

The Cambridge Diabetes Education Programme (CDEP)



Website: www.cdep.org.uk

CDEP is a **competency-based online diabetes learning tool** that supports all levels of healthcare practitioners demonstrate their diabetes knowledge and skills relevant to their role. CDEP is built upon TREND competencies-a framework for nurses as well as other online education resources available.

A **variety of diabetes topics** are available which in total currently amounts to **30 hours of diabetes study time**. New content is developed on an on-going basis and is launched once it has been rigorously tested.

CDEP also supports **professional revalidation** by displaying study time accrued on the certificates, providing opportunity for **reflection** as well as offering a secure portal to collect **practice-based feedback**.

CDEP is based on the **UK diabetes competency frameworks** which help structure the nature and level of diabetes skills required by all healthcare staff to support safer patient care, improved outcomes and reduce the financial burden of diabetes.

- TREND: An integrated career and competency framework for diabetes nursing
- Diabetes UK: An integrated career and competency framework for dietitians and frontline staff
- Diabetes UK: Podiatry competency framework for integrated diabetes foot care

To align CDEP with the structure of diabetes competency frameworks, there are 5 levels that practitioners can register at, according to their role. These levels are accumulative so specialist diabetes staff are required to demonstrate core and intermediate diabetes competencies in addition to the ones more applicable to their expertise.

CDEP REGISTRATION LEVEL

Level 1 = **core** (minimum level for working, in any capacity, with people living with diabetes)

Level 2 = **intermediate** (roles that have regular contact with people living with diabetes)

Level 3 = **diabetes specialist** (roles that directly support people managing their diabetes)

Level 4 = **diabetes expert** (roles that intensively support complex patients with diabetes)

Level 5 = **diabetes consultant** (roles that are responsible for managing a specialist caseload as well as leading service design, workforce planning, business case development, etc)

CDEP is endorsed by **Diabetes UK**, the **Cambridge University Health Partners** and the **British Dietetics Association**. Other endorsement/accreditation from relevant organisations is currently been sort.

Currently there are **15 topics** available – providing a total of **30 hours of diabetes study time**. **Foundation topics** – CDEP recommends that all users complete these topics in order to demonstrate competencies in these fundamental areas of diabetes care:

- What is Diabetes
- Hypoglycaemia
- Hyperglycaemia
- Oral Therapies
- Injectable Therapies
- Promoting Self-care
- Nutrition
- Blood glucose and ketone monitoring
- Foot care

Other topics – these topics maybe more relevant to some staff than others depending on their area of work or interest:

- Screening, prevention and early detection of Type 2 Diabetes
- Nutrition and Physical Activity (QoF DM13 requirements for non-dietetic practitioners)
- Pregnancy: Pre-conception Care
- Managing Diabetes in Hospital
- Managing Diabetes in Residential and Nursing Homes
- Carbohydrate Counting and Multiple Daily Insulin Injection Dose Adjustment (Diabetes Specialist level and above only)

The average evaluation of CDEP across all topics (Audit date Feb 2017 n= 4401):

- **86%** of users rate an **improvement** or **significant improvement** (4 or more) in **competence**
- **83%** of users rate an **improvement** or **significant improvement** (4 or more) in **confidence**
- **85 %** of users rate an **improvement** or **significant improvement** (4 or more) in **familiarity with diabetes guidelines**.

CDEP is available at **£25 for 2 years registration** to all NHS Staff. Some organisations have bought bulk registrations, making CDEP free at the point of access for their staff. All income is used to support the annual running and on-going development costs of CDEP.

To register your CDEP account:

1. Access the website: www.cdep.org.uk
2. Click on the link: SIGN IN/REGISTER
3. Under NEW CANDIDATE REGISTRATION enter your email address, (this can be work or personal) and click CREATE ACCOUNT.
4. On the registration page, enter a password then input the REGISTRATION KEY CODE if your organisation has purchased CDEP for you. Otherwise leave this blank and you will be taken through to PayPal for payment once the registration is complete.
5. Enter your name and organisation details.
6. Select YOUR CDEP REGISTRATION LEVEL relevant for your role.
7. Click REGISTER NOW.
8. You can now access the CDEP topics under I HAVE AN ACCOUNT by entering your EMAIL and PASSWORD.

Any questions or issues, please contact:
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