


# Diabetes Education Programmes

## Type 1, Type 2 & Pre-Diabetes

Argyll and Bute Dietetics Service



What happens  
if I am  
referred?

We have a range of programmes available to support people living with diabetes in Argyll and Bute.

If you self-refer or 'opt in' for support, you will be booked for a telephone appointment with one of our specialist clinicians.

At this appointment, your clinician will ask questions to learn more about you and your journey with diabetes. Your clinician will provide information about living well with diabetes and discuss our self-management programmes.

### Type 2 & Pre-Diabetes Programmes

#### MyDesmond:

An online, interactive self-management programme. There are three options:

- 'Baby steps' for **previous Gestational Diabetes**
- 'My Type 2 Diabetes' for **Type 2 diabetes**
- 'Diabetes Prevent' for **Pre-Diabetes**

#### X-PERT Diabetes

**(Digital & Non-Digital available)**

A digital programme and/or handbook to support you in learning more about managing (or reducing your risk of developing) Type 2 Diabetes.

Various languages and audiobooks available.

### Type 1 Diabetes Programmes

#### BERTIE online

An online education programme which supports people to manage their insulin around their lifestyle.

After the programme, you will be offered an appointment with a diabetes nurse and dietitian to discuss questions.

You will also be sent a Carbs and Cals book and a printed copy of the BERTIE handbook if required.

- Completion of BERTIE is part of the insulin pump pathway and referral criteria.
- Carbohydrate counting support is also available.

### Self-Referral



You can self-refer to the Dietetics department to access these services by leaving your name, date of birth and contact telephone number at either:

**Voicemail:** 01631 789 041

**Email:** [nhsh.dietitiansdirect@nhs.scot](mailto:nhsh.dietitiansdirect@nhs.scot)