

# Structured diabetes self- management education and the NDSS

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# Presentation outline



NDSS registration



The NDSS suite of structured diabetes self-management education programs for people with type 1 and type 2 diabetes



Referral and contact details

# The NDSS



The NDSS is an initiative of the Australian Government administered with the assistance of Diabetes Australia



State and Territory diabetes organisations are NDSS Agents delivering support, services and programs within their jurisdiction. Diabetes Victoria is the NDSS Agent in Victoria



We encourage all people with diabetes to register with the NDSS for access to:

- Subsidised products through pharmacies
- Programs, events, services and *structured diabetes self-management education programs*

## OzDAFNE (Dose Addjustment For Normal Eating)

- 5 day group education program for adults with type 1 diabetes using MDI (pump program coming)
- Skills-based structured diabetes self-management education matching insulin dose with carbohydrate intake
- Published in Diabetes Research and Clinical Practice; Feb 2016
- Reduced by half episodes of severe hypoglycaemia and of DKA requiring hospital admission
- Significant reduction in diabetes-related distress



## DESMOND (Dibetes Education and Self Management for Ongoing and Newly Diagnosed)

- 1 day (6 hour) diabetes self-management education program for adults with type 2 diabetes
- Content includes: What is diabetes; Monitoring; Food choices; Physical activity;
- Strong focus on self-management planning, goal setting and personal reflection;
- Published in BMJ 2008
- Compared with control group (individual diabetes education of equivalent time), results include: reduction in smoking, BP, weight and depression scores; increase in physical activity



## Topic-specific suite

- A range of short, 2-3 hours, topic-specific, group education sessions
- Based on DESMOND principles
- Provide an opportunity for people to learn more about specific topics of interest in a practical way

**Med  
Smart**

**Shop  
Smart**

**Living  
with  
Insulin**

**Monitor  
Smart**

**CarbSmart**

**Foot  
Smart**

**Ready Set Go  
Let's Move**

## Referral details



No referral required for all programs



OzDAFNE requires letter from GP / Endocrinologist prior to program commencement



Contact:

- Your state and territory diabetes organisation for booking details
- In Victoria, visit [diabetesvic.org.au/events](https://diabetesvic.org.au/events) for online bookings
- Visit [ndss.com.au](https://ndss.com.au) for further information

# The NDSS national standards



In 2017, the NDSS National Evaluation Team developed eight quality standards for structured diabetes education based on international standards including NICE, ADA/AADE, IDF



The NDSS suite of structured diabetes self-management education programs for people with type 1 and type 2 diabetes all meet the national standards



Programs include:

- OzDAFNE
- DESMOND
- A range of topic specific programs