

DIABETES STRUCTURED EDUCATION AND SELF MANAGEMENT ARRANGEMENTS DURING COVID 19 IN SOMERSET

Newly diagnosed diabetics should be offered a structured education programme as part of their care. During Covid face to face sessions have not been possible and will not be operational for the next few months. NHS England has commissioned an alternative arrangement for patients, all of which are accredited. Referrals should be made to these services as an interim arrangement.

TYPE 1 DIABETES PAEDIATRIC COURSE

The commissioned paediatric course is :

Digibete: Children and young people with Type 1 diabetes and their families will be able to use the [DigiBete App and website](#) for a wide range of awareness, education, training and support resources. This site has a health professional section where clinics can set up an administrative account.

TYPE 1 DIABETES ADULT COURSE

The commissioned adult type 1 course is from My Diabetes My Way

MyType1Diabetes: Adults with Type 1 diabetes can access the service directly by visiting [myType1diabetes.nhs.uk](https://mytype1diabetes.nhs.uk), it includes videos and eLearning courses, to help people understand more about their Type 1 diabetes and increase their confidence in how to manage it.

TYPE 2 DIABETES ADULT COURSE

NHS England will be sending details of the type 2 structured education in the next few weeks, however in Somerset there is free access to My Diabetes My Way. This has an accredited structured education programme which can be accessed via <https://someset.mydiabetes.com/register-patient/> Patients can also self-refer <https://someset.mydiabetes.com/know-more/my-lifestyle/elearning/>

The attached flier has details of additional courses for gestational diabetes and insulin pumps. GP practices will get monthly data of who has accessed these courses so that records can be maintained.

Any patient with diabetes in Somerset can register for the My Diabetes My Way platform to help them self-manage and where they will find lots of resources. <https://someset.mydiabetes.com/>

Any patient referred to a face to face programme at this time is likely to be waiting several months as the system recovers from the pandemic.

Please contact Rachael.rowe@nhs.net for any information and for My Diabetes My Way promotional material.