

Conversation Maps™



A patient-focused educational initiative designed to improve understanding and self-management of diabetes has been produced.

Diabetes Conversation Maps™ have been produced to enable people with diabetes to learn about behaviour change and improved self-management.

They have been created by Healthy Interactions in collaboration with Diabetes UK and are sponsored by Lilly.

Designed for use in groups of three to 10 patients, the Conversation Maps™ provide a 1 metre by 1.5 metre (three-foot by five-foot) table-top visual and presents stimulating questions. There are four maps.

The aim is to foster a dialogue between people with diabetes and healthcare professionals in a small group.

People with diabetes often lack the support system and behavioural knowledge to fully manage their lifestyle choices while living with the daily challenges of their condition.

As well as focusing on ways to cope with and manage diabetes, they also teach participants about the different types of insulin and allow them to discuss challenges connected with insulin initiation.

Tony Small, aged 57, from Leicester, who has had Type 2 diabetes for 17 years, has attended Conversation Maps™ sessions.

He said: “We were supposed to concentrate on one map every session but we ended up working on the first map for three sessions because we got so much out of it.

“As a group we interacted well with each other and everybody seemed to find the sessions very useful.

“The maps provide a good pointer to what you should be doing to help get your diabetes under control.

“They were particularly helpful in making us understand how many carbohydrates there were in certain foods so we could become better at managing our glucose levels.”

To support the roll-out of the tools, training is available to enable healthcare professionals to effectively conduct group sessions using the Conversation Maps™ tools.

For more information about the Diabetes Conversation Maps™, visit www.diabetes.healthyi.com