

MyDiabetes Education

COVID support From MyWay Digital Health

During this COVID crisis, MyWay Digital Health (MWDH) (www.mwdh.co.uk) would like to help all those with diabetes and their families who find themselves isolated and not able to access the support, information or face to face education needed to live a healthy life.

Following a number of enquiries across the UK and Internationally, we recognised that we have a product, tools and capability to get your healthcare system set up with a comprehensive package of online information and education. This will be available to ALL your patients covering ALL types of diabetes. Our **MyDiabetesMyWay/ MyDiabetesEducation** platforms already cover the whole of Scotland and 1/3 of NHS England, and we can deploy very quickly (usually within days) and at very low cost.

The Offer

i) A locally branded public education website for patients and carers including:

- Multi-media resources (over 200 resources)
- Links out to accredited external material
- Specific COVID advice including diabetes sick day rules
- Multi-language content – >100 resources covering 10 different languages (*including Arabic*)

AND

i) 6 QISMET approved certified online patient structured education e-learning courses to replace face-to-face education options including):

- a. Type 2 diabetes (for newly diagnosed/ refresher)
- b. Type 1 diabetes
 - i. Growing up with T1D (for teenagers and young adults)
 - ii. Understanding T1D (new diagnosis and carb counting)
 - iii. Considering an insulin pump (pre-pump start)
 - iv. My Insulin pump (for initiating insulin pump therapy)
- c. Gestational diabetes

See full details on courses at end of document

These courses/ websites support UNLIMITED users once commissioned

Platform Examples

- UK based public platform can be viewed at <https://wh.mydiabetes.com/>
- Structured Education can be viewed at: <http://elearning.mydiabetes.com>
- Video describing the Education Platform: <https://vimeo.com/404252735/cf5d1cce0b>

Costs

- COVID-19 Crisis Costs for set up and licensing for 12 months are:
 - **£0.25 (around 1AED/ 1SAR/ \$0.30/ 0.30 Euros)** x diabetes population head per year (**25% of our normal costs!**) for populations >500,000 diabetes
 - **£0.33** (250 - 500,000 population)
 - **£0.50** (200 - 300,000 population)
 - **Smaller populations-** price on request
- 6 or 12 month contracts are available with no obligation to continue thereafter.

Example: for a country with 1,000,000 people with diabetes, this would be £250,000/year (plus VAT)

Extra Info

- We can usually deploy a local branded platform within a few days
- More customised approaches can be priced accordingly.
- Patient marketing information will be supplied digitally for distribution

- Users can send completion certificates to physicians (no cost) or MWDH can set up a registration/ reporting service for organisations for a small additional admin cost

Language Requirements:

Alternative language/ fully culturised platforms are available and a **full Arabic platform** is already in development with ability to deploy in 2-3 weeks

Examples of Arabic/ cultural video content:

<https://diabetesmyway.nhs.uk/resources/translations/arabic-diabetic-retinopathy/>

<https://diabetesmyway.nhs.uk/resources/translations/arabic-what-is-diabetes/>

<https://diabetesmyway.nhs.uk/resources/translations/arabic-diabetes-foot-care-and-foot-screening/>

Ramadan: <https://vimeo.com/396986230/bac93d3f10>

Other Services: MyWay Digital Health also offers platforms to support i) remote communication between patients and health care professionals, ii) remote home data upload, iii) eHR linked data-driven automated advice and health record access iv) individual care recommendations for patients and clinicians, and iv) population analytics delivering KPIs and risk predictions. These systems enable patient stratification, drives improved care outcomes, self-management, system efficiencies and cost savings (proven ROI of 5:1). For more information see: www.mwdh.co.uk

Contact: Please contact either Dave or Debbie as below:

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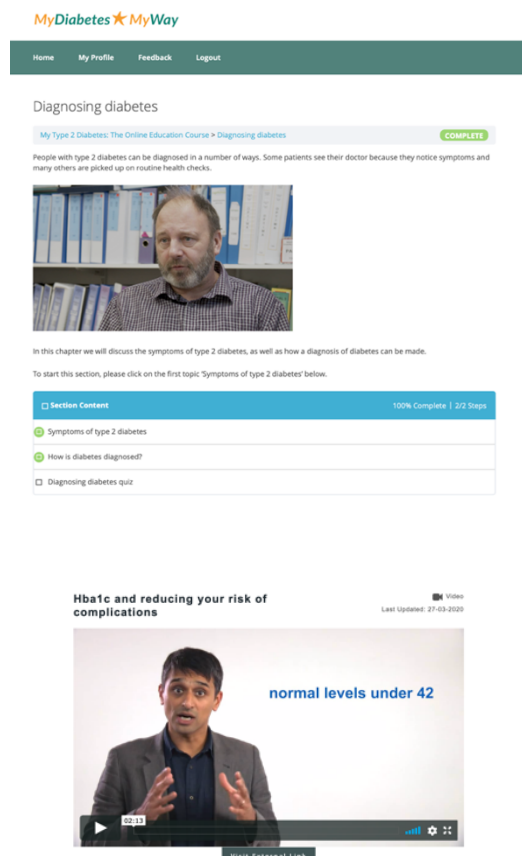
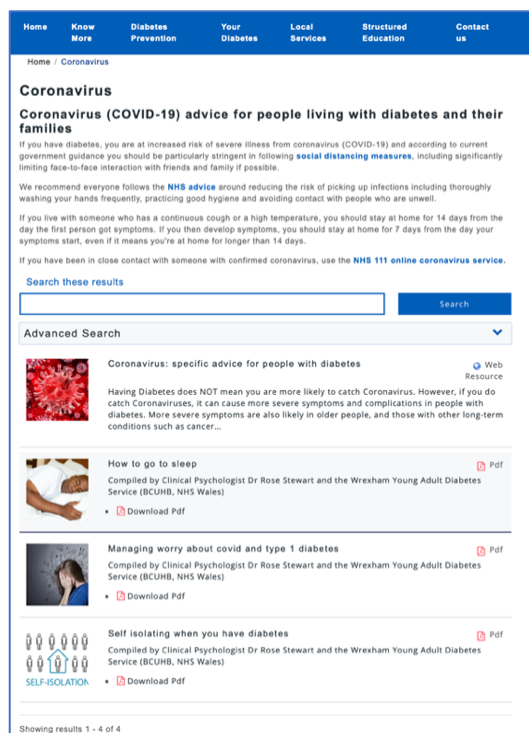
Dr Debbie Wake Founder/

Chief Executive Officer and Chief Medical Officer

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Some screenshots and more information about the structured e-learning courses below



الإجابة على أسئلتك

كم مرة سأحصل على فحص العين لمرض السكري؟

سأحصل على هذا الفحص سنوياً حيث يحصل عليه أي شخص يعاني من مرض السكري ويزيد عمره عن ١٢ عام

هل هناك أية أعراض جانبية لهذا الفحص؟

قد تثار قطرات العين على بصرك لمدة ساعات وقليلاً يتوجب عليك عدم قيادة سيارة بعد حضور موعد فحص العين لمرض السكري.

ماذا سيحدث في حال وجود مشكلة في العين؟

سوف يخضع لإجراء الفحص المتخصص لفحص العين بعد فحصك. وفي حال وجود أية مشكلة أو إصابة سيتم العلاج المناسب. قد يحتاج المريض إلى إجراء المزيد من الفحوصات.

ما هي الأمور التي يستطيع هذا الفحص الكشف عنها؟

يستطيع هذا الفحص الكشف عن الأمور التالية وهي:

- التغيرات السكرية للأنسولين بمرض السكري
- إذا كنت بحاجة إلى تعديل لاند الفراء فيما
- إذا كنت بحاجة إلى العلاج أم لا.
- إذا كنت بحاجة إلى إجراء الفحوصات بشكل دوري.

ماذا سيحدث؟

1. ستضع قطرات في عينيك.

2. سوف يلتقط صوراً للأنسولين خلف العينين. ولا تأمس إلا الصور (التصوير) عينيك. وسوف يراقبك أحد الفنيين من هذه الصورة في العينين.

3. مدة التوقف حوالي ١٠ دقائق.

4. سترسل رسالة شكرًا لمدينتك خلال ٦ أسابيع لإكمال هذا الفحص.

لماذا يجب أن أفحص عيني؟

يعتبر فحص العين لمرض السكري فحصاً هاماً حيث أنه يساعد على اكتشاف الإصابة بمرض السكري. ويمكن اكتشاف مرض السكري قبل أن تبدأ بالمشاكل الصحية. ويمكن اكتشاف مرض السكري قبل أن تبدأ بالمشاكل الصحية.

ما هو مرض اعتلال الشبكية لمرض السكري؟

يحدث هذا المرض عندما يتركز السكر في الدم بدرجة عالية جداً. وهذا يؤدي إلى تلف الأوعية الدموية في العين. وهذا يؤدي إلى تلف الأوعية الدموية في العين.

لماذا يعتبر هذا الفحص مهماً؟

يعتبر فحص العين أمراً هاماً خلال فترة فحص مرض السكري. ويعتبر فحص العين أمراً هاماً خلال فترة فحص مرض السكري.

وإذا كنت بحاجة إلى تعديل لاند الفراء فيما

إذا كنت بحاجة إلى العلاج أم لا.

إذا كنت بحاجة إلى إجراء الفحوصات بشكل دوري.

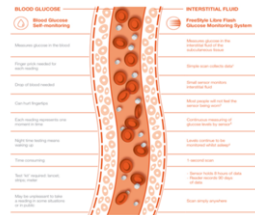
Freestyle Libre

What is Flash Glucose Monitoring?

Flash Glucose Monitoring enables you to test your glucose levels without routine pricking your finger. The small sensor automatically measures and continuously stores glucose readings day and night.

The difference between blood glucose and sensor glucose

Unlike current blood glucose metres, the Freestyle Libre sensor measures the glucose in the body's interstitial fluid.



Finger prick blood glucose readings and sensor glucose reading won't always match and in fact are likely to be different. That's because sensor glucose readings come from the interstitial fluid (ISF), a thin layer of fluid that surrounds the cells of the tissues below your skin, not from your blood. There is a 5 to 10 minute delay in ISF glucose response to changes in blood glucose. Glucose readings on ISF have been proven to reliably reflect glucose levels.

Home / Know More / My Languages

My Languages

This section contains diabetes resources supporting non-English languages and ethnic minorities.

Search these results

Advanced Search

Bengali - শারীরিক কার্যকলাপ ও শরীরচর্চা: স্বাস্থ্যকর জীবনযাপন

Physical Activity and Exercise: Healthy Living শারীরিক কার্যকলাপ ও শরীরচর্চা: স্বাস্থ্যকর জীবনযাপন

Bengali - অসুস্থতার দিনের নিয়মাবলী টাইপ 2 ডায়াবেটিস

Sick Day Rules for Type 2 Diabetes অসুস্থতার দিনের নিয়মাবলী টাইপ 2 ডায়াবেটিস

Bengali - Diabetes and Insulin

Bengali - What is Diabetes?

Bengali - What is Diabetes?

Bengali - যোদর ডায়াবেটিজ স্ক্রিনিং গাইড

Your guide to diabetic eye screening যোদর ডায়াবেটিজ স্ক্রিনিং গাইড

Download Pdf

Bengali - আপনার জন ডায়াবেটিক রিটিনোপ্যাথি স্ক্রিনিং গাইড

Your guide to diabetic retinopathy

Download Pdf

Bengali - আপনার জন ডায়াবেটিক রিটিনোপ্যাথি স্ক্রিনিং গাইড

Your guide to diabetic retinopathy

Download Pdf

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Children

All children and young people with type 1 diabetes and their families should have access to high quality care and be under the remit of a children's diabetes service. Diabetes UK have outlined what **essential measures you should expect for your child's diabetes care** which you can read in the resources below.

Every school should have a medical condition at school policy which is updated annually so they know what medical condition pupils have, such as diabetes and what treatment they may require.

If you have any questions or concerns, then it's always best to contact the school directly so you can feel confident that staff have a good understanding of diabetes and what care they may need to provide. Our **'Growing up with Type 1 diabetes'** e-learning course is a great resource for teenagers and young adults tackling the challenges of managing type 1 diabetes a time of great change in their lives.

Search these results

Advanced Search

The 4 Ts of Type 1 diabetes

We believe that everyone who knows a child, of any age, should be aware of the symptoms of Type 1 diabetes - the 4 Ts

Type 1 Diabetes Aware - Diabetes UK and JDRF UK

The video features children living with type 1 diabetes and showing the most common symptoms of the condition. About 2,000 children a year are diagnosed with type 1 diabetes in the UK.

10 things any parent should expect from their child's diabetes care

The Type 1 essentials for children and young people outline the 10 things any parent should expect from their child's diabetes care. It includes the care, checks and help that the child or family need to make sure their condition is managed well - in hospital, school and wider society.

Care in School Helpline

Providing rights-based information and support to make sure your child is happy and healthy at school (and that you know their rights)

Children with Diabetes



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[Home / Know More / My Complications](#)

My Complications

Read more about Feet

Click through the different sections below to find out how diabetes can affect different parts of your body.

Feet

This section explains how to look after your feet and what you should be concerned about when checking your feet, what problems you may experience, how foot complications can be treated and what resources are available to you.

Eyes

This section covers how to look after your eyes, what damage can be done, how this can be treated and what resources are available to you.

Heart and Vascular Disease

This section explains what heart disease is, how diabetes can affect the heart, what you can do to prevent it, what cholesterol is, what does high blood pressure mean, how smoking can affect diabetes and what resources are available to you.

Kidneys

This section explains what kidney disease is, how you can look after your kidneys, how kidney disease is treated and what resources are available to you.

Mental Well-being

This section discusses how diabetes can affect your mental health, what feelings you may experience and what resources are available to you.

Sex and Diabetes

This section covers what problems may affect your sexual function when you have diabetes and what resources are available to you.

Online Structured Education; Health Care Professional Guide

<https://elearning.mydiabetes.com>

The MyDiabetes site includes **Online QISMET Accredited Structured Education** (eLearning) courses. We encourage health care professionals to refer patients to these or patients can self-refer. The courses can be completed on laptops, tablets or smartphones. Patient will need an email address so they can receive the referral to the course and register. All courses also offer peer support element through moderated comments. 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 patient's all the information they need to know, e.g. what is diabetes?, targets, complications, prevention, care planning, treatments and lifestyle change.



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