Community Orientated Diabetes Education (CODE) for Type 2 diabetes

Help your patients take control of their Type 2 diabetes

www.diabetes.ie
1850 909 909
What is CODE?

- The CODE programme aims to deliver general information about diabetes to people with Type 2 diabetes in a local community group setting.
- CODE allows people with diabetes to talk in a supportive atmosphere about their own diabetes for the benefit of everyone in the group.
- Time is allocated during the programme for problem solving, feedback on diabetes self-management behaviours (food and exercise diaries and blood glucose results) and goal setting.
- CODE supports and supplements care from the individual’s own diabetes team so that knowledge and skills are reinforced and the responsibility for personal self-management of diabetes is gradually strengthened.
- Participants completing the programme receive Diabetes Ireland membership for the current year.

What is the programme content?

- The programme, facilitated by a diabetes nurse/dietitian consists of 4 sessions of 2 hour duration and a phone call at week 10.
- The first 3 sessions take place over 3 consecutive weeks and the final session takes place 6 months after the start date.
- The programme is free of charge to both patient and the health care professional.

What is the structure of the CODE programme?

The set CODE structure is listed below, however our flexible approach allows the session to be tailored to meet the self-identified needs of each group.

<table>
<thead>
<tr>
<th>Week</th>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 1</td>
<td>Pre programme screening, diabetes explained, risk factors, signs &amp; symptoms, cardiovascular link</td>
</tr>
<tr>
<td>Week 2</td>
<td>Healthy eating, physical activity, behaviour, lifestyle changes and personal goal setting</td>
</tr>
<tr>
<td>Week 3</td>
<td>Importance of regular follow up, complications, self-management and optimal diabetes control</td>
</tr>
<tr>
<td>Week 10</td>
<td>Follow up phone call to review personal goals</td>
</tr>
<tr>
<td>6 month follow up</td>
<td>Post programme screening review of achievements and goal setting</td>
</tr>
</tbody>
</table>
How are participants selected?

- All people with Type 2 diabetes are sent a letter of invitation via their own doctor/practice with details of the programme dates, venue and course information
- The participants will need to be available to attend all four sessions
- Maximum at any programme is 16 participants

What role will Diabetes Ireland play?

- Deliver a three week education programme and a follow up at six months
- Provision of invitation letter to practice for mailing to patients
- Administration pre and post programme
- Bookings for each programme
- Book local venue
- Reminder calls to participants
- Measure body mass index and waist circumference of participants
- Provide the practice with an evaluation report at the end of the programme

What role will my practice play in CODE?

- Facilitate the mailing of letter of invitation to all Type 2 diabetes patients
- Provide room for delivery of training (if available). Otherwise local facilities will be sourced by Diabetes Ireland
- Provide most recent HbA1C, Cholesterol, HDL, LDL, Triglycerides and blood pressure results for participants before and after the programme

How will CODE be evaluated?

- CODE is complemented with a quantitative evaluation process, a medical outcomes survey and a qualitative component to elicit patient views
- Evaluation results are used to further develop the programme
- Results and evaluation for each year are published in the Annual Report available on www.diabetes.ie
- Continuous evaluation ensures that CODE meets participants needs and the wider target audiences
How do I progress CODE in my practice for my Type 2 diabetes patients?

If you require any further information or wish to book a CODE programme, please contact your local regional development officer below:

Pauline Dunne
Regional Development Officer (HSE West)
Tel: 087 9875848
Western Office: 071 9146001

Clair Naughton
Regional Development Officer (HSE West – North)
Tel: 087 9875961
Western Office: 071 9146001

Jenny Dunbar
Regional Development Officer (HSE Mid Leinster)
Tel: 086 8184687
Dublin Office: 01 8428118

Pauline Lynch
Regional Development Officer (HSE South)
Tel: 087 2709418
Southern Office: 021 4274229

Sinead Hanley
Regional Development Officer (HSE North Eastern)
Tel: 086 8280557
Dublin Office: 01 8428118