

How to register:

1. Go to CDEP's website at www.cdep.org.uk
2. Click on the link in the top right corner: SIGN IN/REGISTER
3. Under NEW CANDIDATE REGISTRATION, enter your EMAIL address and click CREATE ACCOUNT.
4. Complete the rest of the registration form and you are all set to start CDEP!
5. For DISCOUNTED access, please don't forget to enter the **REGISTRATION KEY**

CODE: BAPO19 *Please enter this code to obtain a 20% discount. If this code is not entered, you will be automatically charged the full £25 registration fee. Please contact CDEP for support if required.

How long will it take me to complete a topic?

Each topic has a different number of competencies (depending on the topic and your chosen CDEP level). So the length of time differs from 15 mins (Hospital Hypos) to 3½ hours (Nutrition & Physical Activity), but most topics take around 1-2 hours to complete.

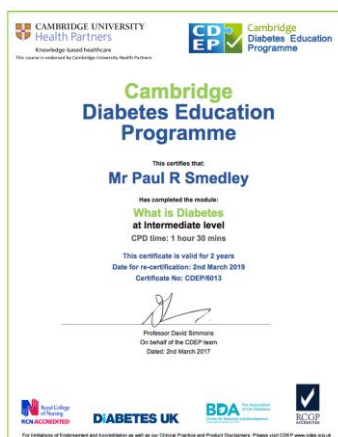
Where should I start?

CDEP currently offers 20 topics. People may start wherever they choose as there is no particular order that needs to be followed.

If in doubt... start at the top with 'Structured diabetes education' - it's a great way to familiarise yourself with CDEP!

Do I have to complete all the topics to generate a certificate of diabetes competency?

No, once you finish a topic you can generate a certificate of competency for that specific topic.



What CDEP level should I register at?

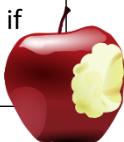
CDEP has 5 levels (as per the UK diabetes competency framework)...

- **Core** – the minimum level for staff who have any contact with people living with diabetes. Ideal for HCAs, receptionists, students, psychologists, care workers, etc.
- **Intermediate** – perfect for staff who are not primarily responsible for supporting people manage their diabetes, but their role may impact on care e.g. practice nurses, GPs, paramedics, ward/care home/mental health/prison staff, HCAs trained to deliver enhanced diabetes care, podiatrists (not working in diabetes foot clinics), physiotherapists, midwives, pharmacists, etc.
- **Diabetes Specialist** – ideal for staff responsible for delivering the majority of diabetes care in their setting or for staff starting to specialise in supporting complex diabetes care e.g. practice nurse, GPs, dietitians, junior DSNs, diabetes link nurses, diabetes podiatrists / midwives / pharmacists, etc.
- **Diabetes Expert** – this level is for staff delivering intensive care to complex diabetes cases or delivering diabetes specialist support to other staff.
- **Diabetes Consultant** - Suitable for staff delivering complex specialist diabetes care as well as responsible for workforce / business planning and diabetes clinical strategy in their region.

Once you have chosen a level, CDEP offers you all the topics and competencies that are appropriate for that level. *Don't worry if you choose the wrong level, you can easily change your level in the 'my account' section on the website.*

CDEP is designed to be done in 'bite-sized chunks'

Just log in when and where you can and do a few competencies within a topic – one can take as little a minute to do. Once a competency is finished, it will automatically be saved, so none of your work will be lost if you dip in and out!



CDEP Topics:

- Structured diabetes education
- Promoting self-care
- Mental health and diabetes
- What is diabetes
- Hypoglycaemia
- Hyperglycaemia
- Oral Therapies
- Injectable Therapies
- Foot Care
- Nutrition
- Blood glucose and ketone monitoring
- Pre-conception care
- Screening, prevention & early detection of type 2 diabetes
- Nutrition & Physical Activity (intermediate level & above)
- Managing diabetes in hospital
- Hospital Hypos
- Safe use of insulin in hospital
- Safe use of insulin in the community
- Managing diabetes in residential or nursing home care
- Carbohydrate counting and insulin injection dose adjustment (diabetes specialist level and above)

Topics are filtered according to your role and area you work in to offer you the most essential first with the others available for ongoing CPD.

Clinical Practice Feedback...

Ever wondered what your patients, their carers or your peers thought about your diabetes knowledge?

You can invite feedback on your diabetes clinical practice in specific areas that match the CDEP topics via our secure clinical practice feedback portal.

Look out for the link when your next sign into CDEP...

➤ **CREATE A CLINICAL PRACTICE FEEDBACK REQUEST**

All you have to do is ask their permission to share their email address with CDEP.

Reflection...

Completing CDEP 's evaluation after finishing a topic, automatically generates a reflection document for you to submit as part of evidence for **revalidation**.



So have a careful think about the impact of the topic when answering the questions as you can not go back later to change your answers. Like the certificate, the reflection form can be emailed or printed from your CDEP account.

CPD accredited / endorsed

by:



BDA The Association of UK Dietitians
Centre for Education and Development
Endorsed by the BDA for CPD

 **CAMBRIDGE UNIVERSITY Health Partners**
Knowledge-based healthcare

DIABETES UK
 **Royal College of Nursing**
RCN ACCREDITED



 **The COLLEGE of PODIATRY**



is always on hand...

Learning resources are available which can be assessed before, during or after the topic competencies.

For more support, please contact: candice.ward@addenbrookes.nhs.uk

CDEP will send you monthly emails helping you make the most of the CDEP. Inactive CDEP accounts (ie accounts registered, but no learning undertaken) will be archived after 6 months. Accounts can be reactivated by attempting at least one test. Active accounts will never be archived.