

EMPOWER



EMPOWER T2n is a national structured diabetes education programme empowering people to manage their Type 2 diabetes and live a healthier life.

With diabetes accounting for 10% of the total NHS expenditure in England and Wales, having access to diabetes education remains a key priority for the NHS.

More than 4.8 million people in the UK have diabetes. This number is growing all the time and by 2025, there will be five million people in the UK living with diabetes. Around 90% of these will have Type 2 diabetes.¹

NHS England state that 80 per cent of spend on diabetes is associated with spend on complications, many of which can be prevented through good day-to-day diabetes management. Diabetes education gives people the skills and confidence they need to take control of their condition, live well and avoid costly complications.²

Introducing EMPOWER T2n

EMPOWER T2n, developed and delivered by Spirit Health, is a national, award-winning structured diabetes education programme. EMPOWER T2n is designed to help people living with Type 2 diabetes understand what it is, the effect it has on their body and how to make small, achievable changes to the food they eat and their everyday life.

How does it work?

Underpinned by a written structured curriculum, the course takes around four hours to complete and is routinely delivered in a single session for face-to-face or virtual courses, facilitated by our trained educators who engage and interact with the group. The personal experiences and challenges that people encounter in managing their diabetes forms the basis of their learning and the development of their self-management strategies. People can take the course online or at a local community venue. Courses are run during the day, with evening and weekend courses also available.

People can choose:



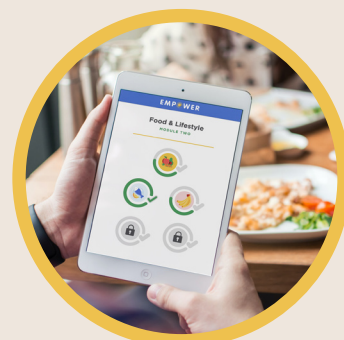
EMPOWER Local

A face-to-face group session in a local venue.



EMPOWER Video

An online group session by video.



EMPOWER Digital

An online course that people can work through in their own time.

What we do

Spirit Health employs a specialist team of dedicated trained educators and experienced administrators to:

- Manage the referral process, with a dedicated 24/7 support line for patients
- Deliver the EMPOWER T2n course during the week, in the evening and at the weekend
- Collect and review key clinical and quality of life metrics pre and post course

97%

of people would recommend EMPOWER T2n to their friends and family if they were diagnosed with Type 2 diabetes.³

50% from referral to attendance uptake rate.⁴

12.8% relative reduction in HbA1c.⁵



Why EMPOWER T2n?

With our demonstrable track record of delivering EMPOWER T2n across more than 20 CCGs, our experienced team can rapidly mobilise and deliver structured diabetes education at scale across healthcare systems, ensuring people living with Type 2 diabetes are able to access essential education about their condition.

Monitoring and support

We monitor clinical and quality of life data collection at baseline (on referral), at the end of the programme and at 6 and 12 months. We provide data and quality reports, broken down by GP practice, including number of referrals, people attending the course, DNAs, and those declining education (including the appropriate SNOMED code).

Communicating outcomes

All referrers are informed of patient attendance after the programme, detailing the date of attendance. We also encourage patients to complete their goal setting and action plan and to discuss it with their healthcare professional when they attend for a health check. The plan details the patient's main goal to improve their diabetes and the first change they will make following attendance at the EMPOWER T2n course.

Accessibility

We deliver EMPOWER T2n in a range of languages, including Gujarati, Hindi and Urdu, to meet the needs of the local population, and we arrange translators when required in other languages.

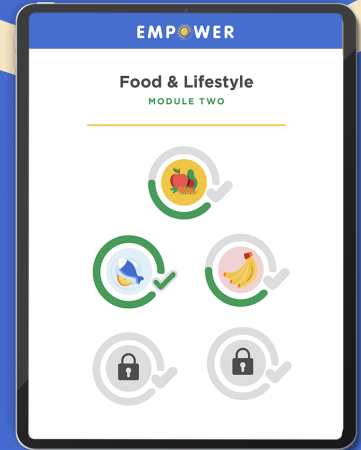
In addition, we ensure that patients and service users who have information or communication needs relating to a disability, impairment or sensory loss receive accessible information and communication support appropriate to their needs.

The reading age of the EMPOWER T2n Patient Handbook is designed to be broadly in line with the national average reading age – making EMPOWER T2n as accessible as possible for all people living with diabetes.



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WHAT PEOPLE HAVE SAID?



Quality Assurance

EMPOWER T2n is underpinned by a written structured curriculum and overseen by our Curriculum Board. The programme has been developed using an evidence-based approach and is delivered in line with the patient education requirements of NICE Guideline NG28.

Furthermore, our EMPOWER T2n group education is accredited against the QISMET Diabetes Self Management Education (DSME) Quality Standard. Accreditation is a way for providers to demonstrate they meet relevant national criteria, including NICE Guidelines, and that they are independently audited and verified on the quality of their diabetes self-management education provision.

Find out more

Call us today on 0116 286 5000, email empower@spirit-clinical.co.uk or visit www.empower-diabetes.co.uk.

EMPOWER T2n is provided by Spirit Health.

spirithealth

"I've been really worried about my newly diagnosed Type 2 diabetes. But today's course has given me some fantastic knowledge.... I wanted you to know you really have made a difference to my life and how I was feeling, lots of positive changes to start."

- Sherry

"... "It's nice to know people can receive help for diabetes in a friendly and helpful way."

- Pushpa

"It was a very interesting programme, the instructors were very good and explained everything in an easy way – I would recommend people go to the class!"

- Paul

References

1. Diabetes UK - https://www.diabetes.org.uk/about_us/news/diabetes-prevalence-2019
2. NHS England - <https://www.england.nhs.uk/itphimenu/diabetes-prevention/improved-access-to-and-uptake-of-diabetes-structured-education-for-people-with-diabetes/>
3. Data on file. EMPOWER T2n participant feedback all CCGs 2019/20.
4. Data on file. EMPOWER T2n attendance all CCGs 2019/20.
5. Swift, Barker, Palin and Peck 'Investigating the cost-effectiveness of structured diabetes education', British Journal of Healthcare Management 2019).