



Leading the way to healthy living with Diabetes

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Introduction The award winning diabetes X-PERT Programme is a six-week structured patient education (SPE) programme based on the theories of patient empowerment, patient-centred care and activation. It meets the key criteria¹ to fulfil NICE Guidance.²

Evaluation The programme has been evaluated by means of a randomised controlled trial involving 314 participants and has been shown to be effective. Highly significant statistical differences were found in favour of the X-PERT Programme for clinical, lifestyle and psychosocial outcomes (diabetes control & lipids, body weight & waist circumference, self-empowerment, self-management, physical activity and quality of life).³ Initial audit results for 1,239 people with diabetes to attend the programme outside the clinical trail show the same benefits.

Train the Trainers Train the trainer courses are being delivered at different venues within the UK. To date 509 healthcare professionals have been trained as X-PERT Educators. Three audits of the training course have been undertaken. A set of standards were developed and the standards were assessed using participant evaluation, self-assessment, knowledge assessment and quality assurance. Standards were met in the first audit but the course was thought to be very intensive. As a result, a workbook was developed and sent to participants one month prior to the course with pre-course homework. Further developments include accreditation, follow-up training day, newsletters and an internet based X-PERT Educator Forum.

Implementation The X-PERT Pack has been professionally developed and includes a written curriculum, audit and quality assurance programmes, patient handouts; a set of educational visual aids and magnetic display board. In Burnley, Pendle & Rossendale, 56 programmes have been delivered to 840 people with diabetes. The X-PERT Programme is now being implemented throughout the UK & Ireland and is being adapted for children, adolescents, young adults and adults with Type 1 diabetes. An interactive CD Rom & DVD will provide Structured patient Education to those who cannot or do not wish to attend group sessions – Structured Patient Education for All!

References

- 1) Department of Health & Diabetes UK (2005) *Structured Patient Education in Diabetes: Report from the Patient Education Working Group*. London: Department of Health, London
- 2) National Institute of Clinical Excellence (2003) *Guidance on the use of patient-education models for diabetes: Technology Appraisal 60*. London: NICE.
- 3) Deakin, T. A., Cade, J. E., Williams, R., and Greenwood, D. C. (2006) Glycaemic Control: *The Diabetes X-PERT Programme makes a Difference*. *Diabetic Medicine*: 23; 944-954.

X-PERT Programme Content

Week 1 Exploration of carbohydrate digestion and the resulting rise in blood glucose levels. Identification of symptoms of diabetes and how these may be alleviated by lifestyle changes and if necessary medication. Demonstration of what health results mean such as glycated haemoglobin (HbA1c), systolic and diastolic blood pressure, blood cholesterol levels, BMI and waist circumference.

Week 2 A seesaw model shows the concept of energy balance. The Balance of Good Health with 72 food models inform about food portions and healthy eating. A video/DVD gives key messages about the long-term solution to weight management. The benefits of physical activity include information about local exercise-prescription schemes.

Week 3 The quantity of carbohydrate consumed is the key strategy in achieving optimal glycaemic control but also that the quality (type) of carbohydrate offers additional benefits. Visual aids demonstrate the effect of carbohydrate food on blood glucose levels to dispel the myths surrounding glucose, sucrose and starch. A quiz that includes 96 photographs of food increases carbohydrate awareness amongst the participants.

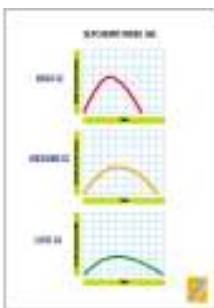
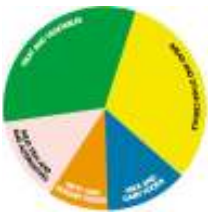
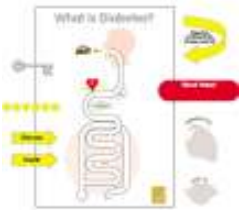
Week 4 A 90 minute tour around a supermarket addresses some common confusion surrounding dietary fat, starchy and sugary foods, salt, fibre and food labels. This encourages a diet that is enjoyable, variable and balanced whilst dispelling the concept of 'good' and 'bad' foods. Participants become more food label aware and confident in making sensible food choices.

Week 5 The possible short and longer term complications of diabetes are discussed with emphasis on how to reduce the risk through lifestyle, treatment and regular monitoring. Educational models explain complex conditions such as nephropathy, retinopathy, arteriosclerosis, blood pressure, cardiovascular disease in a visual, patient-centred manner. Care provision, sick day rules, driving guidelines, holidays and working with diabetes are also addressed in this session.

Week 6 Are you an X-PERT? A board game designed to reinforce the main messages from the X-PERT Programme, played in a relaxed and fun manner whilst allowing the participants to re-cap and appreciate how much they have learnt. Participants evaluate the X-PERT Programme for enjoyment, usefulness; degree of self-management obtained; impact on health and living with diabetes.

Lifestyle Experiment

The final 30 minutes of each session involves people obtaining their own health results and discussing what they are and what they mean to them. These sessions also address psychosocial aspects, barriers to change and goal setting.



Guide to Food Labelling	
6.5g of sugar	6.5g of sugar
10g of fat	2.5g of sugar
10g of fat	2.5g of sugar
2.5g of sugar	2.5g of sugar
2.5g of fat	2.5g of sugar
2.5g of fat	2.5g of sugar

