

## Would you like more information about Diabetes?

Diabetes Ireland the national charity for people with Diabetes in Ireland run a structured group education course (CODE) for people with Type 2 Diabetes .

These are free to attend and available in different parts of the country on a regular basis.

If you would like more information on CODE please contact us on 1850 909 909 or check out the events section on our website.

## CODE: Community Oriented Diabetes Education



### What is CODE?

- The CODE programme aims to deliver general information about diabetes to people with Type 2 diabetes in a **local community group setting**
- CODE allows people with diabetes to talk in a supportive atmosphere about their own diabetes for the benefit of everyone in the group
- Time is allocated during the programme for problem solving, feedback on diabetes **self-management** behaviours (food and exercise diaries and blood glucose results) and goal setting
- CODE supports and supplements care from the individual's own diabetes team so that **knowledge and skills are reinforced** and the responsibility for personal self-management of diabetes is gradually strengthened
- Participants completing the programme receive **Diabetes Ireland membership** for the current year

## What is the programme content?

- The programme, facilitated by a diabetes nurse/ dietitian consists of 4 sessions of 2 hour duration and a phone call at week 10
- The first 3 sessions take place over 3 consecutive weeks and the final session takes place 6 months after the start date
- The programme is **free of charge** to both patient and the health care professional

## What is the structure of the CODE programme?

The set CODE structure is listed below, however our flexible approach allows the session to be tailored to meet the self-identified needs of each group.

Week 1	Pre programme screening, diabetes explained, risk factors, signs & symptoms, cardiovascular link
Week 2	Healthy eating, physical activity, behaviour, lifestyle changes and personal goal setting
Week 3	Importance of regular follow up, complications, self-management and optimal Diabetes control
Week 10	Follow up phone call to review personal goals
6 month follow up	Post programme screening review of achievements and goal setting

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