

SUPPORTING HEALTHCARE PROFESSIONALS

Here for you,
here for your patients

DiABETES UK
KNOW DIABETES. FIGHT DIABETES.



BOOSTING YOUR KNOWLEDGE

Diabetes UK Professional Conference

Our annual event for healthcare professionals, offering a multidisciplinary programme bringing together the best and most up-to-date knowledge and insight in diabetes care and research.

Find out more at diabetes.org.uk/professional-conference

Diabetes UK CPD

Our free online courses for non-specialist healthcare professionals will help you develop the confidence, skills and knowledge you need to best support people living with all types of diabetes, as well as those at risk of type 2. Our evidence-based, peer-reviewed courses include modules on:

- Understanding Diabetes
- Type 2 Remission
- Diabetes Technology
- Emotional Wellbeing

SIGN UP FREE TODAY

cpd.diabetes.org.uk



LEADERSHIP PROGRAMMES

Discovering Leadership

A seven-month development programme for those beginning their leadership journey. You will explore what leadership means to you and begin building your confidence and capacity to lead change.

Clinical Champions

A 1.5 year leadership development programme for developing leaders that will provide you with the personal and professional development required to drive change across your local health system.

Diabetes leadership community

The Diabetes Leadership Community provides varied opportunities to share ideas and experiences, to engage with others, discuss the needs, and gain insight from across the system.

Find out more at diabetes.org.uk/leadership-programmes



KEEPING INFORMED



When you sign up for professional membership, you'll join a growing network of healthcare professionals and be kept up-to-date with the latest developments in diabetes care and research.

As a professional member, you'll receive:

- discounted admission to the Diabetes UK Professional Conference
- quarterly professional magazine Diabetes Update giving you the latest on all diabetes-related developments
- the option of a discounted online subscription to Diabetic Medicine
- our monthly journal publishing reviews and original articles in the fields of diabetes research and practice
- free quarterly issues of Balance, our supporter magazine
- the option to sign up as a member of the Young Diabetologists and Endocrinologists' Forum (YDEF) - a forum for young diabetologists.
- a monthly e-newsletter for professionals.

Join our network of professional members, just like you, for only £38 a year
diabetes.org.uk/hcp-prof-member



IMPROVING DIABETES CARE

Putting Involvement into Practice

Putting Involvement into Practice contains our top tips and tools for involving people with lived experience. This guide takes you through involvement from start to finish; including resources and guidance on surveys, focus groups, finding participants and tips for diversity in involvement.

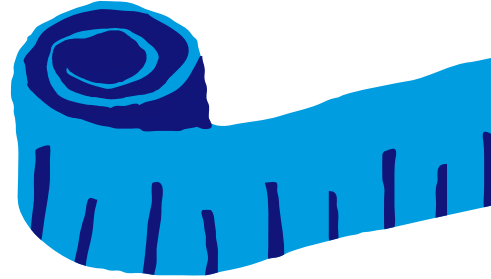
diabetes.org.uk/for-professionals/improving-care



National Diabetes Audit (NDA)

Want to know how your diabetes service compares to others? We can help you use the NDA data to improve your services. The NDA dashboards allow you to learn more about diabetes care nationally and locally.

To find out more and use the dashboards, go to diabetes.org.uk/nda



Healthcare Professional Advisory Committee

Our advisory committees help ensure our work meets the needs of people living with or at risk of diabetes, and those that provide their care.

The Healthcare Professional Advisory Committee is a multidisciplinary group, formed from the broad specialisms involved in diabetes care, who volunteer their time to inform our work with holistic, patient-centred, insight.

Find out more by visiting:
diabetes.org.uk/HPAcommittee

Research

Find out more about research highlights, the research we support and how you can play a role in guiding diabetes research.

diabetes.org.uk/research



Diabetes Care Accreditation Programme (DCAP)

The Royal College of Physicians and Diabetes UK proudly present the new Diabetes Care Accreditation Programme. First of its kind for adult inpatient services in the UK, DCAP aims to improve the standard of care in hospital for people living with diabetes. Find out more:

diabetes.org.uk/DCAP



CONSULTATION TOOLS



Scan to find out more

Information Prescriptions

Our Information Prescriptions are a powerful consultation tool that support your patients to better understand their diabetes and take ownership of their care, encouraging behaviour change and improving health outcomes.

Including easy-to-read explanations, clear images and the opportunity for goal setting, they support constructive conversations with people under your care and encourage self-management.

They are embedded in primary care IT systems and are also available to download from our website.

Take a look at our latest versions by visiting: diabetes.org.uk/info-p-qa

Name: _____ Date: _____

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Improving your diabetes knowledge

Information prescription

Improving your knowledge of diabetes puts you in control and could transform your life. A diabetes course (sometimes called structured education) is a safe and tested way to gain more knowledge about managing your diabetes to help prevent or delay any complications.

Why is learning about diabetes important?

Diabetes is chronic. Understanding how diabetes affects you helps you and your healthcare team to make decisions for you. It means you can take control of your health and prevent complications. It also means you can help your doctor or nurse to make decisions for you. A diabetes course is an important part of your care and you should receive it.

How will a diabetes course help me?

- Improve your blood glucose target levels.
- Increase your overall health, giving you more energy.
- Gain more confidence about managing your diabetes and health in other areas.
- Learn more skills (eg carbohydrate counting).
- Get more support and advice for living with diabetes.

How do I find out more?

- Learn more about our forms of the course.
- Taking time off work to attend a diabetes course? Get more information about your rights at work: www.diabetes.org.uk/your-rights-at-work
- Contact your local diabetes support group to help to understand more about a diabetes course: www.diabetes.org.uk/groups
- Do you live in the UK's Learning Zone - a free online service with videos and support to learn more about your diabetes: www.diabetes.org.uk/learning-zone

Information about diabetes courses your GP can refer you to:

Agreed action plan

My personal goal is: _____

To be achieved when: _____

The two steps that I will take to achieve this are: _____

Diabetes and your GP or nurse. Think about what, where, when and how?

1. _____

2. _____

For information or support, call Diabetes UK on 0800 023 2399 or visit www.diabetes.org.uk/info-p-qa

Name: _____ Date: _____

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Diabetes and blood pressure

Information prescription

Your last blood pressure reading is _____



People with diabetes and high blood pressure are at increased risk of having a heart attack or stroke. By lowering your blood pressure, you can dramatically reduce your risk.

Recommended target for blood pressure is lower than _____

What does blood pressure mean?

It's the force your heart needs to push blood around your body. The two numbers show the biggest force your heart uses to push your blood and the least pressure when your heart has relaxed.

Blood vessel

Normal  High 

When is high blood pressure a problem?

High blood pressure (sometimes called hypertension) is high blood pressure that is higher than recommended. High blood pressure is normally higher than recommended. High blood pressure normally puts more strain on your heart and blood vessels. If you have high blood pressure, you may feel healthy, but it is causing damage to blood vessels.

How can I lower my blood pressure?

Getting support to make lifestyle changes has been proven to reduce blood pressure and make you feel healthier. Most people with diabetes will need medication as well. Some people require more than one type of medicine.

Your doctor will advise on the best medications for you. You'll need to have your blood pressure checked to see how well it is working. Most people don't experience side effects. If you do it's important to tell your doctor.

Get support to manage your weight

If you are living with obesity or overweight, ask about a referral to your local weight management groups.

Eat a healthy balanced diet

- Reduce salt: eat less fast food, choose low-salt options, and do not add salt.
- If you drink, cut down on alcohol.
- Eat plenty of vegetables and fruit - aim for at least five portions a day.
- Eat less fatty foods, processed meats, pastries and cakes.
- Aim for at least two portions of oily fish a week.

Get more active

- Aim for 150 minutes a week, to raise your heart beat. Activities like walking fast and cycling all count. Add some activity that strengthens your muscles, like gardening or yoga, twice a week.

Stop smoking

- For help giving up ask for your free NHS local Stop Smoking Service.

Agreed action plan

My personal goal is: _____

To be achieved when: _____

TACKLING INEQUALITIES

Based on factors outside of their control, some people living with diabetes experience systematic, unfair and avoidable differences in their diabetes care and the opportunities they have to lead healthy lives.

At Diabetes UK, we're committed to understanding and tackling the factors that drive this inequality, which are often complex and interrelated.

Tackling Inequality Commission

In November 2023 we published a report, informed by focus groups and one to one interviews with 131 people living with diabetes, as well as frontline healthcare professionals and policy experts. The report sets out a set of guiding principles and calls to action depending on where you work, and whether you're making changes as an individual, or at an organisational level, to deliver the change that's needed

Read the full report and hear more about our ongoing plans at diabetes.org.uk/inequality



INFORMATION AND SUPPORT FOR YOUR PATIENTS

Guides

We offer a range of in-depth guides packed with advice and tips for living with diabetes.

For example

- Your guide to type 1 diabetes
- Your guide to type 2 diabetes
- Your guide to gestational diabetes
- Eating well with diabetes*

And many more.



*Available in various languages.

All our guides can be
downloaded or ordered
online at

shop.diabetes.org.uk



ONLINE TOOLS



Easy to understand advice, information and support for people living with or at risk of diabetes.

Know Your Risk

An online tool to find out your risk of type 2 diabetes, with information on risk factors and how to reduce your risk.

diabetes.org.uk/risk

Learning Zone

An online education hub, providing tailored advice to help patients manage their diabetes confidently. You can sign up for free as a healthcare professional before referring your patients.

learningzone.diabetes.org.uk

Support forum

An online community to exchange knowledge and experiences with other people with diabetes, as well as family and carers.

forum.diabetes.org.uk

Type 2 Remission Information

Our type 2 remission information hub offers an easily accessible for both healthcare professionals and patients to get evidence-based information on what remission is, how people can try going into it, and what support is available.

diabetes.org.uk/diabetes-the-basics/type-2-remission

ONGOING SUPPORT FOR PEOPLE WITH DIABETES

Type 1 events

For children, young people and their families to share experiences and learn from each other. Volunteer at our type 1 events to see how your advice has a life-long impact on children with type 1 and their families.

Find out more and get involved at diabetes.org.uk/type-1-events



Our members

Members get a quarterly magazine called Balance, an e-newsletter and much more, all designed to help them live well with diabetes.

diabetes.org.uk/membership

Local support groups

Our local groups offer people a chance to swap experiences and find out more about diabetes.

Find your local support group at diabetes.org.uk/groups

Helpline

Our dedicated helpline is available to all people with or at risk of diabetes, along with their friends, family and carers.

diabetes.org.uk/helpline

Call **0345 123 2399***

Monday to Friday, 9am to 6pm

*Calls may be recorded for quality and training purposes.



FOLLOW US

Stay up to date with the latest news, by signing up to our professional newsletter diabetes.org.uk/professional-enews



Follow us **@DiabetesUKProf** on X (previously Twitter) and diabetes.org.uk/professional for the latest updates from the Diabetes UK professional community.

For further information please email healthcare@diabetes.org.uk