

## HOW TO REGISTER:

- 1 Go to CDEP's website at [www.cdep.org.uk](http://www.cdep.org.uk) or scan your phone here: 
- 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're all set!

For **FREE** access, enter the **REGISTRATION KEY CODE: NEWHAM**

*\*If this code is not entered, you will not be able to access CDEP for free.  
Please [contact CDEP](#) if you need assistance.*

### CDEP is designed to be completed in bite-sized chunks'



Just log in whenever you can and do a few competencies within a selected topic. Once a competency is finished, it will automatically be saved, so none of your work will be lost if you dip in and out!

### 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. The length of time differs from 15 mins (Hospital Hypos) to 2 hours (Injectable Therapies), but most topics take around 1-2 hours to complete.



## What CDEP level should I register at?

CDEP has 4 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 *HCA's, receptionists, students, psychologists, care workers etc.*

### INTERMEDIATE

For registered 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, HCA's trained to deliver enhanced diabetes care, podiatrists (not working in diabetes foot clinics), physiotherapists, midwives, pharmacists, etc.*

### DIABETES SPECIALIST

Staff responsible for delivering the majority of diabetes care 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

Staff delivering intensive care to complex diabetes cases or delivering diabetes specialist support to other staff.

Once you have chosen a level, CDEP automatically offers you the appropriate training. Don't worry if you want to change your level, you can easily update it in "**my account**" on the website.

## Where should I start?

You may start with any topic, but if in doubt, start with one of your essential topics for your role.

### CDEP Topics



- Blood Glucose and Ketone Monitoring
- Carbohydrate counting and Insulin Injection Dose Adjustment
- Care of Diabetic Foot in a Residential Setting
- Continuous Glucose Monitoring: the Basics
- Delivering the Diabetes Care Processes
- Driving with Diabetes
- Hospital Hypos / Hypos at Home
- Injectable Therapies
- Mental Health and Diabetes

- Nutrition
- Oral Therapies
- Physical Activity in People with Type 1 Diabetes
- Physical Activity in People with Pre-diabetes, Gestational or Type 2 Diabetes
- Pregnancy Planning
- Ramadan and Diabetes
- Safe Use of Insulin in Hospital or Community
- Structured Diabetes Education
- What is Diabetes?

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

No, each topic generates its own certificate, reflection form and CDEP rewards!



#### Reflection

Your topic evaluation, completed to generate your certificate, automatically generates a reflection form which you can submit for revalidation and appraisals.



#### Clinical Practice Feedback

Need to collect evidence of the level of your diabetes care from your patients, clients, their carers or your peers? You can invite their structured feedback via CDEP's secure clinical feedback portal.

**CREATE A CLINICAL PRACTICE FEEDBACK REQUEST**

#### CDEP Rewards

The more CDEP topics you complete, the more CDEP rewards you are eligible for... Our way of saying "Thank You" for using CDEP!



We send monthly newsletters to help you get the most out of CDEP. At 6 months, accounts that have not yet been used will be archived to prevent the free license being wasted. Your account can be re-activated if you start a free topic and reach the results page for the first time.

**SUPPORT**



For more support, please contact: [info@cdep.org.uk](mailto:info@cdep.org.uk)