**DESMOND – Referral Form**



**DESMOND: Diabetes Education and Self-Management for Ongoing and Newly Diagnosed people. Free DESMOND courses are provided by NHS Lothian for people with Type 2 Diabetes**

*Core* ***DESMOND*** *course: First steps in self-management education for people with Type 2 Diabetes. Available as virtual groups (3x 2 hour or 2x 3 hour sessions online), or one-day or two half-day face to face groups.*

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| **Personal Details:**  Preferred prefix: **Mr/Mrs/Miss/Ms/Dr/Prof/Other**  Full name: | | |
| Date of birth: | | |
| Gender (please tick): Male Female Prefer not to say  Please indicate which pronouns you prefer (please tick):  **He/Him She/Her They/Them** | | |
| Address: | | |
| Contact telephone number: | | Can we leave a voicemail? YES/NO |
| Email address: | | |
| Weight: | Height: | |

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| **In your own words please tell us why you would like support?** |
| Please tell us about any additional support you may require to help you get the best care e.g. wheelchair access, an interpreter, carer to attend with you. |
| **Preferred Style of Education, please tick:**  Face to Face Group Virtual Group MyDESMOND  at a site local to you using a free NHS free interactive  with NHS educators approved online DIGITAL service  platform |

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| **Consent**  Do you consent to this referral to the NHS Lothian DESMOND team? YES/NO  We keep all patient data confidential. For data monitoring purposes we require to record data on this referral. Data will only be shared with relevant healthcare staff.  Please contact us if you do not agree to data sharing.  The NHS Lothian Data Privacy Policy can be found at: <https://policyonline.nhslothian.scot/Policies/ClinicalPolicy/Data%20Protection%20Policy.pdf> |

**If you are a health professional submitting this referral on a patient’s behalf:**

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| Date of referral**:**  Referrer’s Name:  Job title:  Contact Number:  Email: |

**Important**

To provide tailored support, DESMOND attendees should have the following test results recorded prior to attending the course:

1. HbA1c (a test that provides a picture of average blood sugar levels, mmol/mol)
2. Total Cholesterol levels, HDL and LDL (mmol/l)
3. Blood Pressure, BP mmHg.

DESMOND attendees can get these results from their healthcare provider (normally GP surgery) or patients can also access their own results via the MyDiabetesMyWay (MyDiabetesMyWay.scot.nhs.uk) website.  DESMOND educators will use these results to plan individually with patients their diabetes self-management goals.

Please email the completed referral to [loth.desmond@nhslothian.scot.nhs.uk](mailto:loth.desmond@nhslothian.scot.nhs.uk)

OR

Post to: Ground Floor Woodlands House, Astley Ainslie Hospital, Canaan Lane,

Edinburgh EH9 2TB

Telephone: 0131 537 9169