

Remote X-PERT structured diabetes education, through an App or delivered using video conferencing software, is well accepted and appears to be effective for improving key markers of health

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X-PERT Health have delivered group-based structured diabetes education through the NHS to over 300,000 people

In response to COVID-19, remote delivery options were rapidly developed to ensure patients continued to receive support when group programmes were no longer an option

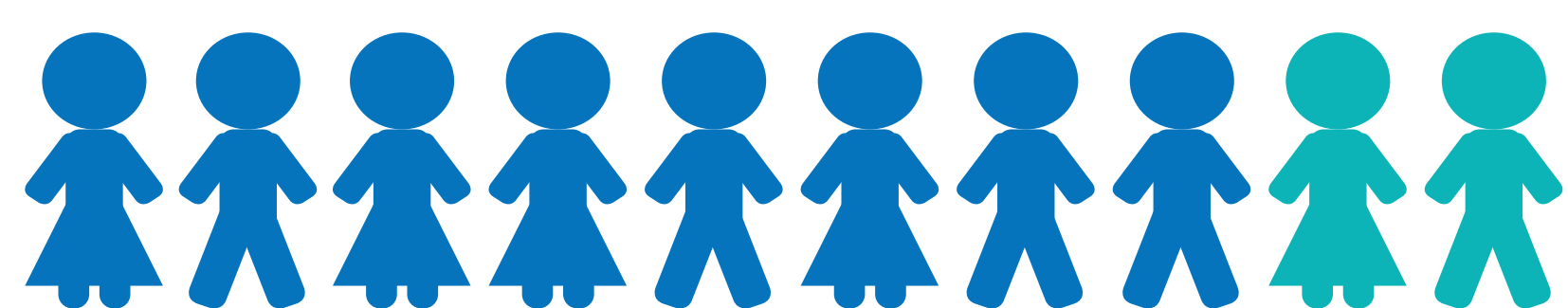
This included the launch of:

- **The X-PERT Diabetes Digital App**
- **Remote group programmes** - delivered using digital activity boards and video conferencing software

Participants' baseline and post-programme data are entered into the X-PERT Audit Database. 6 month data for those who attended/used programmes between 1st March 2020 and 15th September 2021 are presented here

Remotely delivered group-based programmes:

837 people attended at least one session. **752 (78%) completed the programme**



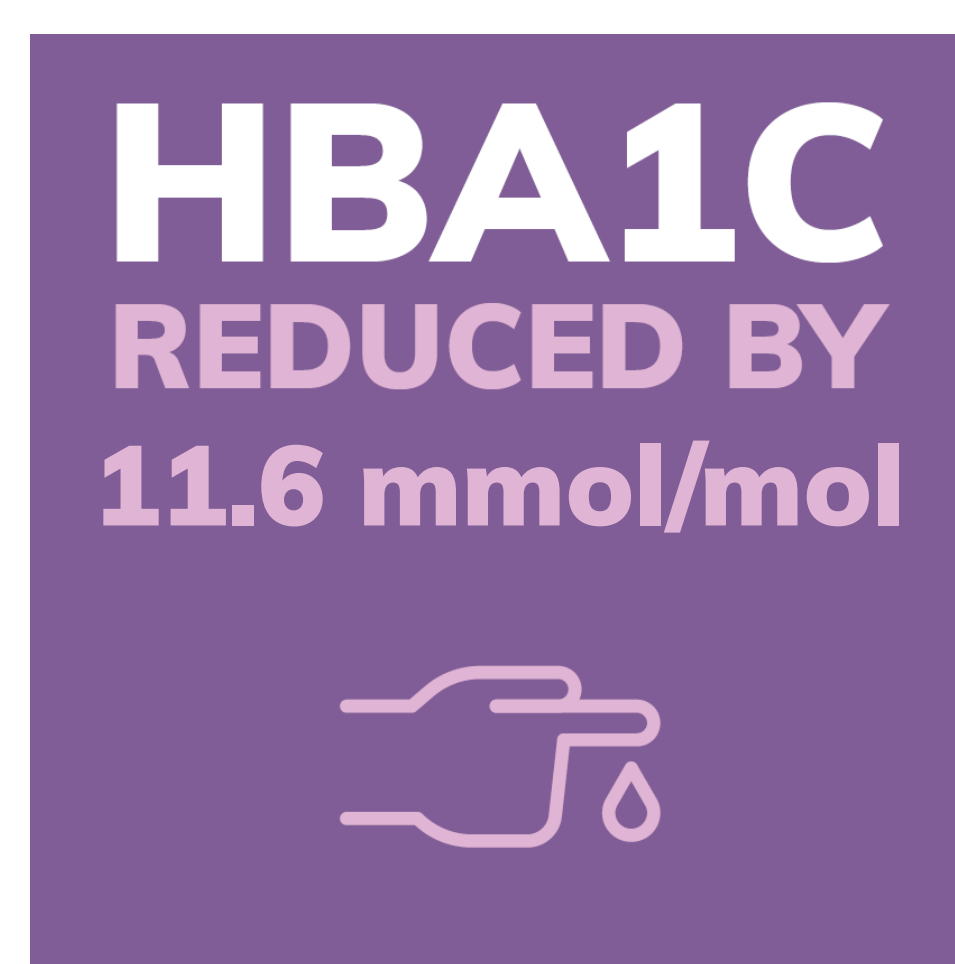
Participant satisfaction was excellent (92%)

X-PERT Diabetes Digital is available in **15 languages**

It is designed to help people learn about the prevention and management of Type 2 diabetes – **whenever they want, wherever they want**

Users have **lifetime access** to the programme, their own **health coach** for the first 12 months, and receive a **comprehensive handbook**

Preliminary evidence supports the acceptability and efficacy of remotely delivered structured diabetes education, whether self-guided (i.e. by using an App) or via video conferencing



X-PERT Diabetes Digital:

Participant satisfaction was excellent (88%)



The X-PERT Digital and Remote programmes are based on the **award-winning** X-PERT group programmes

They are built around the same **key messages**, delivered through six core education modules

They use a range of modes of delivery - including videos, quizzes and games - to ensure they are **interactive** and **engaging**

The aim of all X-PERT programmes is to promote **self-empowerment** and **improve health and wellbeing**

Participants have access to a free online forum if they want or need **ongoing support**

A number of options are available to make the programmes more **accessible**; including audiobooks, subtitled videos, and a mini-handbook (available in 15 languages)

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