



Diabetes Care Coordinator

We aim to:

- Provide a named contact for patients at risk of or diagnosed with any form of diabetes within the five GP practices of the Coast & Country PCN
- Encourage and support patients to actively manage this long term condition for long-term health benefits
 - Signpost diabetes-related education and support programmes, available online, digital, locally and nationally
 - Promote diabetes awareness, prevention and day-to-day management to minimise long-term complications
 - Meet national healthcare targets for diabetes and provide comprehensive care for our patients

Contact: via reception at Bradworthy, Neetside, Hatherleigh, Stratton or Holsworthy Medical Centres

Or email rowena.hoseason@nhs.net

USEFUL LINKS www.preventing-diabetes.co.uk
www.diabetes.org.uk
www.healthieryou.org.uk



Diabetes wellbeing

- 1 in 10 adults in the UK are expected to be living with diabetes by 2030
- A further 1 in 3 adults are likely to be at risk of developing Type 2 diabetes by 2030
- 1 in 4 people who follow a structured education programme can reverse their diabetes entirely
- Many more people can lower their blood glucose levels to improve their long-term health outlook

What we provide

We offer one-to-one clinics for patients with raised blood glucose levels to help them manage their condition, improve glucose control, choose healthier foods and build the new habits that create a healthier, happier lifestyle.

Rowena Hoseason is the Diabetes Care Coordinator for Coast & Country PCN. Rowena has nearly 20 years' hands-on experience of living with diabetes, and is qualified in Health Science and Clinical Nutrition, focusing on lifestyle interventions to lower the risk and harms of diabetes and cardiovascular disease.

We will see anyone at risk of developing diabetes, with pre-diabetes, recently diagnosed or already living with diabetes.

Diabetes and you



Know your risk:

We offer a quick risk assessment - no blood test needed - to anyone over 40 (or over 25 depending on ethnicity). This is suitable for anyone with a family history of diabetes or associated conditions like high blood pressure, obesity, or a history of gestational diabetes

Reversing pre-diabetes:

The progression of Type 2 diabetes can be prevented or delayed with targeted lifestyle changes to reduce your risk of serious long-term complications. If you've had a recent blood test that shows you have pre diabetes, we can refer you to the most appropriate programme to suit your situation.



Living with diabetes:

Would you appreciate evidence-based healthy lifestyle advice to help you understand and manage diabetes? As well as our one-to-one clinics, we can advise about digital and online options suitable for people with a recent diagnosis, or for people who've been living with diabetes for some time

