

X-PERT Insulin

A lifestyle-focused structured education programme to help people with Type 2 diabetes on insulin to improve diabetes control, health and wellbeing, in addition to reducing (or even omitting) their insulin. People with Type 1 diabetes can attend the programme to learn more about how lifestyle factors can impact on blood glucose levels, but it is likely that they would require further support outside the programme for insulin dose adjustment, continuous glucose monitoring and other insulin essentials.

Training to become an X-PERT Insulin Educator

Aim

Develop the knowledge, skills and confidence to competently deliver the X-PERT Insulin Programme to people with diabetes.

Learning Outcomes

- ❑ State the five key criteria that a structured patient education programme should meet to fulfil the NICE requirements.
- ❑ State the main psychosocial, lifestyle and clinical outcomes from the X-PERT randomised controlled trial.
- ❑ Develop skills in adult education, empowerment and person-centred care to deliver the goal setting activities enabling participants to make informed decision regarding diabetes self-management.
- ❑ State the current evidence base for the nutritional recommendations for people with diabetes.
- ❑ Gain practical experience for delivering the six sessions:
 - ✓ one: what is diabetes, the role of insulin and diabetes health profile;
 - ✓ two: energy balance limitations, the Nutrition for Health model and fat awareness;
 - ✓ three: carb counting and troubleshooting;
 - ✓ four: self-monitoring blood glucose, hypers & hypos, exploring insulin (types, regimens) and the game to address key insulin essentials;
 - ✓ five: MATCH IT diary (matching insulin to carbs, activity);
 - ✓ six: MATCH IT 24/7 game (are you an insulin X-PERT?).
- ❑ Develop strategies to register people on the programme, find suitable venues and implement appropriately for the local population.
- ❑ Gain practical knowledge of carrying out the audit and quality assurance of the X-PERT Insulin Programme.
- ❑ Undertake a self-assessment of confidence to deliver the X-PERT Programme and, if relevant, identify goals to increase confidence and competency.
- ❑ Demonstrate that learning has taken place by undertaking a multiple-choice knowledge quiz.