

# DESMOND - Self Management Program For Type Two Diabetes in Collaboration with Diabetes Help Tauranga

DESMOND arriving in New Zealand has been the result of a close collaboration between Diabetes Western Australia (WA) and DESMOND UK. DESMOND UK launched the first Newly Diagnosed and Ongoing programs in 2011.

DESMOND, an acronym for 'Diabetes Education Self Management for Ongoing and Newly Diagnosed' has a dedicated quality development and training team to support Healthcare professionals; DESMOND WA has trained over 130 educators in Australia and New Zealand.



Working with GP's, nurses and other referrers is an integral part of the DESMOND program pathway. The person with diabetes is provided with the opportunity to set their own diabetes management goals which the GP/Nurse / referrer can in turn support them to achieve.

Call or email for more information: Diabetes Help Tauranga  
INFOline: 07 571 3422  
info@diabeteshelp.org.nz

## Evaluation results in Australia have shown:

- A significant decrease in systolic blood pressure
- A significant decrease in diabetes distress
- Downward trends in HbA1c and cholesterol
- Increase in physical activity
- A significant increase in the perceived impact of diabetes

## What makes our program different?

- We focus on quality of delivery & program content
- Facilitators are guided through a mentoring and assessment process to ensure they are incorporating DESMOND learning theories and philosophies in their delivery
- DESMOND is an evidence based program incorporating results from a randomised controlled trial (UK) where 'educator behaviour' was found to be vital in ensuring positive client outcomes
- Quality development processes are in place to ensure delivery is consistent
- The 6 hour or two half day program ensures accessibility to those seeking a positive start to diabetes management



## What Healthcare professionals are saying:

*"Working as a DESMOND educator is very empowering. It provides a great framework to let go of information we feel as HCP we need to give people and instead work with the group to explore their needs and support them to develop their own action plan."*

## What people with diabetes are saying about DESMOND:

*"This is just what I needed, I have learnt so much and feel so positive now."*

*"I wish I'd done this program earlier."*