

# X-PERT Insulin Programme

A structured patient education programme for people with type 1 or type 2 Diabetes who are treated with insulin.



## Improve your lifestyle and manage diabetes better

### The X-PERT Insulin Programme

The X-PERT Insulin Programme is a six-week group diabetes education programme. You will learn all about the up-to-date treatments and management of diabetes and will have the opportunity to explore and address problems/issues that you may have with your diabetes.

The Programme has been shown to improve diabetes control, reduce diabetes tablets/insulin, increase self-management skills, improve lifestyle and quality of life.

### X-PERT INSULIN

A six week programme for people with Type 1 or Type 2 diabetes

- Week 1 - **Diabetes, insulin and healthy living:** - Introduction, programme aims and learning objectives, housekeeping and ground rules. - What is diabetes, the role of insulin and the diabetes health profile. - Healthy living for diabetes, eat-well plate and physical activity. – Care planning, lifestyle experiment to address the diabetes health profile. – Exploring what I am eating.
- Week 2 – **All about insulin:** - Insulin-specific challenges with self-managing diabetes. – Hypoglycaemia/Hyperglycaemia – Ketoacidosis (DKA) & HSS. – Exploring insulin – onset, peak and duration, regimens and devices. – Care planning, lifestyle experiment to address insulin specific challenges. – Exploring my injection technique.
- Week 3 – **Know your carbs:** Identification of carbohydrate foods and drinks. – Carbohydrate counting – estimation, calculation and reading food labels. – Self-monitoring blood glucose meters, frequency of testing and technique. – Care planning: lifestyle experiment – how many carbs am I having? – Exploring my ‘what should I do’ scenarios.
- Week 4 – **Inspiration for insulin:** - Troubleshooting strategies to take control. – ‘Inspiration’ the exciting game for insulin X-PERTs: travel, holidays, driving and work legislation, in sickness and in health, insulin techniques and sharps disposal.
- Week 5 – **MATCH IT – taking control:** - MATCH IT: My diary, my diabetes – ‘A day in the life of ...’ – a chance to learn and share. – Care planning lifestyle requirement to apply trouble-shooters to MATCH IT challenges. – Exploring MATCH IT challenges.
- Week 6 – **Are you an insulin X-PERT?** – Game MATCH IT 24/7’ to challenge real ‘living with diabetes to insulin’ situations. – What did I learn from trouble-shooting the MATCH IT challenges? – Have the self-management challenges been addressed? – Programme evaluation and planning the way forward.

### Comments from Worcestershire patients:

- Brilliant – all diabetics must attend. Wouldn't have missed it for anything.
- An excellent course, interesting and informative. Lots of helpful interaction in the group. I did not think I would learn as much as we all did.
- Gave me confidence to control my diabetes.
- I wish this course was available 12 years ago when I was diagnosed was made my understanding was very limited until this course.
- I am much more aware of the impact of carbohydrate on my diabetes and how to control my readings with varying amounts of insulin
- It has made me think about what I am eating and encouraged me to test my blood sugars regularly.

Each sessions lasts for 2½ hours and includes a 20 minute refreshment break.

Programmes are available at different times and locations across Worcestershire. For further details see [www.worcsacute.nhs.uk/services-a-z/diabetes](http://www.worcsacute.nhs.uk/services-a-z/diabetes)