

How can DESMOND help me?

The DESMOND programme is designed to support people living with Type 2 diabetes. The course is built around group activities, with each group having up to ten participants. Participants will also have an opportunity to speak with Educators, one-on-one, outside the group setting.



Patient & Family Education Committee

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So you have Type 2 diabetes

Diabetes is a serious condition, and there are many questions you will want to have answered. Coming to a DESMOND course is the start of answering these questions and of understanding your diabetes so that, in time, you will be able to manage it for yourself.

The best way you can manage your diabetes is by making changes to your lifestyle by:

- Increasing the amount of physical activity you do
- Making healthy choices when it comes to the food you eat
- Working together with your healthcare team
- Making use of medication(s) and regular check-ups

This can sometimes be hard work and you might want help and support from family and friends.

So, who or what is DESMOND?

DESMOND stands for Diabetes Education and Self Management for Ongoing and Newly Diagnosed.

More simply:

- It's a way of finding out more about Type 2 diabetes
- It's a resource to help you manage the changes diabetes will bring to your life
- It's an opportunity to meet and share experiences with others

So, what's involved?

You are being invited to join a small group of individuals with Type 2 diabetes who are attending a DESMOND education course.

The sessions are led by professionals trained to ensure that you are provided with honest, up-to-date, evidence-based information about the causes, effects and options for managing your diabetes.

“I enjoyed the DESMOND course. I am now confident making changes to my lifestyle. It was an important warning to me. So much information I had regarding my diabetes was wrong.”

What will I get out of the DESMOND course?

DESMOND helps you to look after your diabetes and improve your long-term health.

At DESMOND you can:

- Talk about your concerns
- Get answers to your questions
- Discuss the options for looking after your diabetes
- Be supported in making your own choices about how you manage your diabetes
- Find out what support you can expect from your local healthcare team

DESMOND is run in groups because:

- It's good to talk to people in a similar situation
- People can learn from each other
- People can often help each other and share ideas
- People enjoy the sessions – even if they come along thinking they won't!

The sessions are relaxing, friendly and fun. Because the numbers in the group are small, it's more like being among friends.

If you would like to bring a family member or a friend with you to the course – they will be very welcome.

“I feel more positive, I have more control and I know how to deal with my diabetes.”

But what makes DESMOND so special?

DESMOND is pretty unique. It's an education programme designed to support you in becoming an expert in living with your diabetes. The Educators are there to help you increase your knowledge and understanding of what having diabetes will mean for you.

“You learn a lot about your diabetes – in a positive way.”