

## Online Structured Education; Health Care Professional Guide

My Diabetes My Way Somerset/ My Diabetes Education has been funded in your area, as your local diabetes education online site to support patient self-management and education.

<https://somerset.mydiabetes.com/know-more/my-lifestyle/elearning/>

The site includes **Online QISMET Accredited Structured Education** (eLearning courses). **Patients can self-refer to these courses by visiting the link above or you can refer a patient directly** (see later for instructions). Patient's will need an email address so they can receive the referral to the course and register. There is no limit on the number of patients who can be referred and no additional referral charges to you or your organisation.

Below is the list of available courses with a description and the target audience for each.



**My type 2 diabetes.** This course is for anyone diagnosed with type 2 diabetes, and is ideally completed within 6-12 months of diagnosis, but can be done any time. It aims to give patients all the information they need to know, e.g. what is diabetes, targets, complications, prevention, care planning, treatments, and lifestyle change.



**Type 2 diabetes prevention.** This course is for anyone that is at risk of developing type 2 diabetes. It discusses which factors increase the probability of getting type 2 diabetes, and then focuses on the changes that can be made to diet and lifestyle to help reduce the chance of developing it.



**Understanding type 1.** This course is aimed at anyone diagnosed with type 1 diabetes, ideally completed near diagnosis. It focuses on what diabetes is, how it is treated, complications, and lifestyle advice. A follow up course (below) provides more information about living with diabetes, especially for young people.



**Growing up with type 1.** This course provides information about living with diabetes, and is especially aimed at young/ teenagers people, but may be useful for others facing new experiences, such as alcohol, sex, driving, going out, becoming an adult and leaving home. It is best completed after Understanding type 1.



**Considering an insulin pump?** Switching from insulin injections to an insulin pump can be a daunting time for people. This course provides an introductory guide to insulin pump therapy and is aimed at people with type 1 diabetes considering making the switch.



**My insulin pump.** This course is a comprehensive guide which is aimed at people who are actively starting insulin pump, therapy or as a refresher for those that are already established on insulin pump therapy.



**My gestational diabetes.** This course is designed for women newly diagnosed with gestational diabetes and cover pathophysiology, targets, treatment during pregnancy and post-natal care. It may also be relevant for family members or carers.

These QISMET Accredited Structured Education (eLearning courses) aim to:

- increase user knowledge about their condition
- increase their confidence in how to manage it
- help users to make informed choices regarding their diet and lifestyle
- provide peer support and allow users to share their experience with others

### Health Care Professional referral process

To refer a patient to an eLearning course, go to:

<https://somerset.mydiabetes.com/register-patient/>

It will then open the following referral form for you to complete with your patient's details, and you can select which course you would like to refer them for:

#### Patient Information

Forename \*

Surname \*

Email \*

NHS Number \*

Alternatively if you don't know your NHS Number please enter Date of Birth below

Date of Birth

You don't need to enter this if you've entered your NHS Number

Practice \*

Requested Course \*

Consent \*

☐ I have read and understand the information above and consent

You will be able to select your GP practice from a drop-down list; we need this information so we can track and send back the reports about patient progress through the course through a monthly report to CCGs/ individual GP practice (as agreed).

Once you have submitted this form, the patient will receive an email with a link to the eLearning course. The patient will need to register and create login details on the site and can then access and complete the recommended course at their own pace. If you have any questions/ issues, then you can contact us directly at [somerset@mwddh.co.uk](mailto:somerset@mwddh.co.uk).



**About Us:** MyWay Digital Health is a university of Dundee spin out company with decades of experience in clinical care and informatics, delivering digital health solutions to support patient self-management of diabetes. Our multi-award winning My Diabetes My Way platform has been running across NHS Scotland for over 10 years and has evidence-based research to demonstrate improved clinical outcomes for patients with diabetes.