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Consultant

Diabetes care in HVCCG for 2020

Admiration and Respect!

- Desirable future!
- If those strategies worked, I would be redundant by 2020
-
- Only providing spec input from Med



Brutal Reality

- My pt numbers increasing, long waiting lists
- By the time you get to see me in my DM renal clinic, life is not fun:
 - Your med list arm-length long
 - Your legs are at best painful if not chopped off
 - You attend dialysis 3x a week
 - Pleasure=reducing meds as your renal function declines

Jovial potential

- Let's spend all the money on finding the cure for Diabetes!

Next best

- Not improving care for T₁DM or T₂DM
- Not prevention of complications or disability
- Not primary or secondary care



Serve All!

- Have insight in all results and able for informed decision making
- Expert by experience but also knowledge
- Engage with providers in a positive way (elements of MI)

My Diabetes My Way

- Cloud-based, pt-held electronic records
- Communicates with all applications (EMIS, ICE, SystemOne, InfoFlex, Optomize...)
- Presents data in Pt-friendly way
- Explains results
- Results linked to educational resources
- Accessible any time
- No issues with loss papers etc

*mydiabetes * myway*
... the interactive diabetes website

ACCESS YOUR RECORDS



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home >

my diabetes my way is the NHS Scotland interactive diabetes website to help support people who have diabetes and their family and friends.

You'll find leaflets, videos, educational tools and games containing information about diabetes. You can now also use this website to view your own up-to-date diabetes clinic results, to help you manage your condition more effectively.

Diabetes (know formally as Diabetes Mellitus) is a long-term condition caused by too much glucose, a type of sugar, in the blood. There are over 250,000 people with diabetes in Scotland - that's around one person in every twenty.

In the case of an emergency, view the emergency contact leaflet [here](#)



My Diabetes

Sign up to gain access to your own test results, clinic letters and your treatment plan. Take advantage of this opportunity which is only available in NHS Scotland.

LOGIN

REGISTER



What is Diabetes?

Understand the different types of diabetes mellitus and learn how to manage your type of diabetes. Read about blood glucose monitoring.



My Complications

Learn how poor diabetes control affects your body. Reduce your risk of complications or prevent worsening of existing symptoms. Read about treatment of diabetes complications.



My Medication

Increase your knowledge of the diabetes treatments available for your type of diabetes. Learn about how to administer your medications - insulin and non-insulin treatments are discussed.



My Lifestyle

This section discusses how diabetes affects your life, including topics such as driving, employment, travel and exercising.



My Family

This section contains information to help support you or your family when dealing with diabetes. It covers diabetes and pregnancy and resources for children and parents of children who have diabetes.



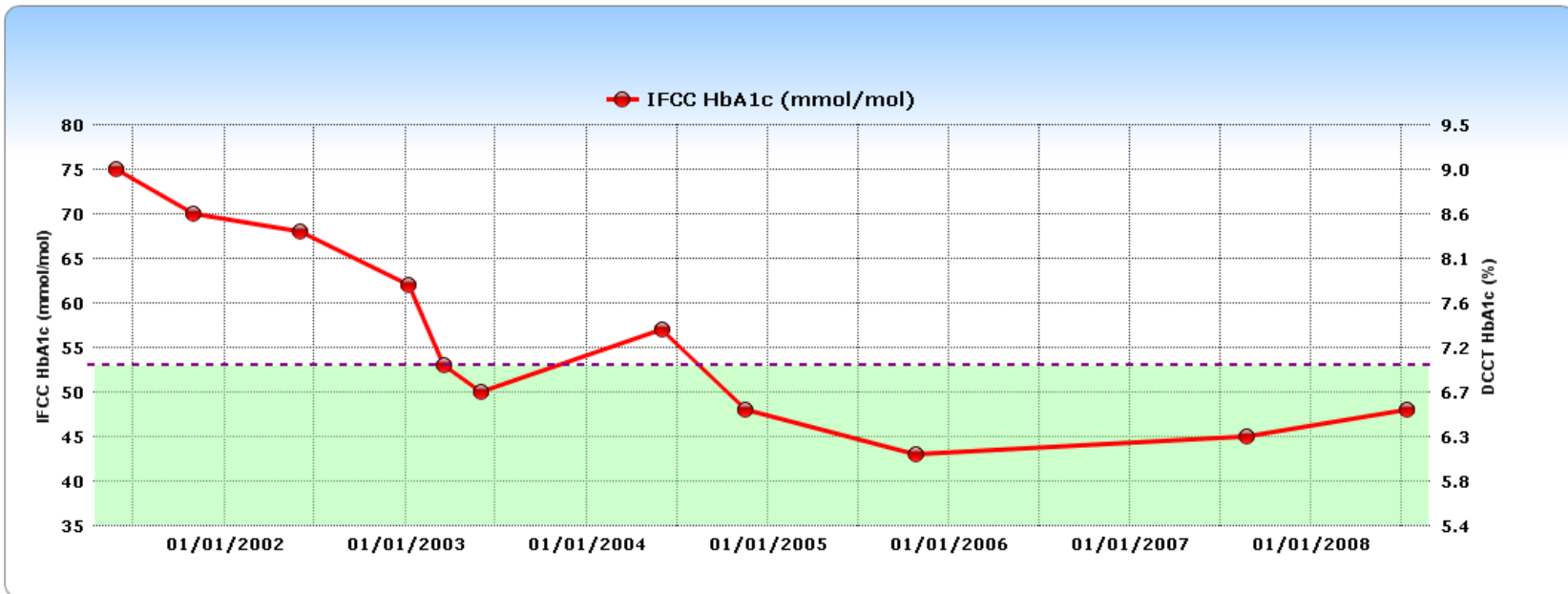
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ARCHIBALD MACKIE

My HbA1c History

Select period to view



Date	IFCC HbA1c (mmol/mol)	DCCT HbA1c (%)	Source
12/07/2008 18:56	48.0	6.5%	Tayside Practice 1 - GPASS, Primary Care
24/08/2007	45.0	6.3%	Tayside Practice 1 - GPASS, Primary Care



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ARCHIBALD MACKIE

My Eye Screening

Last Retinal Screening: 24/01/2015

Retinal Status

Right Eye: No Retinopathy on 24/01/2015

Left Eye: No Retinopathy on 24/01/2015



Maculopathy Status

Right Eye: No Maculopathy on 24/01/2015

Left Eye: No Maculopathy on 24/01/2015



Visual Acuity

Right Eye: 6/6 (Corrected) on 24/01/2015

Left Eye: 6/6 (Corrected) on 24/01/2015



My Links

- [Diabetic Eye Disease](#)
- [Eye Screening Journey](#)
- [Eye Care Testimonial](#)

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Left Eye:
? Macul
Right Eye
Left Eye:
? Visual
Right Eye
Left Eye:
Contact u

My Diabetes My Way - Di x
www.mydiabetesmyway.scot.nhs.uk/resources/retinopathy/retinopathy.asp?ID=631&thesection=longterm&thetitle=Diabetic%20Retir

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... the interactive diabetes website

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NHS SCOTLAND

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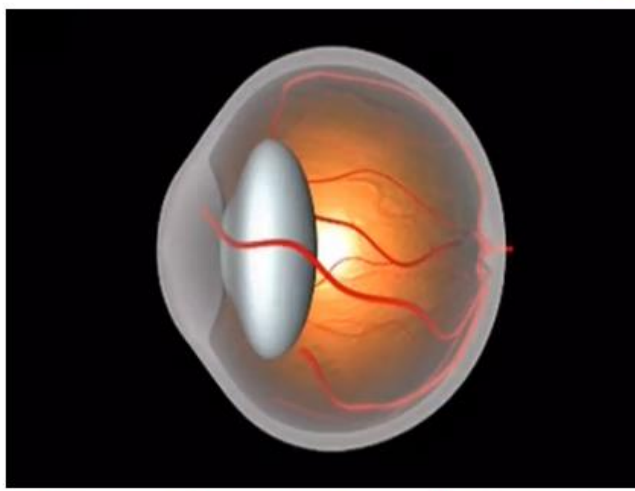
home what is diabetes my complications my medication my lifestyle my family my diabetes my local services my involvement

home > my complications > long term complications > diabetic retinopathy

Retinopathy

This video shows you what goes on inside the eye at different stages of diabetic retinopathy

If you have difficulty viewing this video please click [alternative player](#)



01/04/2014 11:01:13

*my diabetes * my way*
...my electronic diabetes record



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ARCHIBALD MACKIE

My Medication

Date	Drug Name	Preparation	Dose	Quantity
05/10/2011	Bendroflumethiazide (Bendrofluzide)	TABS 2.5MG	1 Tab	56
07/09/2011	Enalapril Maleate	TABS 2.5MG	1 Tab	28
10/08/2011	Simvastatin	TABS 20MG	1 Tab	56
10/08/2011	Losartan Potassium	TABS 25MG	1 Tab	28
11/07/2011	Losartan Potassium	TABS 50MG	1 Tab	56
11/07/2011	Alphosyl 2 In 1	Shampoo	Apply	125
11/07/2011	Co-Codamol	8/500mg TABS	2 Tabs	100
04/04/2011	Losartan Potassium	TABS 50MG	1 Tab	56
25/02/2011	Losartan Potassium	TABS 25MG	1 Tab	56
26/01/2011	Losartan Potassium	TABS 25MG	1 Tab	28
15/07/2010	Doxazosin Mr	TABS 4MG	1 Tab	56
15/07/2010	Candesartan Cilexetil	TABS 16MG	1 Tab	56
15/07/2010	Aspirin	Dispersible TABS 75MG	1 Tab	56
01/07/2010	Gentisone Hc	Ear DROPS	3 Drops	10
01/07/2010	Ciprofloxacin	TABS 250MG	1 Tab	14
22/06/2010	Clarithromycin Mr	TABS 500MG	1 Tab	7
11/06/2010	Erythromycin	Ec TABS 250MG	2 Tabs	20
04/06/2010	Otosporin	Ear DROPS	3 Drops	10
09/01/2010	Hydrocortisone	CREAM 1%	Apply sparingly	15

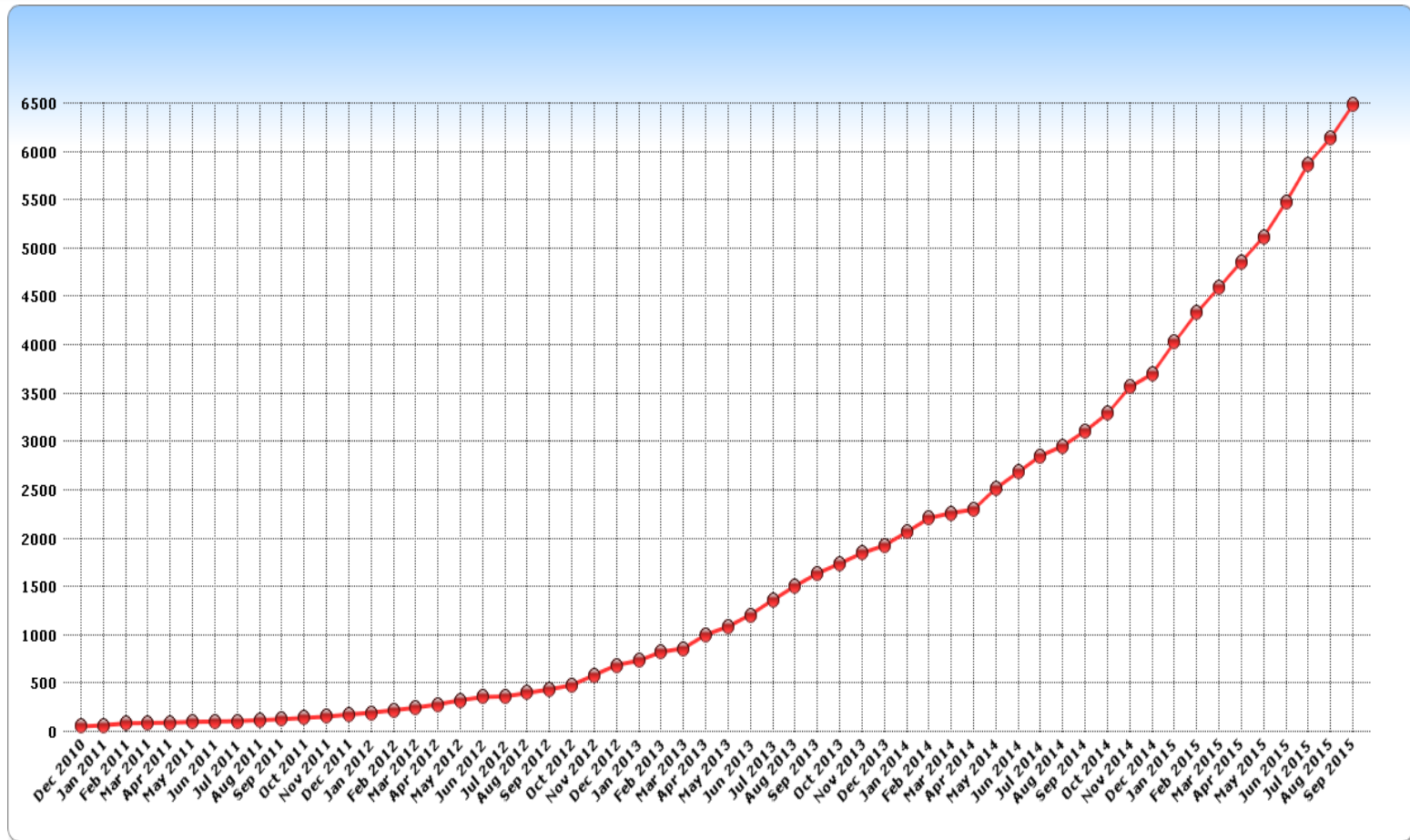
My Links

- [Treatment of Diabetes](#)
- [Hands on Insulin](#)

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Patient Data Access Sign Up



Currently –18,450 registrants, 8,000 active users

Self reported Patient Outcomes

(>1000 participants)

89.6% felt it helped them make better use of their consultation

88.2% felt it helped them manage their diabetes better

90.3% felt it improved their knowledge

89.3% felt it improved their motivation

Clinical Outcomes

Pre and post MDMW use comparison show modest improvements in HbA_{1c}, BP, cholesterol, weight ($p < 0.01$)



East and North Hertfordshire **NHS**
NHS Trust

Questionnaire related to web-based systems/Apps /MDMW

- Questions were supplied by Scott Cunningham at the University of Dundee and adapted at East and North Herts NHS Trust
- 10 patients independently answered several questions
- All have Type 1 Diabetes and attend a Lister Diabetes Clinic
- N=10; 5M ; 5F

The web

- Do you own a smart phone?
 - YES 90%
 - NO 10%
- Do you have internet at home?
 - YES 100%
 - NO 0%
- I am aware that there are web-based portals that could allow me to access my diabetic health records
 - YES 40%
 - NO 60%

Apps

- If there was a portal system available as a smartphone app I would be interested in hearing about it?
 - YES 100%
 - NO 0%
- Would you use a smartphone app that allowed you to view your diabetic health records?
 - YES 100%
 - NO 0%

