

REFERRAL GUIDELINES FOR DIABETES SELF-MANAGEMENT PROGRAMME (DSMP)

DSMP is a seven-week self-management course for any adult with type 2 diabetes who lives, or has a GP, in Islington or Haringey.

General guidelines

DSMP aims to be as inclusive as possible. However, there may be some occasions when the course is not suitable for someone.

Inclusion criteria

The course is for adults who have type 2 diabetes and for whom one or more of the following apply:

- The person has received some support (e.g. from practice nurse, GP or specialist) or education (e.g. DESMOND, Conversation Maps) and has difficulty with day-to-day management of their diabetes (e.g. nutrition, exercise, medicines management, dealing with the emotional consequences).
- Social or physical activities have declined as a result of poor management of their condition.
- The person wants to build their confidence in managing their diabetes.

NB: It is important that potential participants are able to participate in a group for 3 hours per week and function within the norms of that group.

Exclusion criteria

- People who have recently received their diagnosis (0-3 months) may still be in the process of looking for a cure and/or may not have come to terms with the long-term impact of their condition.
- People with moderate - severe mental health problems may need intensive and/or specialist support (e.g. counselling), which can not be provided by DSMP.
- Children or young people up to the age of 18.
- People with Type 1 diabetes.

Referral and Contact Details

Please e-mail all referrals to - whh-tr.Self-Management@nhs.net

Any queries for Islington please contact Habab Al-Hashim, Self-Management Co-ordinator Tel: 020 7527 1189, Email: h.al-hashim@nhs.net

Any queries for Haringey please contact Davina Lederman, Self-Management Co-ordinator: Tel: 0207 7527 1707, Email: davina.ledermann@nhs.net

Individuals can self-refer by contacting the team as per the above. *Please do not hesitate to contact us if you have any questions.*