

Supported Self-Management and Behaviour Change

Diabetes Self-Management Programme (DSMP)

Patient information factsheet

- DSMP is designed to help you better manage your diabetes and gain control of your health.
- The course covers information about living with Type 2 Diabetes, such as:
 - Managing diet
 - Exercise
 - Medication
- The course also covers skills and tools to help you learn to self-manage, such as:
 - Finding solutions to everyday problems when living with diabetes
 - Relaxation techniques
 - Communication with friends and family
 - Coping strategies

What is the treatment?

- DSMP is a free 7-week course for people who live with Type 2 Diabetes (T2D).
- One 3-hour session each week for 7 weeks either in person or online.
- The course is run by a healthcare professional (a diabetes Dietitian or Nurse) and a lived experience tutor (someone living with T2D or caring for someone with the condition).

How can DSMP help me?

- People who have done the course have reported that completing the programme has made a big difference to them. They feel more positive, are able to manage their health and enjoy life again.
- Benefits include:

- A 'Toolkit' of techniques that you can try out for yourself
- Different topics covered each week
- Time to share and discuss
- Building confidence. You can cope with your condition and work towards what is important to you (your personal goals)
- Being with others who know what it is like and can share tips
- Focusing on taking control of your condition rather than it controlling you
- Taking small, gradual steps.

Content of the course

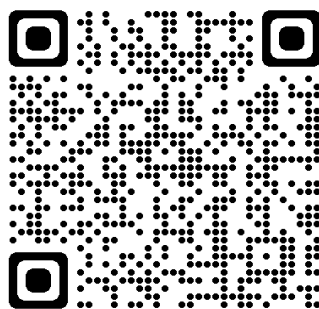
- The Self-Management Programme includes information on managing long term health conditions in general as well as diabetes in particular.
- You are not expected to become an expert at everything in the course or even find all of them helpful.
- The programme is designed to give you a taster of several self-management strategies so that you can take away and practice the ones that you feel are most helpful to you.

More information

If you are interested in finding out more or attending DSMP, please visit the Supported Self-Management and Behaviour Change page on our website:

<https://www.whittington.nhs.uk/selfmanagement>

You can self-refer online by filling in a form at <https://www.whittington.nhs.uk/mini-apps/default.asp?page=Diabetes/EPP.aspx> or using the QR code below.



Contact our service

Telephone: 020 7527 1558

Email: whh-tr.self-management@nhs.net

Contact our Trust

If you have a compliment, complaint or concern, please contact our Patient Advice and Liaison Service (PALS) on **020 7288 5551** or whh-tr.PALS@nhs.net.

If you need a large print, audio or translated copy of this leaflet, please email whh-tr.patient-information@nhs.net. We will try our best to meet your needs.

020 7272 3070 | Whittington Health NHS Trust, Magdala Avenue, London, N19 5NF
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Document information

Date published: 19/09/2025 | Review date: 19/09/2027 | Ref: ACS/SMgmt&BehChg/DSMP/02
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