



# Diabetes Educational Agent Program

Empowering Patients Through Education



# Why FEDE developed the program



The program was launched to address a **clear gap** in diabetes education, particularly for patients looking to enhance their self-management skills

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Aimed at creating **“expert patients”** who not only take charge of their own diabetes but also educate and support their peers

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Diabetes is a growing concern in Spain, and education is a critical component in **preventing complications** and improving the **quality of life**

# How the program was developed

- Launched in **2022**, the program is delivered annually
- Over **150 participants** from all over Spain have already benefited
- Developed in collaboration with **diabetes professionals** and **organizations**
- Educational content is reviewed and updated by **FEDE** and **diabetes nurse educators**
- Starting in **2025**, the curriculum will be submitted for endorsement by **scientific societies**

# Program overview

## Trainers

Experienced professionals in diabetes education

## Participants

People with diabetes who are members of FEDE

## Delivery

Fully online through an interactive platform that includes video lectures, quizzes, discussion forums, and downloadable resources

## Duration

A 3-month part-time course

## Certification

Participants receive certification as “Diabetes Educational Agents” upon completing the course, allowing them to train and support others in their community.



# Course modules overview

Session 1: Understanding diabetes	Session 2: Self-Management & Glucose Control	Session 3: Nutrition	Session 4: Carbohydrate Counting & Balanced Diet
Basics of diabetes, causes, types, risk factors, and insulin therapy	Glucose monitoring techniques, benefits of good control, and managing hypo/hyperglycemia	Healthy eating guidelines, ADA recommendations, and impact of food on glucose levels	Plate method, portion control, and tools for counting carbs
Session 5: Insulin & Diet Adjustment	Session 6: Physical Activity	Session 7: Special Situations	Session 8: Psychosocial Aspects
Calculating insulin doses based on carbs and adjusting for special meals	Exercise impact on blood glucose and using technology to monitor	Managing diabetes during illness, travel, school, and work	Emotional challenges, diabetes burnout, and mental health strategies
	Session 9: Diabetes in Schools	Session 10: Innovations & Future	
	Key info for educators and managing diabetes in school environments	Latest advancements in diabetes technology and research	

# Impact of the program



## Results so far:

- More than 150 participants trained since the program's inception in 2022

## In the 2024 edition, feedback showed:

- 88% of participants found the program met or exceeded their expectations
- 92% felt more equipped to manage their diabetes after the course
- 94% would recommend the program to others
- 68% of participants reported that the course has helped them reduce serious episodes related to the diabetes

# Future plans



**Involve public administration:** Collaborate with government entities to enhance the program's reach and support

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**Expand the expert patient network:** Continue increasing the number of trained expert patients to empower more individuals living with diabetes.

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**Engage Scientific Societies and Healthcare Professionals:** Foster partnerships with scientific societies and healthcare providers to enrich the training and ensure evidence-based practices are upheld

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**Add an Advocacy Module:** Incorporate an “advocacy module” for interested participants identified by trainers.



# Diabetes Educational Agent Program

Thank you!

