

Information and Support for Type 2 Diabetes

Information for Patients

Following your diagnosis of Type 2 Diabetes you may be unsure as to what help is available. This leaflet is designed to help you find the best support and information to help you to become confident with living with Diabetes, and to remain fit and healthy.

There are four main sources of information and support:

- **Your local GP practice:** usually the practice nurse or GP
- **The handbook *Living with Type 2 Diabetes*:** this will be given to you by your GP or practice nurse
- **My Diabetes My way:** a Scottish website which provides up to date information, ongoing support, a special programme for Type 2 diabetes, and access to your blood results and clinic letters
- **DESMOND:** a one day course for people who have recently been diagnosed (currently suspended due to COVID-19).

Your local practice

Your practice nurse will probably have already provided you with some information. They will be your first point of contact and will be able to answer any questions that you may have. Your Practice Nurse will be responsible for your regular reviews every few months.

The *Living with Type 2 Diabetes* handbook

This useful handbook contains excellent up to date information about Type 2 Diabetes, such as:

- What is Type 2 Diabetes
- What happens to your body
- Treatment
- Medication
- Food choices
- Physical activity
- How you can stay healthy
- How you can reduce the risk of complications
- Some of the local services available for people with Type 2 Diabetes.

Your GP or practice nurse may have given you a copy of this handbook but you can also access it online by following this link: <https://services.nhslothian.scot/diabetesservice/PatientsCarers/Pages/default.aspx>

My Diabetes My Way

This is a NHS Scotland interactive diabetes website to help support people who have diabetes and their family and friends. This is an easy-to-use service that helps you to gain confidence in how to manage living with diabetes anywhere you can access the internet.

- **Convenient access:** My Diabetes My Way can advise you how to improve your self-care between clinic appointments. At any time that suits you, you can check up-to-date personalised information in your NHS diabetes record

- **Manage your diabetes:** My Diabetes My Way can help motivate you. You can become an expert in your condition and learn how to make changes to benefit your health
- **Reach your goals:** You can set and monitor goals and record blood glucose, weight and blood pressure results. You can then discuss your progress during clinical consultations
- **Secure and free:** The My Diabetes My Way service is exclusive to NHS Scotland and complements the face-to-face care you receive. It uses industry-standard security and is completely free to use.

To get started today visit the website (www.mydiabetesmyway.scot.nhs.uk), click “Register” and then follow the instructions.

My type 2 Diabetes

There is an on-line learning programme on My Diabetes My Way entitled “My Type 2 Diabetes” which you may be interested in. Find it at <https://elearning.mydiabetes.com/courses/my-type-2-diabetes>

This provides lots of helpful information- similar to face-to-face learning. It is updated on a regular basis and you can work through it at your own pace, as well as being able to look back at what you have already learnt. Another advantage is that there is no waiting list so you can get started straight away.

DESMOND

Your practice nurse or GP may have referred you to the **DESMOND** course which is usually held in venues across Edinburgh and the Lothians. This is a one off, day long (or 2 half days) course which is run by two trained people. These educators will help you to increase your knowledge and understanding of what having Type 2 Diabetes means for you.

These sessions are in groups of up to ten people. Meeting with others in similar situations enables you to share what you are experiencing and to learn from each other.

Unfortunately due to the outbreak of the COVID-19 pandemic, these courses are suspended at the moment because we cannot meet in groups. As soon as we are able, the DESMOND Administrator will write to you and invite you to book on to a course. Please ask your practice nurse or GP to check that you have been referred to DESMOND, alternatively please feel free to phone the DESMOND Administrator on **0131 537 3256**.

Be reassured that work is underway to identify alternative methods of ensuring that you have the information you need and that it is delivered to you in the best way possible.

In the meantime, if you would appreciate a phone call from our Dietetic Team, please contact the DESMOND Administrator on **0131 537 3256**.

Diabetes UK

Diabetes UK is the leading charity that cares for, connects with and campaigns on behalf of every person affected by or at risk of diabetes. Visit their website at www.diabetes.org.uk

If you have any questions, please contact your GP practice