All DESMOND programmes have:

- An explicit person-centred philosophy
- A theoretical basis with an emphasis on self-management
- An approach characterised by the integration of education with clinical management
- Training and ongoing professional development for Educators and Trainers
- Culturally specific modules for the South Asian community
- A modular approach to building a comprehensive pathway of lifelong learning in diabetes

Having DESMOND as a programme locally has offered us additional capacity within the surgery. Being referred to a DESMOND course negates lots of additional appointments and our patients appear far more knowledgeable when they come back for an appointment, which can be up to 6 months later

GP experience of DESMOND

For more information about DESMOND contact:

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A guide to effective, evidence-based self management education in Type 2 diabetes (For Commissioners, PCTs, Diabetes Services, and Health Care Professionals)
I was lucky in having a lovely group with which to go through DESMOND training, at the root of its success for me was the structured way the DESMOND Educators presented all the info and related it back, how they facilitated discussions and how generous they were with their help and advice.

Patient ‘graduate’ from a DESMOND programme

Then think DESMOND - a programme which:

- Lowers HbA1c
- Improves a range of biomedical outcomes
- Supports weight reduction
- Improves levels of physical activity
- Is an effective smoking cessation intervention
- Improves quality of life
- Reduces depression
- Is administered in one dose, effective for between 12 months – 3 years
- Could cost as little as £21.63 per patient

DESMOND is an effective, evidence-based self management education programme for people with Type 2 diabetes. Delivered by trained facilitators and using specially developed resources, the programme can be delivered in local healthcare or community venues to groups of up to 10 people with diabetes, and their accompanying persons.

What makes DESMOND different?

- A core of strong philosophical beliefs
- An interactive and non-didactic style
- Focus on behaviour change
- Activities around lifestyle changes i.e. food and physical activities

In addition DESMOND is:

- A proven national programme embedded in the NHS, with a central infrastructure providing robust support for audit and quality assurance
- An award-winning provider of training for local facilitators to deliver education
- Supported by evidence from a robust randomised controlled trial which confirms its status as an effective intervention

Would you like to have a diabetes intervention that gives results?
An intervention which is supported by evidence?
An intervention which is less expensive per dose than most diabetic medication?

The experience of being a DESMOND Educator has been one of the most professionally and personally satisfying experiences I have encountered.

A DESMOND Educator

Selection of DESMOND Resources