

Have you been newly diagnosed with Type 2 diabetes?

There are many questions you may want to have answered. One of the ways this can be done is by attending a **DESMOND** course (Diabetes Education for Self Management Ongoing and Newly Diagnosed). This course is for people who have been diagnosed within the last six months. It provides a whole day where you will be able to meet other people with diabetes and learn about all aspects of your Diabetes.

The course will be run by a specialist diabetes nurse and dietitian and will give you the opportunity to:

- Talk about your concerns
- Get answers to your questions
- Discuss the options for looking after your diabetes
- Be supported in making your own choices about how you deal with your diabetes
- Find out what support you can expect from your local health service



This leaflet can be provided in other formats or languages by phoning 01935 385020

Your GP and/or Practice Nurse can refer you to the **DESMOND** course which is most convenient for you to attend. The courses are run in a variety of locations across the county:

- Bridgwater
- Burnham
- Chard
- Frome
- Minehead
- Taunton
- West Mendip
- Yeovil

Contacting the service

If you would like to contact the Diabetes Specialist Nursing and Dietetic Service please telephone **01278 727440** or email **diabetes@somcomhealth.nhs.uk**

Further Information

Additional Information may be found on the following websites:

www.somcomhealth.nhs.uk
www.diabetes.org.uk
www.desmond-project.org.uk

Diabetes Specialist Nursing and Dietetic Service



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Information about the service

Somerset Community Health
 Charter House
 Bartec 4
 Lynx West Trading Estate
 Watercombe Lane
 Yeovil
 Somerset BA20 2SU

www.somcomhealth.nhs.uk



Providing World Class Local Community Services

To keep well and healthy, everyone with diabetes needs good and regular healthcare. From time to time you may need more specialist advice. In Somerset there is a team of diabetes specialist nurses and dietitians who provide Intermediate Care clinics in local areas.

What is Intermediate Care?

Intermediate Care is the part of the patient care pathway that fits between that provided by your GP and Specialist Care provided by a consultant/medical team at the hospital.

Where will the service be offered?

The service will be offered in a range of locations

- Bridgwater
- Burnham
- Minehead
- Taunton
- Verrington
- Wellington
- West Mendip
- Williton
- Yeovil

If you are unable to attend a clinic a home visit can be arranged.

Who provides the service?

The service is provided by Somerset Community Health. Clinics will be run by Diabetes Nurse Specialists and Specialist Dietitians who have extensive training and specialise in helping people manage their diabetes.

Why have I been referred to Intermediate Care?

Managing your diabetes can be challenging. It is likely that most people with diabetes will need specialist advice at some stage. If this is the case your doctor may suggest you have an appointment with the specialist nurse or dietitian. These specialists will help you to make healthy choices about the food you eat and your lifestyle whilst balancing your medication needs.

In addition to the specialist nurses and dietitians there are many other key people who may be included in your diabetes care team. Some of them you will see more often than others—some you may not see at all. Your specialist nurse will be able to discuss this with you and help you to access the services you need.

Members of your diabetes care team

- yourself
- consultant physician/diabetologist

- GP
- diabetes specialist nurse (DSN)
- practice nurse
- dietitian
- optometrist/ophthalmologist
- podiatrist/chiroprapist
- psychologist
- medical specialists
- pharmacist

What happens next?

Following referral you will be able to arrange your first appointment at a time and venue most convenient to you. Your GP will give you the contact details to arrange this.

When you have agreed your appointment, a letter confirming the details will be sent to you. Just let us know if you need to change this for any reason.

How will my GP know what is happening?

The nurses and dietitians work closely with GP practices and also the consultants and specialist medical team at the hospitals. This ensures that you are able to access care from the most appropriate person.

When you see the nurses and/or dietitians in a specialist clinic they write to your GP to let them know about the advice you have been given and any changes to your medication or treatment plan.