

**Patient
Information**

Re Education and Carbohydrate Counting (REACCT) Session Information

Introduction

This leaflet will give you information about the REACCT sessions for people with Type 1 Diabetes.

Attending REACCT

You have been recommended to attend our REACCT sessions. These sessions will help you to learn new ways of taking control of your diabetes. It is important to remember that this support is only available on an opt-in basis. This means that you need to book your place by contacting the Diabetes Medical Secretary. The details are at the end of this leaflet.

REACCT is an informal group made up of about 10 people with Type 1 Diabetes. A Diabetes Specialist Nurse and a Diabetes Specialist Dietitian run the sessions. The sessions are divided into 3 x 3 hour sessions over a 6 week period. It is important that you attend all of the sessions to get the most benefit.

About the REACCT sessions

Session 1 (Patient information)

1. The type of insulin used and what it does
2. Injection method
3. What effects blood glucose levels?
4. Hypoglycaemia
5. Effects of activity and physical exercise
6. Illness
7. Testing for ketones
8. Driving
9. Travel/ holiday

Session 2A (Carbohydrate counting)

These sessions are about carbohydrate counting. You will be able to estimate the carbohydrate content in range of food and drinks, using a several different methods.

Reference No.

GHP11006_07_18

Department

Diabetes Team

Review due

July 2021

Patient Information

This will help you have a better understanding of how food and insulin interact.

1. What is carbohydrate counting?
2. What are the carbohydrates and how they fit into a healthy diet?
3. Methods and resource to count carbohydrates
4. Guidelines and managing snacks and alcohol
5. Looking at food labels
6. How to adjust insulin doses and develop carbohydrate ratios
7. Food diaries and self-reflection

REACCT 2B (Carbohydrate counting reflection)

At this session you will be given the chance to discuss how you have managed over the last month with carbohydrate counting. You will also be able to talk about how you have used the food diary to help you to identify things that most affect your blood glucose levels.

The group will talk about their experiences, identify any barriers and discuss how they have overcome them

Individual suitability for a Bolus adviser will be reviewed during the session by the nurse and dietitian. It will be decided if you would benefit from one immediately or at a later date.

If you would like to attend the REACCT groups, please 'opt in' by contacting the Diabetes Medical Secretary to book a place on the next available group.

If you only want to attend 1 or 2 of the sessions please take the time to discuss this with your consultant or another member of the Diabetes Team before booking.

Contact information

REACCT education sessions are held at both Gloucestershire Royal Hospital and Sandford Education Centre next to Cheltenham General Hospital. To book a place please contact the Diabetes Medical Secretary.

Diabetes Medical Secretary

Tel: 0300 422 8607

Monday to Friday, 8:00am to 2:00pm

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