

The X-pert Diabetes programme

Angela Harding and Jane Pares



The X-pert diabetes programme

X-pert is a National diabetes programme for patients with Type 2 Diabetes. The information provided is evidence based; It's aim is to equip individuals with the knowledge and skills to increase their confidence to self manage their own diabetes.

Self management is based on 3 main factors:

- **Choices** - The individual's choices around food, exercise, stress management and monitoring of their diabetes, should lie primarily with the individual.
- **Control**- The person with diabetes should feel in control at all times.
- **Consequences** – the person with diabetes needs to take responsibility in weighing up the pros and cons, the benefits, and the risk for any decision they make , around choices and control about their diabetes.

What we have done so far

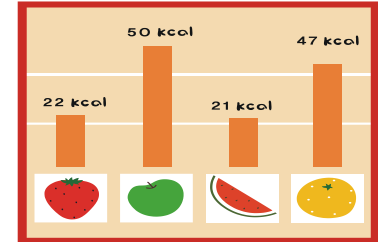
Since May 2013 to date.....

- We have delivered 95 X-pert courses
- Over 2,000 referrals
- Over 11 X-pert facilitators

The Xpert Programme

- It's a 2 ½ hour session for six weeks.
- Choice of Days: Monday to Saturday.
- Choice of time: Mornings, afternoon and Evenings.
- Choices of venues: Reading Wokingham, and Newbury area.

Week 1 What is diabetes?



- The overweight cell
- Digestion, carbs and blood glucose
- 7 lifestyle factors for optimal health
- Health results – what do they mean?
- Medications for diabetes
- Setting goals: health results

Week 2 Weight management?

- Energy balance
- Eating for good health – food groups
- Addressing the myths
- Physical activity – what, when how?
- Options for weight loss
- How to assess what I am eating
- Setting goals: eating and activity



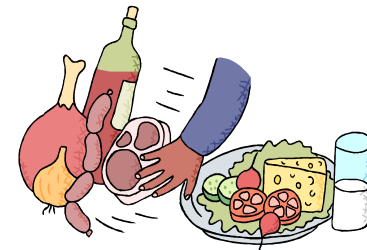
Week 3 Carbohydrate awareness



- Carbs and blood glucose levels
- Assessing the amount of carbs
- Considering the type of carbs
- How good am I at estimating carbs?
- What is my daily intake of carbs?
- Setting goals: the right carbs for me

Week 4 Food labels

- Fat, saturated fat, sugar, fibre Identifying “A lot” and “A little”
- The traffic light system
- Guideline daily amounts (GDAs)
- Nutritional claims: the meaning?
- Setting goals: the foods I buy



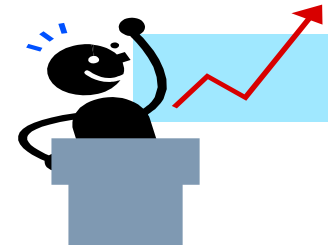
Week 5 Possible complications

- Low and high blood glucose levels
- Diabetes and my long-term health
- Prevention of complications
- Importance of regular check ups
- Work, driving, insurance, travel and sick days
- Setting goals: to reduce risk



Week 6 Leave the best to the last!

- Recapping with the X-PERT Game
- What resources will help me?
- Revisiting my diabetes health profile
- Have my needs been addressed?
- More confidence to self-manage my diabetes?
- Setting goals for continued success



What we would like from you.

- Please continue to refer newly diagnosed and established patients with Type 2 diabetes.
- Please give your patients as much information about the programme when you make the referral.
- <http://www.xperthealth.org.uk/people-with-diabetes/x-pert-diabetes-overview>
- Make sure the Patient knows you are making the referral!!
- Use their Care planning results to identify a need for them to attend X-pert.
- Provide your patient with a Health profile to bring along.