

## **PRESS RELEASE**

### **NICE issues guidance on patient education for people with diabetes in England and Wales**

In its latest guidance document – Patient Education Models for Diabetes, the National Institute for Clinical Excellence (NICE or ‘the Institute’) has recommended that structured patient education is made available to all people with diabetes at the time of initial diagnosis and then as required on an ongoing basis, based on a formal, regular assessment of need.

The guidance identifies a number of principles of good practice for effective education including :

- educational interventions should reflect established principles of adult learning and use a variety of techniques to promote active learning.
- education should be provided by an appropriately trained multidisciplinary team to groups of people with diabetes, unless group work is considered unsuitable for an individual.
- sessions should be accessible to the broadest range of people, taking into account culture, ethnicity, disability and geographical issues, and could be held either in the community or at a local diabetes centre.

Multidisciplinary teams providing education should be tailored to the needs of different groups of people with diabetes and should include, as a minimum, a diabetes specialist nurse (or a practice nurse with experience in diabetes) who has knowledge of the principles of patient education and a dietician.

**Anne-Toni Rodgers, Corporate Affairs Director and Executive Lead says :** “Diabetes is a serious and complex condition and effective education is a fundamental part of diabetes care. People with diabetes have to assume responsibility for the day-to-day control of what can be a life threatening condition, It is therefore critical that they understand the condition, how to treat it and why and how the treatment works, whether this is through an appreciation

of the basis of insulin replacement therapy and its optimal use, or through lifestyle management, including nutrition and physical activity. The quality of patient education throughout the country is currently variable and today's guidance will help ensure that anyone with diabetes, no matter where they live, can access good quality education which will ultimately help them to control and manage their diabetes, the related complications and improve their quality of life.”

**Simon O’Neill, Head of Care Development at Diabetes UK says :** “Diabetes UK is delighted that NICE has recommended structured education for people with diabetes. Although patient education has been proven to help people with diabetes control their condition, only one third of hospitals currently offer a structured patient education programme. Hopefully this guidance will help implementation of the 'patient empowerment' section of the National Service Framework. Diabetes UK would like to see further research into the most effective methods of patient education.”

**ENDS**

### **Notes to Editors**

1. A media briefing is available to support this press release. If you received this press release by e-mail they are attached. If you would like to receive a copy by e-mail or fax - please contact NICE on the numbers above.

### **Other Guidance**

2. NICE has also issued guidance this month on Electroconvulsive Therapy and has withdrawn guidance on Hearing Aid Technologies. For more information on these contact Fraser Woodward on the number given above.

### **About NICE**

3. NICE is part of the NHS. It is the independent organisation responsible for providing national guidance on treatments and care for those using the NHS in England and Wales. Its guidance is for healthcare professionals and patients and their carers to help them make decisions about treatment and healthcare. For further information about NICE you can visit [www.nice.org.uk](http://www.nice.org.uk).
4. NICE produces guidance in three areas of health:
  - the use of new and existing medicines and treatments within the NHS in England and Wales – technology appraisals.
  - the appropriate treatment and care of patients with specific diseases and conditions within the NHS in England and Wales – clinical guidelines.
  - whether interventional procedures used for diagnosis or treatment are safe enough and work well enough for routine use – interventional procedures.

NICE also funds four enquiries that undertake research into the way patients are treated to identify ways of improving the quality of care (the investigations are known as confidential enquiries).

4. NICE guidance and recommendations are prepared by independent groups that include professionals working in the NHS and people who are familiar with the issues affecting patients and carers.

#### **About technology appraisals**

5. Media briefings giving further details of the guidance are available on the NICE website at [www.nice.org.uk](http://www.nice.org.uk)
6. Technology appraisals are recommendations on the use of new and existing medicines and treatments within the NHS in England and Wales, such as:
  - medicines (for example, drugs)
  - medical devices (for example, hearing aids or inhalers)
  - diagnostic techniques (tests used to identify diseases)
  - surgical procedures (for example, repairing hernias)
  - health promotion activities (for example, patient education models for diabetes).
7. Our technology appraisal recommendations are prepared by an independent Committee, who include healthcare professionals working in the NHS and people who are familiar with the issues affecting patients and carers. The Committee considers the evidence on the clinical and cost effectiveness of the technology – this includes hearing the views of, and evidence from, clinical health professionals, experts and patients.
8. NHS organisations in England and Wales have to make the resources and facilities available to enable NICE guidance to be implemented. In January 2002 the Government announced a legal obligation for the NHS to provide funding for treatments and drugs recommended by NICE as a part of its technology appraisals work programme.

#### **About Diabetes UK**

9. Diabetes UK is the charity for people with diabetes. Diabetes UK funds medical research, provide information and support to people with diabetes and campaign on their behalf. For more information visit [www.diabetes.org.uk](http://www.diabetes.org.uk) or telephone 020 7424 1000.