

York – Care Home Training Package

What did the course entail – generally

The course was two hours long, one hour for the specialist nurse and one hour for the specialist dietitian. The specialist nurse discussed 'what is diabetes', the different types of diabetes, managing hypo & hyperglycaemia, blood glucose/HbA1c targets. The specialist dietitian discussed a healthy balanced diet, the importance of regular meals, glycaemic index, portion sizes, snacks, activity, catering and managing undernutrition and diabetes. Adjustments were made around carbohydrate awareness for those care homes looking after residents with type one diabetes.

What made you decide on the length/content of the course

We had an understanding of what we wanted to educate care homes on, based on direct requests from the homes but also phone calls/queries the community diabetes teams were receiving from care homes. We felt two hours could incorporate all of this but ensure we could still recruit staff.

Was it delivered by your SE educators?

Educators delivering the program already deliver structured education to service users, health care professionals and community talks.

What do you feel went really well?

We evaluated understanding and confidence in managing diabetes after the training which showed improvements in all aspects. All staff were provided with a work book and certificate which was well received. We found if there was someone within the care home who was leading on training/had a specialist interest in diabetes recruitment for the training was much better.

What were the challenges of delivering/arranging the training?

Arranging a time for both educators and the care homes tended to mean training had to be booked a few months in advance. We also found that we delivered the training numerous times to the same homes to ensure we trained all staff. Having the appropriate space in the home was always a question we asked as we took a projector and laptop with us to present. We would contact the care home a week before the training to ensure we had enough members of staff to train to ensure it was worthwhile as we had one session where only three members of staff turned up. This was a free education course and we did find that this did sometimes affect attendance.

The training was offered to the catering staff however it was agreed that they could just attend the 1hour dietetic session rather than the full training.

Was there anything you would have done differently?

Flyers to care home to raise awareness of the training available, however at the time we were piloting the training course and couldn't accommodate high demand.

Is there any advice that you would give others considering doing this?

Consider timing of training if delivering it in the home, as afternoons were always quieter for the care homes and improved recruitment.