

# Bend 1 - Basic Education for Newly Diagnosed Type 1 Diabetes

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St Helens Hospital  
Marshall Cross Road,  
St Helens, Merseyside, WA9 3DA  
Telephone: 01744 646 200



/sthknhs



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[www.sthk.nhs.uk](http://www.sthk.nhs.uk)

**Author:** Diabetes Nurse Specialist  
**Department:** Diabetes Centre  
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## Diabetes Patient Education

People with newly diagnosed diabetes need structured education to help them understand and manage their diabetes.

The Government & Diabetes UK recommend that:

- ◇ Education should be evidence-based with clear learning objectives
- ◇ It should be delivered by people trained in education and diabetes
- ◇ It should be delivered in small groups
- ◇ Standards must be checked and maintained

## BEND 1 – Basic Education for Newly Diagnosed Type 1 diabetes mellitus.

BEND 1 was developed in 2006 by the Specialist Diabetes Team at St Helens Hospital.

It meets national standards for diabetes education and was developed with the help of local people with diabetes.

Extensive evaluation has shown that the programme effectively teaches people about diabetes, and helps them feel less anxious, more in control and better able to deal with their diabetes.

BEND 1 improves diabetes self-management and most patients report that they really enjoy it.

## What does BEND 1 Involve?

BEND 1 is a 3 to 4 hour education session that runs once a week for four consecutive weeks.

Each four-week programme is run for a small group of people with type 1 diabetes.

The sessions are run by a Diabetes Nurse Specialist or a Diabetes Dietitian.

During the programme you will learn important skills about managing your diabetes.

## What will I learn?

Over the four-week BEND 1 programme (3 to 4 hours each week) you will cover the following areas:

- ◇ What is type 1 diabetes
- ◇ Complications & how to prevent them
- ◇ Understanding your insulin
- ◇ Hypos (low blood sugars)
- ◇ How to test your blood sugars
- ◇ Food & diabetes
- ◇ Illness & diabetes
- ◇ DKA (Diabetic Ketoacidosis)
- ◇ Ketones and their management
- ◇ Annual review – the tests you need & what they mean
- ◇ Driving, employment, holidays and diabetes

If you have any questions about BEND 1, please ring the Diabetes Nurses on: 01744 646 200