

Name:
Name of Doctor/Nurse:

Date:

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 tried 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 serious. Understanding how diabetes affects your body and the treatments available is vital.

Even though you may feel fine today, it is important to understand how to live well with diabetes to continue feeling healthy in the future. A diabetes course is part of your treatment and is a key part of the care you should receive.



What will I learn from a diabetes course?

Diabetes courses cover topics that help you understand your diabetes better. They can be great places to meet other people and have your questions about diabetes answered. You can learn more about:

- tools to manage your diabetes
- food choices and how to be more active
- medication
- how to avoid diabetes problems
- making the most of your diabetes appointments
- and getting the right checks (eg foot check).

How will a diabetes course help me?

Completing a diabetes course can have many benefits.

- Improve your blood glucose (sugar) levels.
- Improve your overall health, giving you more energy.
- Feel more confident about managing your diabetes and talking to others about it.
- Learn new skills (eg carbohydrate counting).
- Live a happier, healthier life with diabetes.

How do I find out more?

- Learn more about some of the courses:
www.diabetes.org.uk/diabetes-education
- Taking time off work to attend a diabetes course?
Get more information about your rights at work:
www.diabetes.org.uk/info-work
- Contact your local diabetes support group to talk to others who have completed a diabetes course:
www.diabetes.org.uk/groups
- Go to Diabetes UK's Learning Zone – a free online service with videos and quizzes to learn more about your diabetes: **www.diabetes.org.uk/info-learn**

Information about diabetes courses near me

Agreed action plan

My personal goal is:

To be achieved when:

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

(Discuss and agree with your doctor or nurse. Think about what, where, when and how?)

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