

### Criteria for CHOICE

- Type 1 ( confirmed diagnosis )
- Diagnosed for at least 6 months or more
- On multiple daily injections ( Basal Bolus Regimen)
- Monitoring Blood Glucose Levels at least 4 x Daily
- Agreeable to participate in group education
- Agreeable to keeping a food and insulin diary for the duration of the course
- Able to commit to attending 4 consecutive sessions 9-3:30 pm:

If people have attended CHO aware previously and would like to increase their skills further or are struggling please refer to CHOICE

**Please note that patients must be assessed and referral does not guarantee a place on the course**

Diabetes Service  
Berkshire West  
Wokingham Hospital  
Wokingham  
Berkshire  
RG41 2RE

# CHOICE

Carbohydrate (CHO) and Insulin Calculation Education



We are offering an intensive 4 day (over 4 weeks) carbohydrate counting course to those with type 1 diabetes up to March 2017 across the locality. This replaces dafne. Please see criteria on the back of this information sheet. If any of your patients fit this criteria and are interested, please forward their details (name, NHS number, contact phone number) to Noelle Cooper at [Noelle.cooper@berkshire.nhs.uk](mailto:Noelle.cooper@berkshire.nhs.uk) or contact the HCP Phone line on 07879814922. A phone assessment will be completed to determine eligibility

## Week Four

Do you have Type 1 Diabetes?

Are you taking insulin four times a day?

Then we would like to offer you the freedom of

# CHOICE

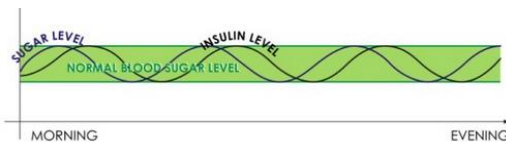
CHOICE is a group education programme, which gives you the freedom to:



Eat what you like, when you like, and still have good glucose levels.



Engage in sport or other physical activities without the worry of going hypo.



Take charge of your diabetes and maintain good control.

Time	Topic	Health Professional
9.00am	<u>Feedback</u> <ul style="list-style-type: none"> <li>Week's experience &amp; Review goals</li> </ul> <u>Insulin Dose Adjustment</u> <ul style="list-style-type: none"> <li>Adjustment of insulin ratios</li> </ul>	Diabetes Specialist Nurse & Dietitian
10.45am	BREAK	
11.00am	<u>Long Term Complications</u> <ul style="list-style-type: none"> <li>Retinopathy (Eyes)</li> <li>Nephropathy (Kidneys)</li> <li>Cardiovascular (Heart)</li> <li>Neuropathy (Feet)</li> </ul>	Consultant Diabetologist
12.00pm	<u>Nutrition &amp; Carbohydrate Counting (Part 4)</u> <ul style="list-style-type: none"> <li>Glycaemic Index &amp; Healthy Eating</li> </ul>	Dietitian
12.45pm	BREAK	
1.45pm	<u>New Developments in Diabetes</u> <ul style="list-style-type: none"> <li>Research &amp; General Questions</li> </ul>	Consultant Diabetologist
2.30pm	<u>Travelling</u> <ul style="list-style-type: none"> <li>Things to consider</li> </ul>	DSN
3.00pm	<u>How Much Have You Learned?</u> <ul style="list-style-type: none"> <li>Time to Recap on any aspect of the Course</li> </ul>	DSN & Dietitian
3.15pm	<u>Evaluation</u> <ul style="list-style-type: none"> <li>Complete evaluation form</li> </ul>	DSN & Dietitian
3.30pm	END OF DAY	

## Week Three

Time	Topic	Health Professional
9.00am	<u>Feedback</u> <ul style="list-style-type: none"> <li>• Week's experience</li> <li>• Review individual goals</li> </ul> <u>Insulin Dose Adjustment</u> <ul style="list-style-type: none"> <li>• Adjustment of insulin ratios</li> </ul>	Diabetes Specialist Nurse (DSN)  Dietitian
10.45am	BREAK	
11.00am	<u>Hyperglycaemia</u> <ul style="list-style-type: none"> <li>• Signs/symptoms of high glucose levels</li> <li>• Development of ketoacidosis</li> <li>• Signs &amp; symptoms of ketoacidosis</li> <li>• When to make insulin adjustments</li> </ul>	DSN
12.00pm	<u>Nutrition &amp; Carbohydrate Counting (Part 3)</u> <ul style="list-style-type: none"> <li>• Eating Out/Takeaways</li> <li>• Alcohol</li> </ul>	Dietitian
12.45pm	LUNCH	
1.30pm	<u>Exercise</u> <ul style="list-style-type: none"> <li>• Reason for potential hypoglycaemia</li> <li>• Review of own exercise</li> </ul>	Dietitian
2.30pm	<u>Your Health</u> <ul style="list-style-type: none"> <li>• Annual review – what care to expect</li> <li>• Psychological issues/Stress management</li> </ul>	DSN
3.00pm	<u>Home work</u> <ul style="list-style-type: none"> <li>• Assessing bolus insulin doses</li> <li>• Assessing basal insulin dose</li> <li>• Complete food diaries</li> <li>• Completes exercise diary</li> <li>• Plan for coming week</li> </ul>	DSN & Dietitian
3.30pm	END OF DAY	

In a relaxed and informal setting, you can learn how to adjust your insulin according to your preferred food intake. We will provide accurate, up to date, information about diabetes to enable you to make your own choices, and you will have the opportunity to ask questions, discuss and learn from others in a similar situation

The programme will run on four consecutive days, 9.00am – 3.30pm: the whole course progresses through a range of topics, so it is important to attend all sessions to gain maximum benefit.

Lunch will be provided, as it is an integral part of the programme.

We recognise that you will need to take time off work. Most employers are very understanding about this, and we can provide information about the importance of attending if necessary.

We plan to make the sessions both informative and fun for all concerned.

# Programme Guide

## Week One

Time	Topic	Health Professional
9.00am	<u>Introduction</u> <ul style="list-style-type: none"> <li>Plan for the programme</li> <li>Getting to know each other</li> <li>Define goals and expectations</li> </ul>	Diabetes Specialist Nurse (DSN)
10.00am	<u>What is Diabetes</u> <ul style="list-style-type: none"> <li>Type 1 and Type 2 diabetes</li> <li>The need for insulin</li> <li>Insulin and food intake</li> <li>Normal blood glucose levels</li> </ul>	DSN
10.30am	BREAK	
10.45am	<u>Action of Insulin</u> <ul style="list-style-type: none"> <li>HbA1c</li> <li>Types of insulin and storage</li> <li>Injection sites and techniques</li> </ul>	DSN
12.00pm	<u>Monitoring</u> <ul style="list-style-type: none"> <li>Review of Goals &amp; Targets</li> </ul>	DSN & Dietitian
1.00pm	LUNCH	
1.45pm	<u>Nutrition &amp; Carbohydrate Counting (Part 1)</u> <ul style="list-style-type: none"> <li>Introduction to carbohydrate counting</li> <li>Discuss food and insulin diaries</li> </ul>	Dietitian
3.15pm	<u>Homework</u> <ul style="list-style-type: none"> <li>Carbohydrate values of food</li> <li>Discussion of insulin doses for the week</li> <li>Consider personal goals</li> <li>Complete food and insulin diaries</li> </ul>	DSN & Dietitian
3.30pm	END OF DAY	

## Week Two

Time	Topic	Health Professional
9.00am	<u>Feedback</u> <ul style="list-style-type: none"> <li>Week's experience</li> <li>Review individual goals</li> </ul> <u>Insulin Dose Adjustment</u> <ul style="list-style-type: none"> <li>Adjustment of insulin ratios</li> </ul>	Diabetes Specialist Nurse (DSN)  Dietitian
10.45am	BREAK	
11.00am	<u>Hypoglycaemia</u> <ul style="list-style-type: none"> <li>Definition/causes/unawareness</li> <li>Symptoms and treatments</li> </ul>	DSN
12.00pm	<u>Nutrition &amp; Carbohydrate Counting (Part 2)</u> <ul style="list-style-type: none"> <li>Reading Labels</li> <li>Measuring difficult foods</li> </ul>	Dietitian
12.45pm	LUNCH	
1.45pm	<u>Exercise</u> <ul style="list-style-type: none"> <li>Own experiences</li> <li>Management of insulin and food</li> <li>When not to exercise</li> </ul>	DSN & Dietitian
2.30pm	<u>Foot Care</u> <ul style="list-style-type: none"> <li>Looking after your feet</li> <li>Identifying problems</li> <li>Referral to a Podiatrist</li> </ul>	Podiatrist
3.15pm	<u>Homework</u> <ul style="list-style-type: none"> <li>Checking insulin doses</li> <li>Consider personal goals</li> <li>Complete food and insulin diaries</li> </ul>	DSN & Dietitian
3.30pm	END OF DAY	