

Online Structured Education Healthcare Professional Guide

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

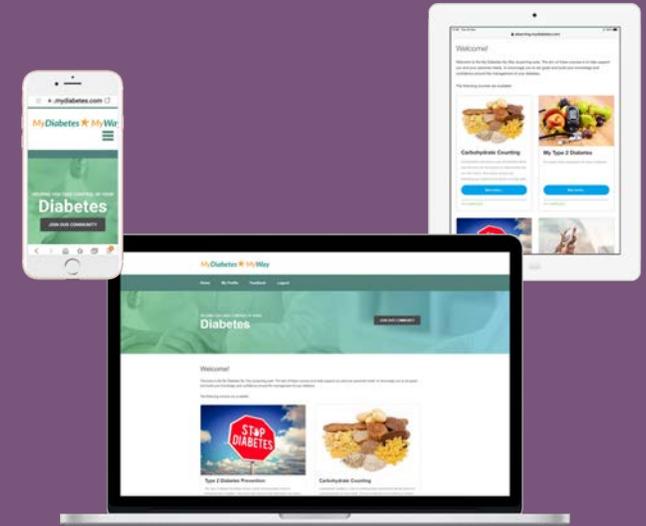
Patients can self-refer to these courses at:

elearning.diabetesmyway.nhs.uk/

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

If they have already registered with Diabetes My Way, they do not need to register for e-Learning. They simply go to login and enter their account username and password for access to the courses.

For more information, contact us at
manchester@mwdh.co.uk



Diabetes information site:

diabetesmyway.nhs.uk





Freestyle Libre:

is aimed at those with type 1 diabetes that is using or would like to use a flash glucose monitor. It gives information about flash glucose monitoring and the Freestyle Libre.

Carbohydrate Counting:

Carbohydrate counting matches your insulin needs with the amount of carbohydrate that you eat or drink. This course provides all you need to know about counting carbs.



My Type 2 Diabetes:

is ideally aimed at those recently diagnosed with type 2 diabetes but can be done any time. It gives all the information needed like what is diabetes, complications, care planning, treatments, and lifestyle changes.



Type 2 Diabetes Prevention:

is aimed at those at risk of developing diabetes. It covers factors that increase the chance of getting type 2 diabetes and the changes that can be made to diet and lifestyle to help reduce the chances of developing it.

Understanding Type 1:

is ideally aimed at those recently diagnosed with type 1 diabetes.



10 Online

QISMET Accredited

Structured Education

Courses



Living with Type 1 Diabetes:

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

Growing Up with Type 1 Diabetes:



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.

- 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

Considering an Insulin Pump:

provides an introductory guide to insulin pump therapy and is aimed at people with type 1 diabetes considering making the switch.



My Gestational Diabetes



is for women newly diagnosed with gestational diabetes. It provides information about the condition, treatment during pregnancy and post-natal care. It may also be relevant for family members or carers.



My Insulin Pump:

is a comprehensive guide that is aimed at people who are actively starting insulin pump therapy or as a refresher for those that are already using insulin pump therapy.