X-PERT Diabetes

An effective self-management intervention

This is a highly effective programme for people with Type 2 diabetes, or those at risk of developing diabetes. It aims to develop the knowledge, skills and confidence of participants, enabling them to make informed decisions about their lifestyle and management of their condition.

Proven Benefits¹

- X-PERT is considered to be the most cost effective² diabetes self-management programme
- Cost saving³ through a reduced requirement for diabetes medication
- Proven to work in newly diagnosed and people with existing diabetes
- Meets the NICE key criteria for diabetes prevention⁴ [July 2012] and diabetes structured education⁵ [January 2006]
- Enables providers to fulfil the NICE Quality Standard [March 2011] and the 2013/14 QOF indicators for diabetes, especially NM013 and NM014

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**X-PERT Diabetes**

**For**

People with diabetes or those at risk

**Course Type**

6 week course • 2.5 hours per week • Up to 20 participants

**Benefits to patients**

- Increased carbohydrate awareness
- Improved wellbeing and quality of life
- Healthier eating
- Improved blood glucose levels
- Increased energy levels
- Fewer Hypos
- Improved fitness
- Lower blood pressure and

The programme is facilitated by trained educators who work as a specialists in diabetes or have experience of living with diabetes.

**Benefits to commissioners**

The X-PERT Diabetes Programme is the most clinically effective structured education programme, fully evaluated with a randomised controlled trial demonstrating highly statistical significant reductions in blood glucose, blood pressure, blood cholesterol, body weight and waist circumference and an improvement in quality of life.

**Programme Content (6-Week Course)**

**Session 1**

What is diabetes, digestion & blood glucose control

Goal setting: lifestyle experiment to address the diabetes health profile.

**Session 2**

Weight management

Energy balance, eating for health and physical activity

Goal Setting: lifestyle experiment to explore diet

**Session 3**

Carbohydrate Awareness

The quantity (amount) and quality (type) of carbohydrate foods

Goal setting: activity to explore carbs

**Session 4**

Reading and understanding food labels

Traffic light system, guideline daily amounts (GDAs), nutritional claims

Goal setting: activity to explore personal shopping list

**Session 5**

Possible complications

Hypoglycaemia and hyperglycaemia

Possible complications of diabetes and prevention

Goal setting: lifestyle experiment to keep healthy

**Session 6**

Are you an X-PERT?

X-PERT Game: Re-cap and assess learning and diabetes health profile

Goal setting to take charge and self-manage diabetes

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For all your self-management needs, call us on 03333 445 840, email us at hello@selfmanagementuk.org or visit us at www.selfmanagementuk.org