



Diabetes

Nid yw union achos diabetes yn hysbys. Weithiau gelwir diabetes math 2 yn ddiabetes sy'n dechrau ymysg oedolion. Efallai y byddwch yn datblygu Diabetes Math 2 o ganlyniad i ffactorau eraill. Mae'r rhain yn cynnwys bod dros bwysau, diffyg ymarfer corff, bwyta ac arferion ffordd o fyw eraill neu rai mathau o salwch. Mae'n fwy cyffredin ymhlith pobl sydd dros bwysau, mae hyn oherwydd nad yw braster corff gormodol yn caniatáu i'r corff wneud defnydd priodol o inswlin.

Bydd y cwrs hwn yn gwella eich hyder i ymdrin â phob agwedd ar fyw gyda diabetes ac yn edrych ar ffyrdd o helpu i reoli effeithiau diabetes Math 2 nad yw'n inswlin.

Mae'r cwrs hwn yn cynnwys sesiwn dwy awr a hanner, unwaith yr wythnos am chwe wythnos mewn lleoliadau cymunedol ac ar-lein. Mae'r sesiynau'n cael eu hwyluso gan ddau berson hyfforddedig sy'n byw gyda Diabetes neu'n cefnogi rhywun sydd â'r cyflwr.

Gwefan : www.eppcymru.org

E-bost : EPPCymru@wales.nhs.uk

Mae'r pynciau a drafodir yn cynnwys:

- 1 Ffyrdd o ddelio â symptomau diabetes**
- 2 Ymarfer corff ar gyfer cadw'n iach, yn hyblyg ac yn gryf**
- 3 Atal lefel siwgr isel yn y gwaed**
- 4 Atal cymhlethdodau**
- 5 Gofal croen a thraed**
- 6 Lles emosiynol**
- 7 Gweithgarwch corfforol ac ymarfer corff**
- 8 Gwneud penderfyniadau – defnyddio meddyginiaeth yn briodol**
- 9 Ymgysylltu'n effeithiol â darparwyr gofal iechyd**
- 10 Gosod nodau a datrys problemau**

Bydd pob person sy'n mynychu yn derbyn copi o'r llyfr *Hunanreoli Cyflyrau Iechyd Tymor Hir* (ar fenthyg am 6 wythnos) a CD ymlacio, **Ymlacio'r Meddwl a'r Corff**, i'w gadw.

Y ffordd y caiff y rhaglen ei rhedeg sy'n ei gwneud yn effeithiol. Trwy drafodaethau grŵp, cyd-gymorth a dysgu ac ymarfer technegau newydd, bydd cyfranogwyr yn gorffen y cwrs gyda mwy o hyder yn eu gallu i reoli eu hiechyd eu hunain.

A yw'r cwrs hwn yn disodli rhaglenni a thriniaethau presennol?

Ni fydd y Rhaglen Hunanreoli yn gwrthdaro â rhaglenni neu driniaethau presennol. Fe'i cynlluniwyd i ategu triniaeth reolaidd. Mae'r rhaglen yn rhoi'r sgiliau i gyfranogwyr i gydlynu'r holl bethau sydd eu hangen i reoli eu hiechyd, yn ogystal â'u helpu i gadw'n actif yn eu bywydau.

Sut cafodd y Rhaglen ei datblygu a'i gwerthuso?

Datblygwyd y **Rhaglen Hunanreoli Diabetes wreiddiol** yng Nghanolfan Ymchwil Addysg Cleifion Stanford, UDA. Gwelodd y cyfranogwyr welliannau sylweddol mewn iselder / hwyliau isel, symptomau hypoglycemia, cyfathrebu â darparwyr gofal iechyd, bwyta'n iach, a darllen labeli bwyd. Gwelwyd hefyd welliannau sylweddol o ran ysgogiad cleifion a hunan-effeithiolrwydd. 12 mis ar ôl mynychu'r cwrs Diabetes, parhaodd y cyfranogwyr i ddangos gwelliannau mewn iselder / hwyliau isel, cyfathrebu â darparwyr gofal iechyd, bwyta'n iach, ysgogiad cleifion, a hunan-effeithiolrwydd. Mae fersiwn y DU wedi'i haddasu gan arweinydd Maeth a Dieteteg Cymru Gyfan ar gyfer Diabetes a Thîm Cenedlaethol EPP Cymru.

Diabetes

Living with and managing Type 2 Diabetes

Education Programmes for Patients (EPP) Cymru deliver FREE Health and Well-being courses for adults across Wales.





Topics covered include:

- 1 Ways to deal with symptoms of diabetes
- 2 Exercise for staying healthy, flexible and strong
- 3 Preventing low blood sugar
- 4 Preventing complications
- 5 Skin and foot care
- 6 Emotional well being
- 7 Physical activity and exercise
- 8 Making decisions – appropriate use of medication
- 9 Engaging effectively with healthcare providers
- 10 Setting goals and problem solving

Each person who attends will receive a copy of the book *Self-Management of Long Term Health Conditions* (on loan for 6 weeks) and a relaxation CD, **Relaxation for Mind and Body**, to keep.

It is the way in which the programme is run that makes it effective. Through group discussions, mutual support and learning and practicing new techniques, participants will finish the course with more confidence in their ability to manage their own health and maintain active and full lives.

Does this course replace existing programmes and treatments?

The Self-Management Programme will not conflict with existing programmes or treatment. It is designed to enhance regular treatment. The programme gives participants the skills to coordinate all the things needed to manage their health, as well as to help them keep active in their lives.

How was the Programme developed and evaluated?

The original **Diabetes Self-Management Programme** was developed at the Stanford Patient Education Research Centre, USA. Participants had significant improvements in depression/low mood, symptoms of hypoglycemia, communication with healthcare providers, healthy eating, and reading food labels. They also had significant improvements in patient activation and self-efficacy. 12 months after attending the Diabetes course, participants continued to demonstrate improvements in depression/low mood, communication with health care providers, healthy eating, patient activation, and self-efficacy. The UK version has been adapted by the All Wales Nutrition and Dietetic lead for Diabetes and EPP Cymru National Team.

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The exact cause of diabetes is not known. Type 2 diabetes is sometimes called adult onset diabetes. You may develop Type 2 Diabetes as a result of other factors. These include being overweight, lack of exercise, eating and other lifestyle habits or some illness. It is more common among people who are overweight, this is because excess body fat does not allow the body to make proper use of insulin.

This course will improve your confidence to deal with all aspects of living with diabetes and looks at ways to help manage the effects of Type 2 non-insulin diabetes.

This course consists of two and a half hour session, once a week for six weeks in community locations and online. Sessions are facilitated by two trained people who live with Diabetes or supports someone who has the condition.

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Byw gyda Diabetes Math 2 a'i reoli

Mae Rhaglenni Addysg i Gleifion (EPP) Cymru yn darparu cyrsiau Iechyd a Llesiant AM DDIM ar gyfer oedolion ledled Cymru.

