

Guidance on How to Express an Interest for Diabetes Education **(Primary Care)**

Everyone in Wales with diabetes should be offered a free diabetes course by their doctor, nurse or consultant.

Our courses are aimed at patients with pre-diabetes, type 2 diabetes and patients that are insulin dependent. You can ask to go on a course at any time or even to refresh your knowledge.

If you are interested, please ask your GP or healthcare team what's available in your area. Your GP should then be able to refer you to us.

Both courses we offer, have been developed to help patients self-manage their diabetes better. And are run by trained tutors, who are either Diabetes nurses or Dieticians.

Courses that are available through Aneurin Bevan University Health Board are:

X-Pert Diabetes - Prevention & Management

Suitable for anyone with pre- diabetes, or type 2 diabetes. regardless of treatment
This programme is delivered over six sessions and are all delivered in a group setting.

Topics covered

Session1: What is Prediabetes and Diabetes?
Session 2: Nutrition for Health Fat Awareness
Session 3: Carbohydrate Awareness
Session 4: Psychology of Eating, Food Labels and Physical Activity
Session 5: Possible Complications
Session 6: Recapping and the Way Forward

X-Pert Insulin - Essentials for Self- Management

This course is for people living with type 2 diabetes and are insulin dependent and all are delivered in a group setting.

Topics covered

Session 1: What is Diabetes? The Role of Insulin
Session 2: Nutrition for Health & Exploring Insulin
Session 3: Carbs & Self-Monitoring Blood Glucose
Session 4: Fat Awareness & Troubleshooting
Session 5: MATCH IT
Session 6: Physical Activity and MATCH IT 24/7

We look forward in seeing you at one of our courses!