

X-PERT Diabetes

A lifestyle-focused structured education programme to help people with Prediabetes and Type 2 diabetes to develop the knowledge, understanding and confidence to make informed decisions leading to lifestyle change and improvement of diabetes control, health and wellbeing, in addition to reducing (or even omitting) their prescribed medication.

Training to become an X-PERT Diabetes Educator

Aim

Develop the knowledge, skills and confidence to competently deliver the X-PERT Diabetes Programme to people with Prediabetes and Type 2 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 lifestyle recommendations (nutrition, physical activity, alcohol, sleep and stress) for the general population and people with diabetes.
- ❑ Gain practical experience for delivering the six sessions:
 - ✓ one: what is diabetes, metabolic syndrome, insulin resistance, remission and diabetes health profile;
 - ✓ two: energy balance limitations, the Nutrition for Health model, fat awareness, different dietary approaches (very low energy, low fat, Mediterranean, low carb and intermittent fasting);
 - ✓ three: carbohydrate awareness (amount, type, fibre, quiz and carb counting);
 - ✓ four: psychology of eating, food shopping/labels and physical activity;
 - ✓ five: possible complications and prevention, sleep and stress, living with diabetes;
 - ✓ six: Are you an X-PERT game; recapping and the way forward.
- ❑ 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 Diabetes 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.