

# Self-management education and support for people living with type 2 diabetes and pre-diabetes in Ireland

IIOP Webinar

Dr. Ciara McGowan, RD, PhD

19<sup>th</sup> June 2024

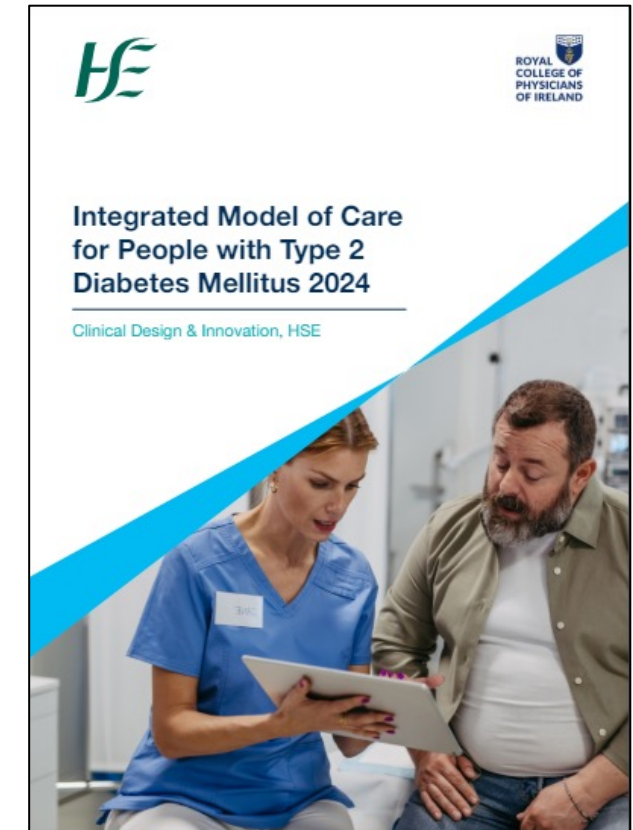
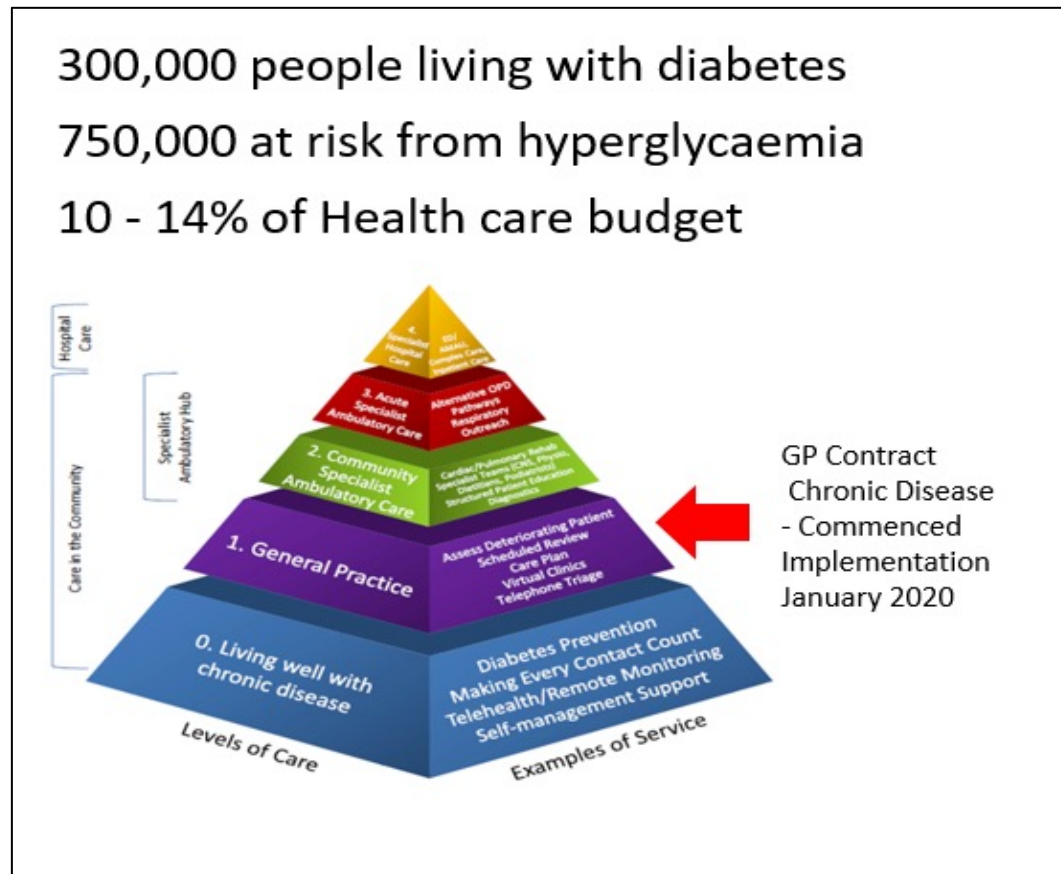


Clinical Design  
& Innovation  
*Person-centred, co-ordinated care*

# Living with a long term condition

99% of management of diabetes is self-management

3 hours with a HCP vs 8,758 hours



Model of Care for people with type 2 diabetes 2024: “self-management education and support is a cornerstone of clinical care at all levels”

# Self Management Education and Support Programmes

- What are they?

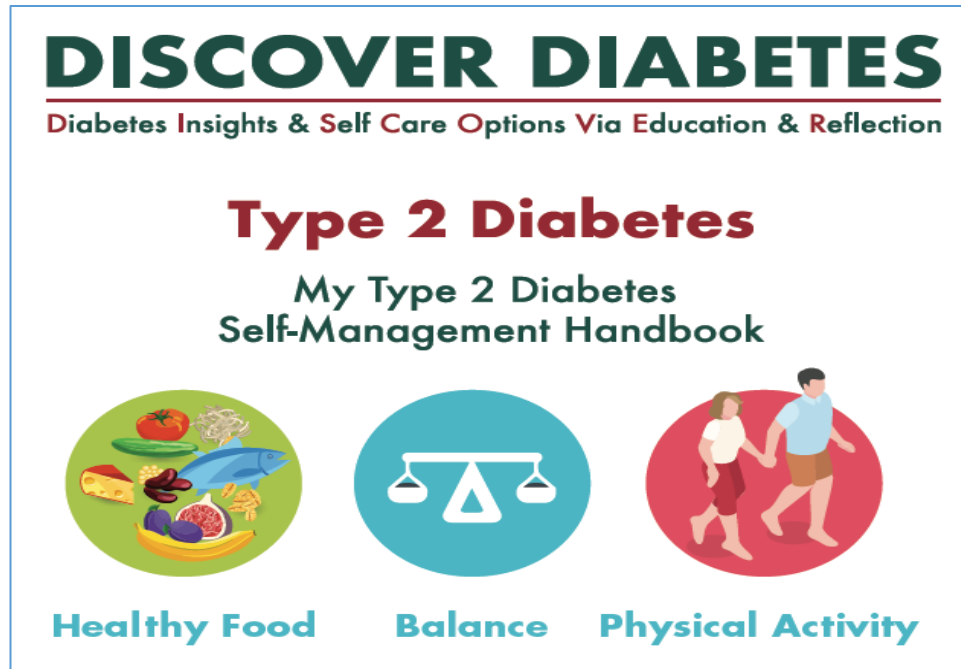
Any form of education or training for people living with a long term condition that focuses on helping them to develop the capability, self-efficacy and confidence to effectively self-manage their own health.

- 5 key criteria:

- Underpinning philosophy of care
- Structured curriculum
- Trained educators
- Audit
- Quality Assurance



# SMES courses for people with/at risk of T2DM?



- UK course, In person / online SMES programme (6 hours of education and support – 1 full day / 2 half days)
- Delivered primarily in CHO 1, 2



- Diabetes Ireland ran SMES programme
- Online programme (8 hours of education)
- 3 sessions x 3 weeks, follow up 6 months

# DISCOVER DIABETES

Diabetes Insights & Self Care Options Via Education & Reflection

- HSE owned SMES course for people living with type 2 diabetes in Ireland
- Developed in 2019 and piloted in CHO 4 and 5
- In person programmes and online programmes since 2020
- Offers 15 hours of education and support
- Delivered in CHO's 3, 4, 5, 6, 7, 8, 9



# DISCOVER DIABETES – Type 2

## The participant journey – in person programme



Recruited via GP referral, existing waiting lists or via One to One consultation with the Community Dietitian



**Core Sessions: 1 session (2.5 hour) per week for 4 weeks**

Session 1

Session 2

Session 3

Session 4



**6 month follow-up session (2.5 hour)**

Session 5



**Year 1 follow-up session (2.5 hour)**

Session 6



GP review  
as  
appropriate

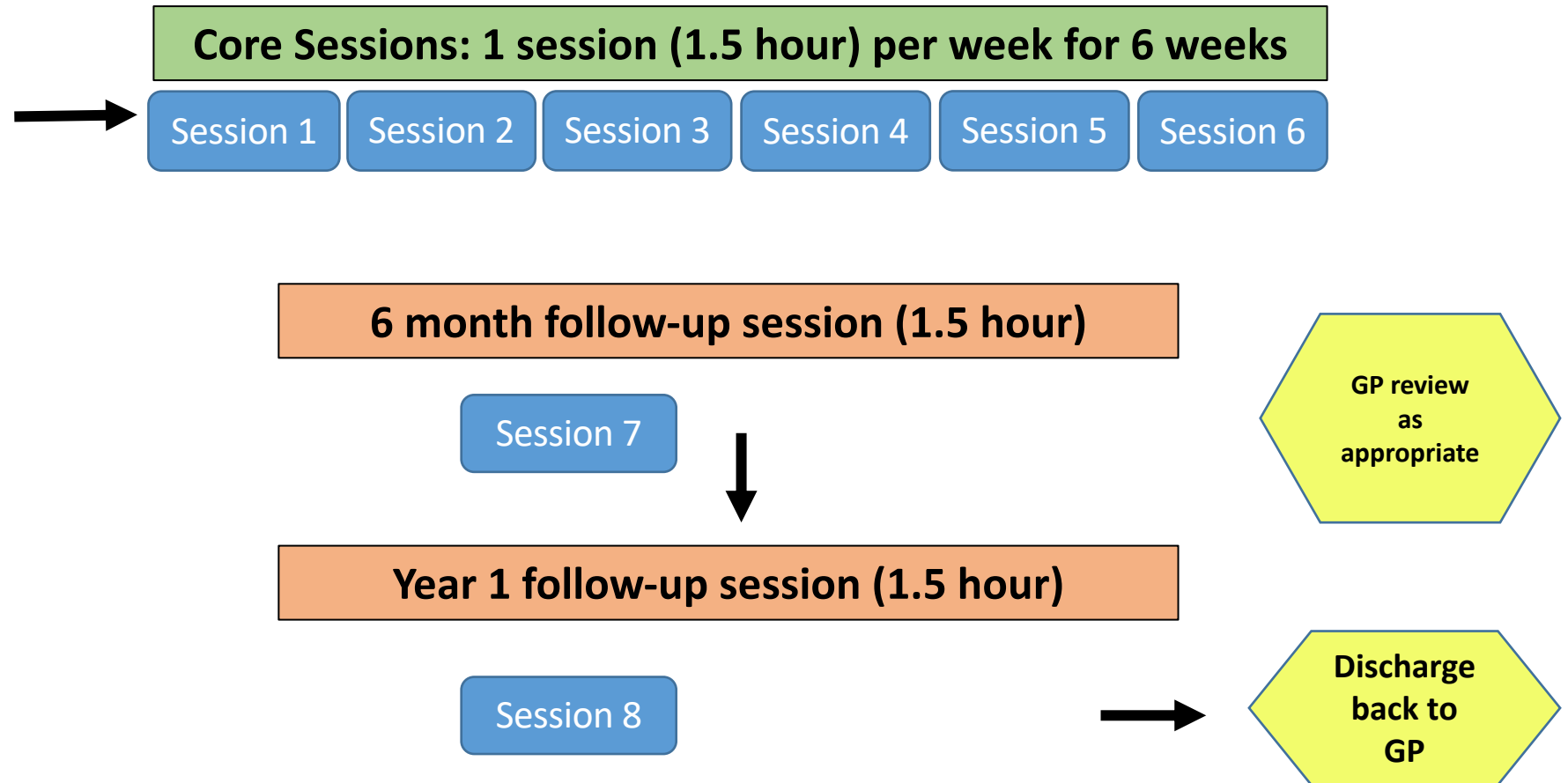
Discharge  
back to  
GP

# DISCOVER DIABETES – Type 2

## The participant journey – online programme



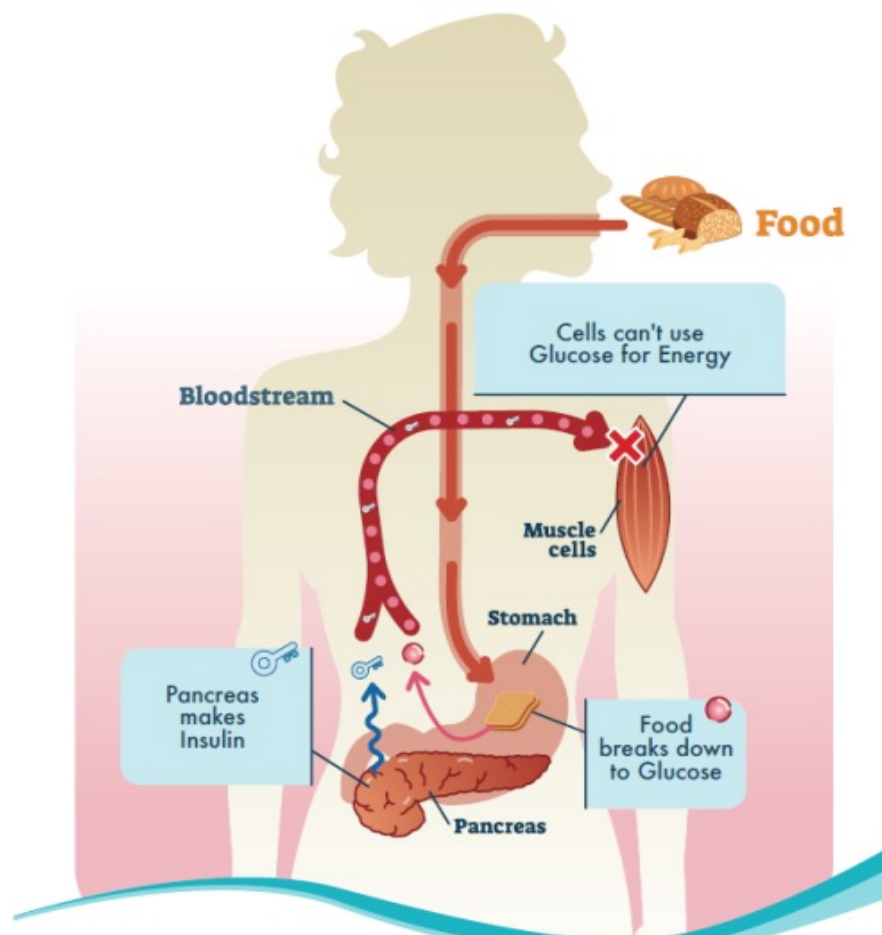
Recruited via GP referral, existing waiting lists or via One to One consultation with the Community Dietitian





# Focus of the Programme

## What is Type 2 Diabetes?



## Possible Health Problems

High blood pressure



Atherosclerosis



Stroke



Coronary Heart Disease



Peripheral Vascular Disease



Retinopathy (damage to the eyes)





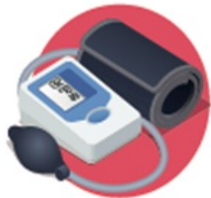
# Ownership of one's own diabetes

## Know your 'ABC'



### **A1c (HbA1c)**

Less than or equal to **53**



### **Blood Pressure**

Less than or equal to **140/80**



### **Cholesterol**

**Total Cholesterol** less than or equal to **4.5**

**LDL (bad)** less than or equal to **2.5**

**HDL (good)** greater than or equal to **1.0 for men / 1.3 for women**

## My diabetes health results



Your diabetes team will work with you to decide what target results are best for you. The targets may be higher or lower depending on your age, how long you have had diabetes and your medical history.

What height are you? You can write measurements in metres or feet and inches.																	
Health results	My Diabetes Check-up				Your Targets												
	Date	Date	Date	Date													
Weight (kg or stones and pounds)																	
Body Mass Index (BMI) Tells how healthy your weight is for your height (kg/m2).					BMI that shows your current weight is: underweight: below 18.5 a healthy weight: 18.5 to 24.9 overweight: 25 to 29.9 an unhealthy weight (obese): 30 or above												
Waist Circumference (WC) Tells where your body fat is stored (inches or cm)					Your target depends on your gender and ethnicity – you have a higher risk of Type 2 diabetes if you are black or South Asian, Indian or Chinese background.  <table><tr><td></td><td><u>Healthy WC</u></td><td><u>Increased health risk</u></td></tr><tr><td>All Women</td><td>below 31.5in (80cm)</td><td>31.5 in or above</td></tr><tr><td>Most Men</td><td>below 37 in (94cm)</td><td>37 in or above</td></tr><tr><td>South Asian Men</td><td>below 35in (90cm)</td><td>35in or above</td></tr></table>		<u>Healthy WC</u>	<u>Increased health risk</u>	All Women	below 31.5in (80cm)	31.5 in or above	Most Men	below 37 in (94cm)	37 in or above	South Asian Men	below 35in (90cm)	35in or above
	<u>Healthy WC</u>	<u>Increased health risk</u>															
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Most Men	below 37 in (94cm)	37 in or above															
South Asian Men	below 35in (90cm)	35in or above															
A1c (HbA1c) Tells your average blood glucose over the last few weeks (mmol/mol)					Most people with Type 2 diabetes should aim for an A1c of 53 or below. If more than 58, discuss with your GP.												
Blood Pressure (mmHg)					Aim for 140/80 or below.												
Cholesterol - TOTAL Tells how much total fat is in blood (mmol/l)					Aim for 4.5 or below.												
LDL (bad) Cholesterol (mmol/l)					Aim for 2.5 or below. If you have a history of heart attack or stroke, aim for 1.8 or below.												
HDL (good) Cholesterol (mmol/l)					Men should aim for 1.0 or above Women should aim for 1.3 or above												
Triglycerides Another type of fat in blood (mmol/l)					Aim for 1.7 or below.												
eGFR Tells how well kidneys are working (mls/min)					Aim for 60 or above												
ACR Tells how much protein is in urine (mg/mmol)					Men should aim for below 2.5. Women should aim for below 3.5.												

Are you taking medicine to help look after your diabetes? YES <input type="checkbox"/> NO <input type="checkbox"/> Please write down the name of the medicines you take for your diabetes or attach a list of your current prescription (this is available from your GP or Pharmacy). Use the 'My Medicine List' to help you learn more — print from <a href="http://www.safermedicine.ie">www.safermedicine.ie</a> .	List the diabetes medication you are taking. 1. 2. 3. 4.
Have you had your annual diabetes eye test? You need to register online at <a href="http://www.diabeticretinascreen.ie">www.diabeticretinascreen.ie</a> or call 1800 45 45 55.	YES <input type="checkbox"/> NO <input type="checkbox"/> Date:
Have you had your regular foot examination? Use the free HSE booklet for tips on foot care, 'Taking steps towards good Foot-care'. Ask the Dietitian for a copy.	YES <input type="checkbox"/> NO <input type="checkbox"/> Date:

# Behaviour Change is a Core Component

## The Treatment that works for Type 2 Diabetes

- Eat Healthy Foods
- Sit Less
- Move More
- Manage Weight
- Quit Smoking
- Limit Alcohol
- Take Medicines as Prescribed
- Mind Your Mind
- Regular Check ups
- Take an Active Role in your Care



## My Plan for Change — Session 1

Making a plan is the secret to success

Look at the page of possible changes and think about what you would like to change to help your diabetes and write your thoughts below.



☒ What one change am I going to make?

☒ How will this change help me?

☒ How am I going to make sure it happens? What will help?

☒ What might get in the way?

☒ How will I get around anything that gets in the way?

☒ When will I start?

# Integrated with Services and Supports

Information for people who take medicines and their families

## My Medicines List



**i KNOW**  
**✓ CHECK**  
**? ASK**



**Let's Get Active!**  
...to improve health & wellbeing

We should all aim to achieve the following:

**30 Minutes a Day**  
which can be 3 x 10 minute sessions

**5 Days a Week**

Perform at a Moderate Intensity  
• You should feel warmer • Breathe faster • Raise your heart rate

Try Physical Activities such as:  
**Walking / Running / Cycling / Swimming / Gardening**

**SIT LESS** **MOVE MORE**

**REMEMBER - some physical activity is better than none!**

For more information visit [www.getirelandactive.ie](http://www.getirelandactive.ie)

People with diabetes are recommended to break the sitting every half hour for 2 - 3 mins to help blood glucose levels be healthier.

FOOD SHOPPING CARD				
Check how much fat, sugar and salt is in your food				
	Sugars	Fat	Saturates	Salt
<b>HIGH</b> per 100g	Over 22.5g	Over 17.5g	Over 5g	Over 1.5g
<b>MEDIUM</b> per 100g	Between 5g and 22.5g	Between 3g and 17.5g	Between 1.5g and 5g	Between 0.3g and 1.5g
<b>LOW</b> per 100g	5g and below	3g and below	1.5g and below	0.3g and below

The amount you eat of a particular food affects how much sugars, fat, saturates and salt you will get from it.

**IRISH HEART FOUNDATION**  
[www.irisheart.ie](http://www.irisheart.ie)

**QUIT**

ask  
about  
[alcohol.ie](http://alcohol.ie)

**Diabetic RetinaScreen**  
An Clár Náisiúnta Scagthástála Reitiní do Dhiabéitigh  
The National Diabetic Retinal Screening Programme

  
HSE Mental Health Services

  
Healthy Eating  
Active Living  
Programme

 Seirbhís Sláinte  
Níos Fearr  
á Forbairt

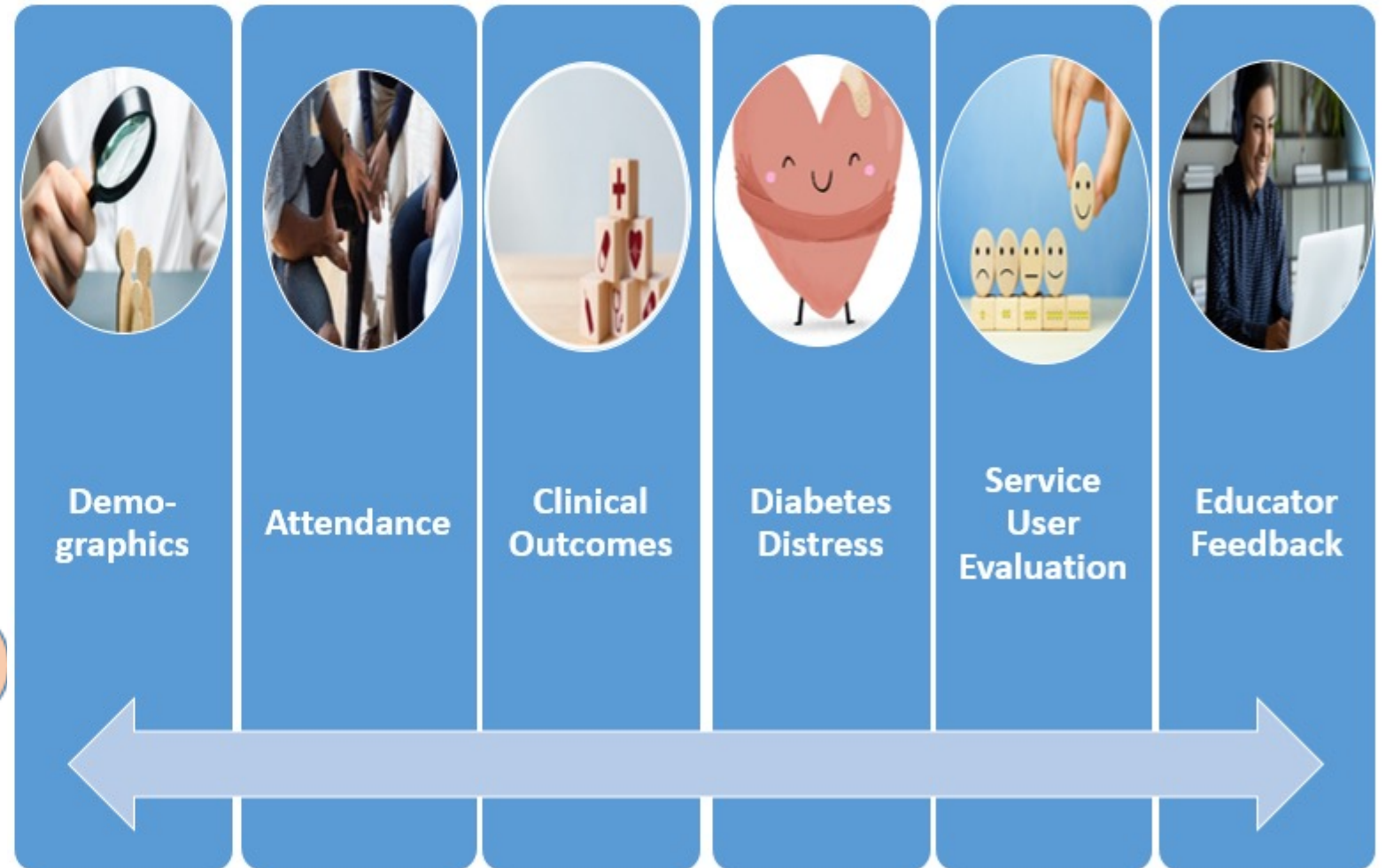
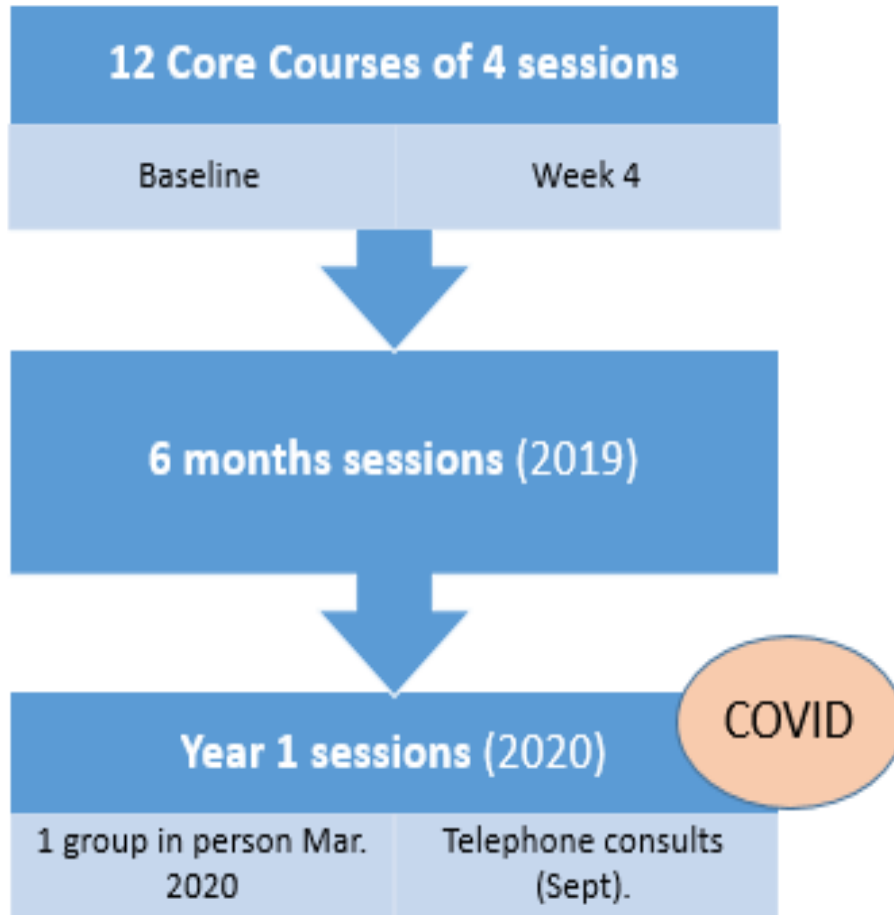
Building a  
Better Health  
Service





# Evaluation: audit components

**Evaluation: Pilot Audit 2019-2020**



# DISCOVER DIABETES – Type 2 pilot

12 courses delivered March – May 2019 across CHO 4 and 5

## 180 people with Type 2 Diabetes (T2DM)

**Mean age:** 63years. 56% Men. 44% Women.  
64% had T2DM for > 12 months. **77% treated with lifestyle + meds**

More than half had HbA1C within target ( $\leq 53$ ). 2/3 living with obesity

## HIGH LEVELS OF ENGAGEMENT (Completers n=161)

Attendance at:

98%

2 or  
more

86%

3 or  
more

64%

4  
sessions

48%

6 month  
session

76%

Year 1

# DISCOVER DIABETES – Type 2 pilot

↓  
HbA1c  
mmol/mol

Mean Change from BL for full cohort (n=147): 6M ↓ 4.7 Y1 ↓ 3.5  
**Mean Change from BL >53 (n=63): 6M ↓ 9.5 Y1 ↓ 7.4**  
✓ At 6M or Y1 more than 2/3 of individuals (BL HbA1c >53) improve, with approx. **50% reducing by ≥ 11mmol/mol at 6M and Year 1**

↓  
Weight kg

- Mean weight change from BL (n=155) at week 4 was a **3.5kg reduction sustained at 6M (3.4kg) and Y1 (3kg). 3-4% of body weight lost.**
- More individuals lost weight than gained weight at all follow-up ~2/3
- **A trend of greater weight loss over time, in those who lost weight:**
  - ✓ At 6M 22% lost ≥ 5% of their body weight, this increased to 50% at Y1
  - ✓ At Y1 23% lost ≥ 10% of body weight

↓  
BMI

Mean change from BL (n=153) was 1.1 reduction at week 4, sustained at 6M and 1.3 at Y1. % with obese class II/III ↓ 39% -> 30% -> 31% -> 28%

## Service user evaluations - results at week 4 (n=129)

Questionnaire: 'My personal experience of the course'

'all sessions were **full of interesting information** -> mind changing on diet, exercise, medication, care of feet, care of eyes. More importantly **information which will prevent regression or progression** of my diabetes. Well done and many thanks'

'I found week 2 and 3 very good because I'm **trying to lose weight for years and did not know why** I was not'

'**health results and understanding** them **huge benefit**, good to try something off each week'

'the **atmosphere in the group** was excellent and group participation was helpful'

'very informative and a **wake up call** as all the information I had were wrong'

'**taking fear out of diagnosis** and encouraging **healthy attitude** and small steps attitude going forward'

'dietitian B is an expert in her field, she is very **generous with the opinions of others, a top class instructor** – I'm sure she is a highly valued member of HSE staff'

'dietitian C a really excellent presenter of the programme. So **considerate and competent in her approach with people**'.



# Psychological aspects of living with diabetes – DIABETES DISTRESS improves with DSMES

PAID-20 validated questionnaire generates PAID Score.

$\geq 40$  = severe diabetes distress

- ☐ Most people fell in the low to moderate-diabetes distress category (PAID < 40)  
Mean 26.8 (SD 21.3) for n=157 people.
- ☐ PAID total scores were highly variable (0-87.5)
- ☐ More than 1 in 4 (27%) fell in the severe diabetes distress category (PAID  $\geq 40$ )

## TOP 5 CONCERNS

1. Worrying about the **future** & possibility of **serious complications**?
2. Feeling constantly **concerned about food** and eating?
3. Feelings of **guilt or anxiety** when you get off track with your diabetes management?
4. Feelings of **deprivation regarding food** and meals?
5. Not having **clear and concrete goals** for your diabetes care?

Diabetes Distress (DD)	Baseline	Week 4	6 months
PAID score Mean (SD)	26.8 (21.3)	19.2 (17.7)	21.8 (19.6)
Valid data from N=	157	117	63
Difference		-7.7 (-10.5 to -5.0)	-6.1 (-9.6 to -2.6)
% with severe DD PAID $\geq 40$	26.8%	14.5%	14.3%

Dr. Christel Hendrieckx



NDSS  
National Diabetes Service Scheme

NDSS Helpline 1800 637 730  
ndss.health.nsw.gov.au



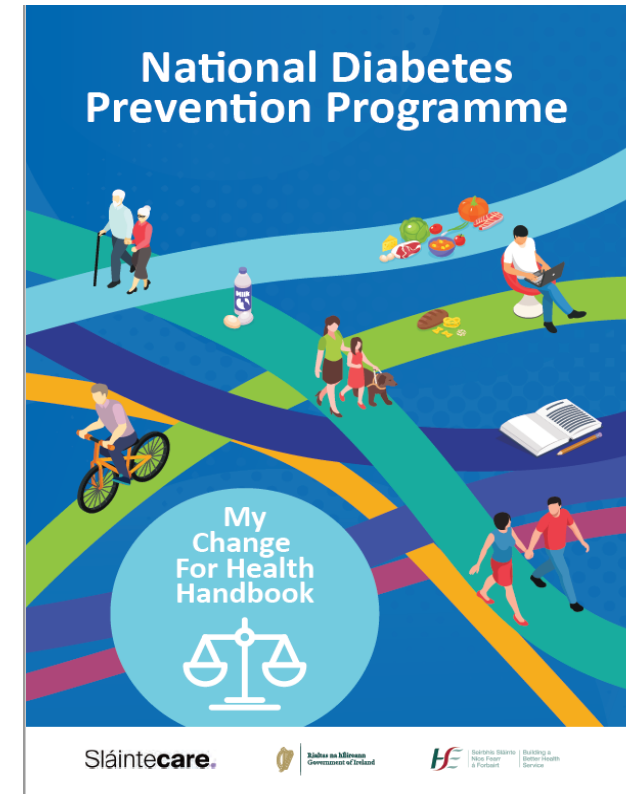
# Diabetes Prevention Programme

International Best Practice (NICE, 2017, ADA, 2021)

- Modelled on DPP Internationally
- Designed for delivery by trained dietitians in the Community Specialist Teams
- Designed for online delivery due to COVID-19

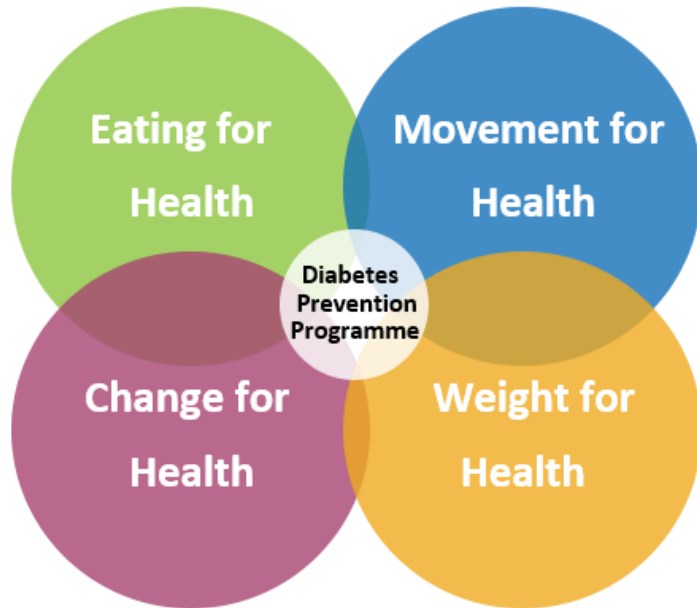
It offers:

- Individualised Dietitian Led Initial Assessment and Medical Nutrition Therapy and Care Plan
- 12 month block of care in a group setting

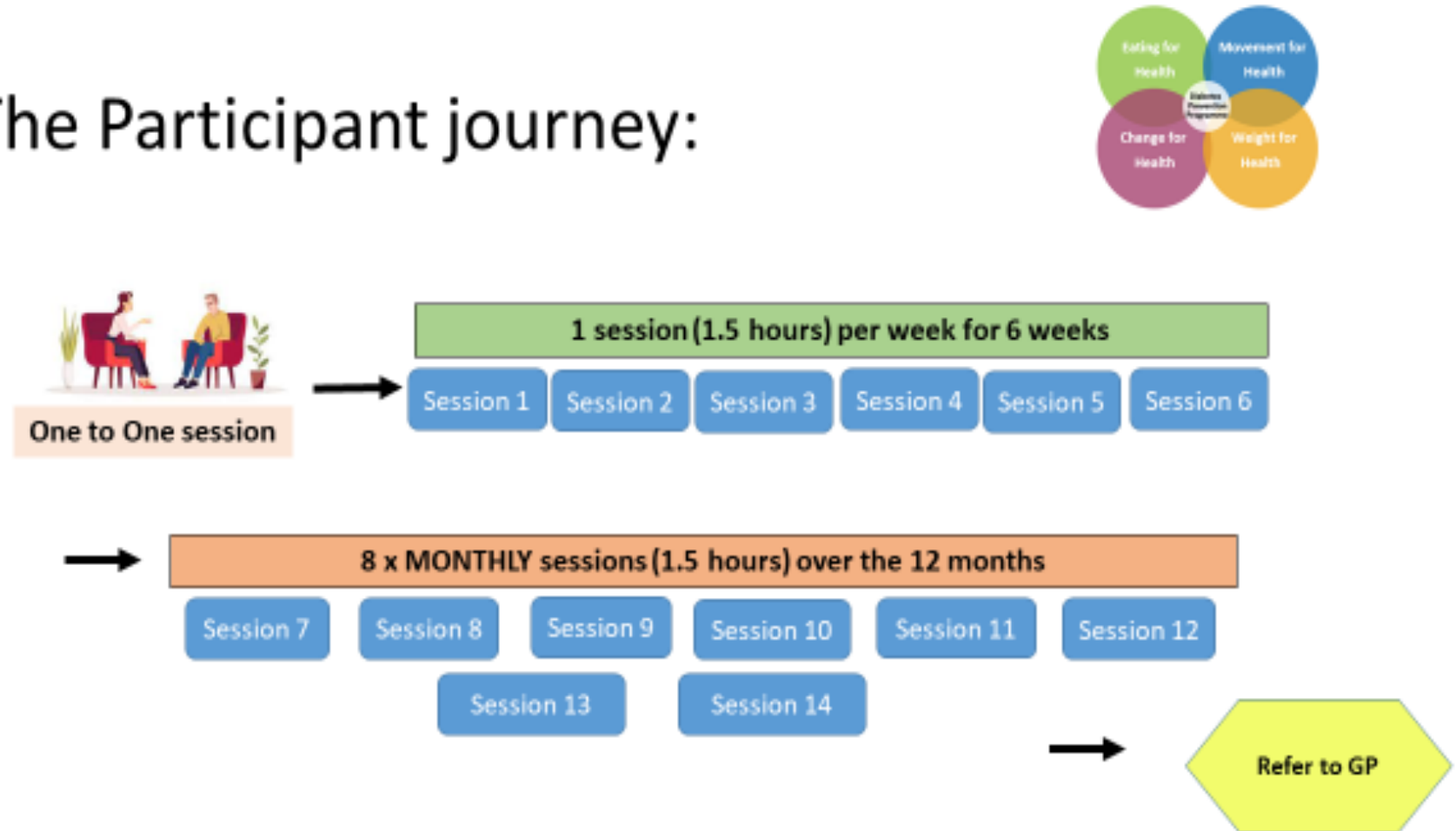


# Diabetes Prevention Programme

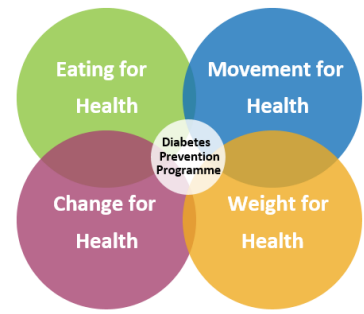
## The Curriculum



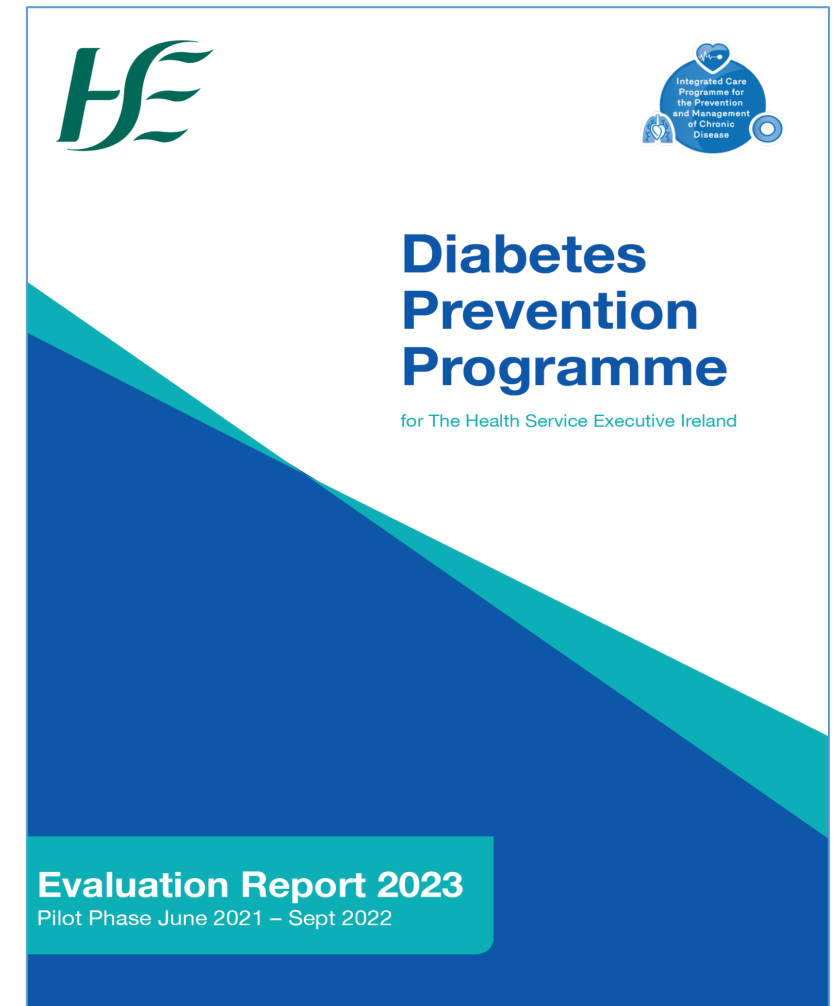
## The Participant journey:



# National Diabetes Prevention Programme Pilot Results



- Six CHO areas (2,3,4,5,8,9)
- 73 participants
- HbA1c range 42-47mmol/mol
- 53% male, 47% female
- Mean age 60 years (35-82years) (57% of the group less than 65yrs)
- Delivered by trained experienced dietitian educators



## High Levels of Participation

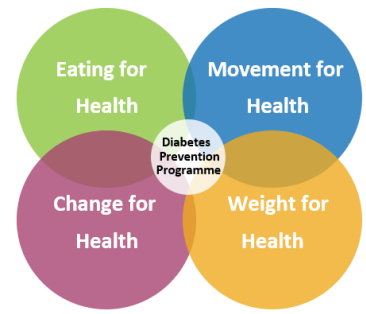
- 92% attended at least 1 session
- 73% attendance at the first 6 sessions
- 72% retention for at least 50% of sessions
- 66% completion rate

## Positive Service User Experience

### At 1 year participants reported

- Increased **knowledge** of diabetes risk (increased from 39% to 59%)
- Improved **skills** at shopping and planning for healthy food (up from 6% to 35%)
- Improved **confidence** for engaging online, making healthy food choices, achieving goals for physical activity and weight
- High levels of **satisfaction** with the overall programme.
- **95% described course as 'Excellent' or 'Very Good'**

# Clinical Findings at 1 Year



2.29mmol/l reduction in Hba1c

**50% of group returned to normoglycaemia**

**73% of the group lost weight**

**5.5% weight loss in those that lost weight**

(3.7% weight loss in full cohort )

\* Based on available data for completers n = 44

## 2024 Developments

- ✓ Scale up for full reach across all CHO areas
  - ✓ Delivered in CHO's 1, 3, 5, 6, 7, 9 with CHO 2, 4 commencing 2024
- ✓ Deliver both online and in person SMES
- ✓ Adapt the DPP curriculum for in person groups
- ✓ Adapt the DPP curriculum for women post Gestational Diabetes
- ✓ Educator Quality Assurance





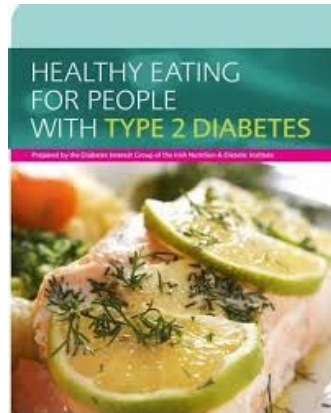
# Resources/Signposting – Type 2 Diabetes

People living with type 2 diabetes can SELF-REFER to a FREE Diabetes Support Course via the HSE website or they can be referred via their GP (Healthlink drop down menu) (regardless of GMS status)

[www.hse.ie/diabetescourses](http://www.hse.ie/diabetescourses)

HSE SMES course information video for people living with type 2 diabetes

<https://www.youtube.com/watch?v=VQHRfl3tJg4>



HSE Website – A-Z of diabetes

[www.hse.ie/diabetes](http://www.hse.ie/diabetes)

Healthy eating for people with type 2 diabetes booklet available in English and the following languages; Arabic, Bengali, Chinese, French, Hindi, Pashto, Polish, Romanian, Russian, Spanish, Ukrainian, Urdu:

<https://www2.hse.ie/conditions/type-2-diabetes/living-with/eating-healthy/>

# Resources / Signposting – Pre-Diabetes

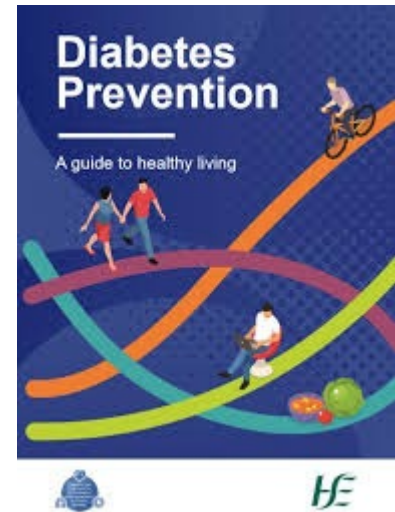
People diagnosed with pre diabetes can be referred to the FREE Diabetes Prevention Programme via their GP (Healthlink drop down menu) (regardless of GMS status)

Promotional video for people at risk of type 2 diabetes

[https://www.youtube.com/watch?v=hiJF9Gwon\\_4](https://www.youtube.com/watch?v=hiJF9Gwon_4)

Further information on pre-diabetes available at

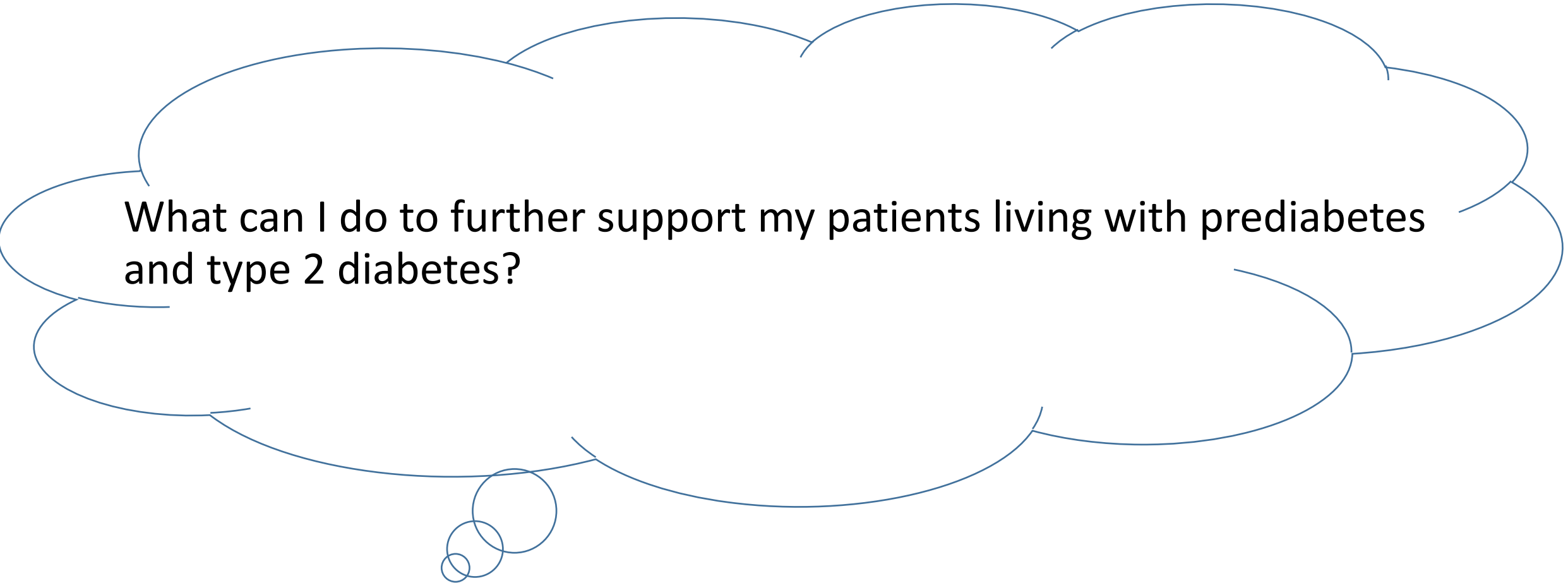
[www.hse.ie/pre-diabetes](http://www.hse.ie/pre-diabetes)



New patient booklet can be ordered/downloaded from [www.healthpromotion.ie](http://www.healthpromotion.ie)

Contact details: [Ciara.mcgowan4@hse.ie](mailto:Ciara.mcgowan4@hse.ie)

# Reflection...



What can I do to further support my patients living with prediabetes and type 2 diabetes?