Healthier Lancashire & South Cumbria

Online Structured Education

Healthcare Professional Guide

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

You can refer your patients directly at:

lsc.mydiabetes.com/register-patient

This link opens a referral form for you to complete with your patient's details, and which course you are referring them to.

You will select your GP practice from a drop-down list; this information enables us to track and send back the reports about patient progress through a monthly report to CCGs or individual GP practice (as agreed).

When you submit the form, the patient receives an email with a link to the eLearning course. The patient then needs to register and create login details on the site to access and complete the recommended course at their own pace.

For more information, contact us at

support@mwdh.co.uk

MyWay digital health

Patients can self-refer to these courses at:

lsc.mydiabetes.com/elearning

- Patients need an email address to receive the referral to the course and register.
- No limit on the number of patients who can be referred
- No additional referral charges to you or your organisation.

Diabetes information site:

lsc.mydiabetes.com

8 Online QISMET Accredited Structured Education Courses

- 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

My Type 2 Diabetes

This is aimed at those diagnosed with type 2 diabetes. Ideally completed within 6-12 months of diagnosis, but can be done any time. It aims to give patients all the information they need: e.g. what is diabetes, targets, complications, care planning, treatments, and lifestyle change.

Type 2 Diabetes Prevention

This is aimed at people who are at risk of developing type 2 diabetes. It covers the factors that increase the probability of getting type 2 diabetes, and also on the changes that can be made to diet and lifestyle to help reduce the chance of developing it.

Understanding Type 1

This 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 advice on keeping healthy.

Living with Type 1 Diabetes

This course provides information about living with Type 1 including topics like driving, travel, employment and lifestyle factors like healthy diet, alcohol and physical activity .

Carbohydrate Counting

Carbohydrate counting is a way of matching insulin requirements with the amount of carbohydrate that you eat or drink. This course will give you everything you need to know about counting carbs.

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.

Growing Up with Type 1 Diabetes

This is aimed at teenagers and young people but may be useful for others facing new experiences, such as alcohol, music festivals, going out, becoming an adult and leaving home.

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.