
Physical activity and diabetes (Langabhat)

Diabetes UK

Employment and diabetes
Eating well with type 2 diabetes
Diabetes UK website
Diabetes UK understanding diabetes
Treating your diabetes with tablets

Patient UK

A low fat and health diet leaflet (Borve)

Diabetes Insight

Diabetes Mellitus: dietary advice (Borve)

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Diabetes CDM

Diabetes and standards for diabetic care at annual review (Langabhat)

NHS Scotland

Advice about foot care (Langabhat)

Pharmaceutical leaflets

BD

Getting started with diabetes (Langabhat)

Boehringer Mannheim

All about diabetes – for people who require insulin treatment (Broadbay)

Roche

Man talk (Langabhat)

Time to test (Langabhat)

Know the score (Langabhat)

When diabetes gets you down (Langabhat)

Sanofi Avensis

Understanding type 2 diabetes (Broadbay)

Websites

<http://www.mydiabetesmyway.scot.nhs.uk> This is the national patient website. It is full of information for people living with diabetes

<http://www.diabetes-scotland.org> This website is for children and young people with diabetes

<http://diabetesinscotland.org.uk> This is the main website in Scotland for professionals and people living with diabetes

<http://diabetes.org.uk> The Diabetes UK website

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