



# DELIVER EFFECTIVE DIABETES CARE

## Get EDEN

EDEN is a comprehensive training and skills assessment programme.

With EDEN you can:

- Fill a recognised skill gap delivering effective diabetes care in practice
- Design and transform models of care in diabetes





# FROM DIAGNOSIS TO DELIVERY AND TRANSFORMATION

Effective Diabetes Education Now! (EDEN) was initially established as a joint venture between Leicester City CCG and Leicester Diabetes Centre (LDC), as a wide scale transformation programme in 2012, addressing a skill gap in diabetes knowledge in primary care.

Following the successful implementation of EDEN in Leicester, EDEN has grown rapidly and is now being utilised by CCGs nationally and internationally. The EDEN programme provides organisations with the opportunity to transform diabetes care by enhancing the skills levels of staff involved in diabetes care.

EDEN operates with a core group of LDC staff who work across key areas in education at LDC as well as EDEN, and have clinical roles. They work across Healthcare Professional (HCP) training, and a range of other specialist areas of research and education which combined with their clinical skill set gives a unique portfolio of experience and credibility. The team is diverse and comprises of Diabetes Specialist Nurses, GPs, Consultants and expert Allied Health Professional roles such as dietetics, psychologists and physiotherapists.

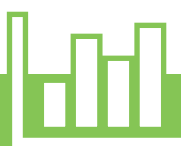
EDEN benefits:

- **Commissioning groups:** Assurance of an up skilled workforce which can deliver locally for their population with key resources and support, retaining local context/ specialist delivery.
- **Patients:** Safe in the knowledge they will receive excellent care from a workforce that is up-to-date and competent. Patients can be confident in receiving the best possible evidence-based care.
- **HCPs:** Individuals and teams can be assured that they receive evidence based training from highly experienced clinicians and educators, with support and practical application to ensure high quality patient focussed care.

What do people say about EDEN?

“Through EDEN, providers will be able to offer their patients optimal management of diabetes and its related conditions and improved health outcomes.”

Dr Sam Seidu, G.P. and Diabetes locality lead



Evidence based  
and data driven



Leading academic  
education institute



Up-to-date and effective  
diabetes care



## LEICESTER DIABETES CENTRE



Leicester Diabetes Centre

The Leicester Diabetes Centre (LDC) is a national and international centre of excellence for Type 2 diabetes research, education and innovation.

The position of the LDC is unique in that we are integrated within academia and the NHS, and in both primary and specialist care. The LDC is uniquely placed to influence policy makers in the field of diabetes management and diabetes prevention, and the delivery of services to those with diabetes both locally and nationally. Hosted at Leicester General Hospital, the LDC is a partnership between the University Hospitals of Leicester NHS Trust and the University of Leicester, working closely with our local CCGs. From the early beginnings in 1999, the LDC has grown into a team of 150 researchers and support staff, dedicated to improving the lives of people with chronic diseases. In the last decade alone, they have generated in excess of £60 million of competitive research grant income and have published more than 230 peer-reviewed journal articles since 2012 across a broad range of clinically-focused topics. They have influenced and informed national and international policy, especially in the fields of diabetes prevention, structured education and self-management.

The Centre's Co-Directors, Professor Melanie Davies CBE, and Professor Kamlesh Khunti were named at the American Diabetes Association in 2015 as being among the top 10 diabetes experts globally; they both also hold the prestigious title of National Institute for Health Research (NIHR) Senior Investigator.





# OUR PHILOSOPHY

EDEN is based on a philosophy which gives HCPs and primary care staff the knowledge and skills to deliver effective education. It is more than just a course, or a folder on a shelf. The skill is in the blend of people and products, and these make it successful and embedded into care to deliver successful outcomes for patients.

Elements of EDEN are a range of courses, Knowledge and Confidence recording, competency-based training, training needs analysis, monitoring and feedback, mentoring and support and an overview of performance through trend and gap analysis tools.

EDEN provides sustainable local delivery suited to patient population and local need, driven by impressive feedback and credentials. The EDEN philosophy embodies all that is diabetes education, encompassing up-to-date information, delivered in an engaging participative style.



**“EDEN improves the delivery of care for diabetes, reduces the risk of complications and is shown to improve knowledge, confidence and competency in primary care. It is designed to reduce primary care variability across the key treatment target area”**



# OUR HEADLINES

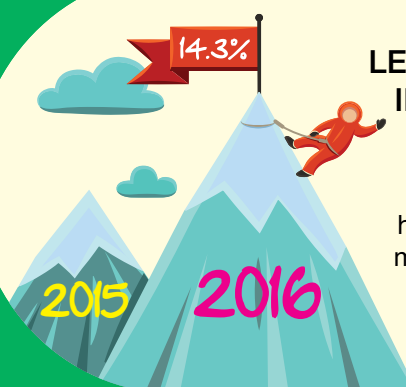
## EDEN RATED

EDEN has been rated a record 96% (4.8 out of 5) by participants on its courses



## PARTICIPATION LEVELS UP 14.3% IN SIX MONTHS!

Out of 64 Leicester City practices 96% have completed 2 or more EDEN modules

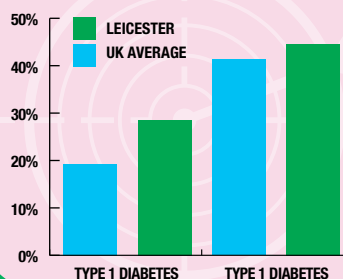


## LOWER RISK OF COMPLICATIONS AND BETTER HBA1C THAN COMPARABLE CCGS

Leicester CCG diabetes patients had lower risk of MI, heart failure, angina stroke in 2014-15 than in a comparable CCG



## NaDIA TREATMENT TARGETS PERFORMANCE



Leicester remains ahead of the UK average for achieving all three treatment targets (HbA1c, Blood Pressure, and Cholesterol)

## RCGP REACCREDITATION FOR 2016

EDEN programme has been reaccruited by the Royal College of General Practitioners



# TRAINING NEEDS ASSESSMENT

A fast and easy to complete Knowledge and Confidence self-reporting survey designed specifically for busy healthcare professionals by healthcare professionals.

A comprehensive multiple choice survey designed to be quick, which can be completed electronically. Our specialist database application can then rapidly generate training recommendations and overview reports that can provide:

- Skills gap analysis.
- Training recommendations from CCG overview to individual level and optimisation of training sessions.
- Prioritisation by training need.
- Comparative performance analysis.
- Statistical analysis.



# TRAIN THE TRAINERS

The Train the Trainer programme is a two day programme delivered locally to the commissioning area, by skilled and experienced HCP. This reflects the aim to improve diabetes care for patients through enhancing the skill, knowledge and confidence of staff.

The product is the complete training programme to support CCGs to deliver effective and up to date care for its patients, which has proven outcomes in performance across diabetes care over time. A range of core and wraparound supplementary modules in which the participants receive full training are the foundations of Train the Trainer.

The service is a comprehensive package including advice and support, face to face course delivery, baseline analysis, data input and analysis, as well as Quality Assurance and support on an on-going basis. The local area, as part of the initial agreement can continue to deliver EDEN training, and receive annually updated materials.



**“The programme and resources gave us the tools and the confidence to be able to deliver validated education strategically to HCPs within the CCG”**

# MODULES OFFERED

EDEN modules are designed to meet the needs of all HCPs with an interest in diabetes. Participants come from a wide range of backgrounds including GPs, Nurses, DSNs, Midwives, HCAs, Dieticians, Pharmacists and Care Home Staff.

Training is delivered using a wide variety of teaching methods including interactive lectures and discussions, small group work, videos, case studies, quizzes and practical sessions. Each module has learning outcomes and a competency framework.

A range of modules include Obesity and Lifestyle Behaviour Changes, Type 1, Pre-conceptual and Diabetes in Pregnancy, Hypoglycaemia, Diabetes and the Older Person, Health Care Assistant training and many more.

The EDEN modules have been accredited by the Royal College of General Practitioners. The panel were of the view:

“this is an excellent programme, which aims to upskills health professionals in everyday management and treatment of people with diabetes”

and

“particularly commended the very comprehensive workbooks with guided reflection relating to the practitioner’s practice.”



## Prevention Screening, Classification and Diagnosis

Evidence on how the impact of weight loss, physical activity, sedentary behaviour & diet, relates to national and international guidance.



## Glycaemic Treatment Options

Latest therapeutic developments in glycaemic drug therapies, where they fit into national guidance and how to use new and combination therapies.



## Insulin Management

Evidence based practice for initiating and titrating doses according to best practice, national guidance for people with Type 2 diabetes.



## Clinical Presentation and Management of Micro/Macro Vascular Complication

This module describes the underlying pathophysiology of diabetes complications.



## Advanced Insulin Management

Explore insulin regimen changes and combinations of therapies (oral and injectable) using guidance and evidence.



## Foot Care

Provides an underlying pathophysiology of foot disease in people with diabetes including screening, prevention and management of foot problems.





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