

# The Cambridge Diabetes Education Programme (CDEP)



Website: [www.cdep.org.uk](http://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.

A **variety of diabetes topics** are available which in total currently amounts to over **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](#)
- [Diabetes UK: An integrated career and competency framework for pharmacists in diabetes](#)

To align CDEP with the structure of diabetes competency frameworks, there are 5 levels that healthcare practitioners can register at, according to their role. CDEP is suitable for all levels of healthcare practitioners, who have any form of contact with people living with diabetes, from unregistered assistant and support service roles to nursing, medical and allied healthcare professional roles.

## 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 **Cambridge University Health Partners**, **Diabetes UK** and the **British Dietetics Association**. CDEP is accredited by the **Royal College of Nursing**, the **Royal College of Midwives** and the **College of Podiatry**.



For the full details of endorsement and accreditation, please visit the FAQs section of the website [www.cdep.org.uk](http://www.cdep.org.uk).

**CDEP is designed to be done in 'bite-sized chunks'** Users can log in when and where they can and do a few competencies within a topic – one can take as little as a minute to do. Once a competency is finished, it will automatically be saved, so no work will be lost if people dip in and out when they have a spare moment!

Currently there are **28 topics** available – providing over **30 hours of diabetes study time** depending on the CDEP level chosen.

CDEP automatically selects the most essential topics for a user's role based on their registration information to help users focus their learning.

#### Topics include:

- What is Diabetes
- Mental health and diabetes
- Structured diabetes education
- Promoting Self-care
- Hypoglycaemia
- Hyperglycaemia
- Oral Therapies
- Injectable Therapies
- Nutrition
- Blood glucose and ketone monitoring
- Foot care
- Coronavirus and Diabetes
- Ramadan and Diabetes
- Hospital Hypos
- Hypos at home
- Safe use of Insulin in the Hospital or the community
- Caring for the Diabetic Foot in a Residential Setting
- Promoting physical activity in people living with diabetes (3 different topics)
- Driving with Diabetes
- Screening, prevention & early detection of Type 2 Diabetes
- Nutrition & Physical Activity (QoF DM13 requirements for non-dietetic practitioners)
- Pregnancy: Pre-conception Care
- Managing Diabetes in Hospital
- Managing Diabetes in Residential & Nursing Homes
- Carbohydrate Counting & Multiple Daily Insulin Injection Dose Adjustment (Diabetes Specialist level and up)

#### The average evaluation of CDEP across all topics:

(Audit date: Jan 2021)

**99.9%** of CDEP users undertaking a topic (n= 44,984) either confirm (14%) or improve their diabetes knowledge (86%). For those reporting an improvement, the breakdown across our 3 outcomes domains is as follows:

- **87%** of users rate an **improvement** or **significant improvement** in **competence**.
- **85%** of users rate an **improvement** or **significant improvement** in **confidence**.
- **86 %** of users rate an **improvement** or **significant improvement** in **familiarity with diabetes guidelines**.

In 2020, CDEP welcomed over 10,000 new staff to our platform and had **over 20,800 topics completed** showing that CDEP is **'do-able' in a busy healthcare staff's life**.

Once a topic is successfully completed a topic certificate and reflection sheet is automatically generated with the CPD time allocated to that topic. Staff also aculeate **CDEP rewards** for topics they complete. These rewards are ether free resources or discussions on purchasing products or other training that support good quality diabetes care.

#### Testimonials:

*"The learning validated my current knowledge and practice. Makes me feel more secure that I am delivering good quality and up-to-date info to patients."* Diabetes Expert Level

*'Informative, useful and makes you think more about the theory behind what we advise.'*

*"A useful way to fit study into a busy lifestyle - small chunks that can be accessed when free!"*

*"CDEP helps health professionals to treat people with diabetes effectively."* Diabetes Specialist Level

*"Very thought provoking course, with lots of great literature. The competency tests at the end of each topic really helped me to take in the information I had read. Wonderful course, would strongly recommend to colleagues."* Intermediate Level

*"I find this a useful tool for updating and checking knowledge on the management of diabetes"*

*"The subject was broken down into nice easy to manage bite size chunks that helped me retain the information."* Core Level

If you require any further information, please contact: Candice Ward, Lead CDEP educator at [candice.ward@addenbrookes.nhs.uk](mailto:candice.ward@addenbrookes.nhs.uk)