Healthier Lancashire & South Cumbria

You can self-refer to these FREE courses at:

lsc.mydiabetes.com/elearning

Before starting the course, you will be directed to a registration form to complete. This is so we can track your progress throughout the course and let your healthcare team know when you are finished.

If you have already registered for a MyWay Diabetes patient access account, you can just use your same login details to access the eLearning courses.

If you need any help or further information, get in touch with us at:

support@mwdh.co.uk

MyWay digital health

Healthier Lancashire & South Cumbria

eLearning Course Guide

Your Diabetes Your Way is your local diabetes education website to support you with your diabetes management.

Diabetes information site:

lsc.mydiabetes.com

8 Online QISMET Accredited Structured Education Courses

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

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.

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.

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.

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.

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.

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.

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.

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 .

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.