

"Large-scale Implementation of My Diabetes My Way"

Dr Scott G Cunningham – Technical Consultant University of Dundee/NHS Scotland

www.mydiabetesmyway.scot.nhs.uk

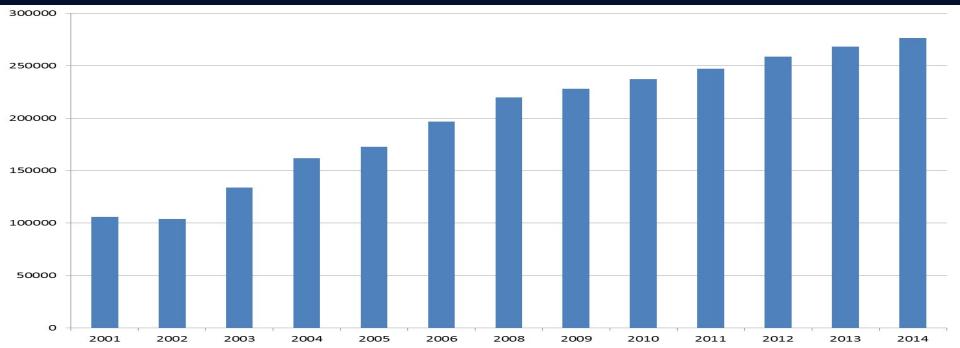
## Introduction

- Background
- My Diabetes My Way (MDMW)
- MDMW Electronic Personal Health Record
- Proposal
- Possible funding options

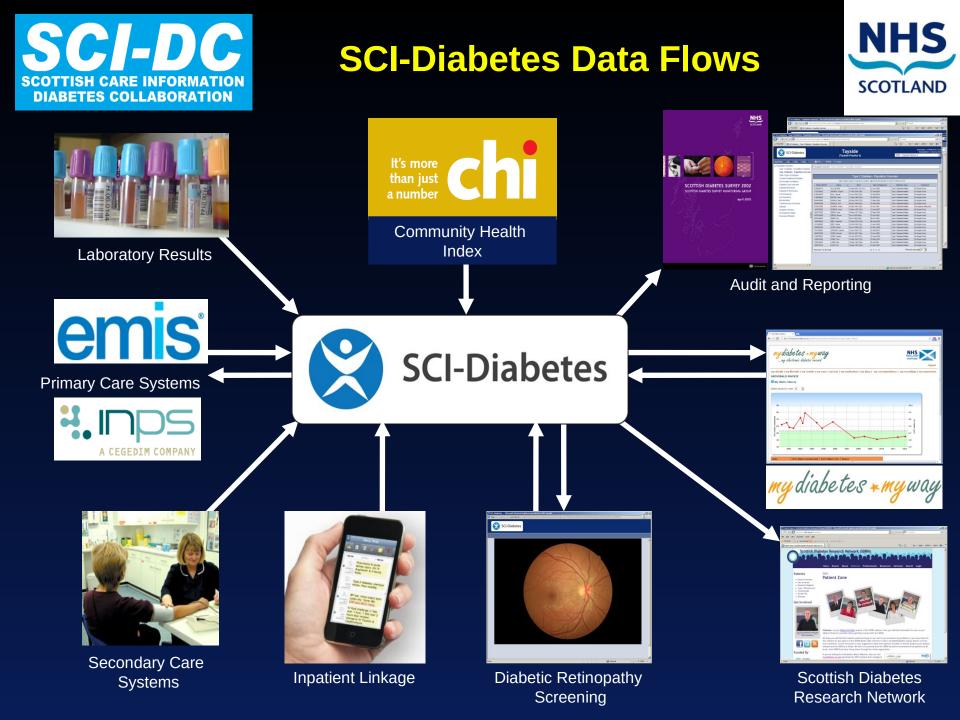
## **Diabetes in Scotland**

Scotland's diabetes prevalence
 2002: 103,835 (2%)
 2014: 276,430 (5.2%)

Type 1: 10.8%; Type 2: 88.3%; Other types: 0.9%



SCI-Diabetes - Clinical Summary - Microsof	t Internet Explorer provided by NHS Tayside			
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GORDON, Adam		ar-1961 (52y)	Gender Male	Patient ID/CHI 2303610065
Address An Address Phot	ne and Email Diagnosis Ty	pe 2 Diabetes Mellitu	Treatment Oral Agents (Glitazone	Allergies not recorded 🛛 😣
Population Overview : Type 2 Diabetes - Po	oulation Overview : Patient Record : Clinical Summa	гу		Refresh Page
				<b>_</b>
	Clinical	Summary		Help
Diabetic Diagnosis/status Diabetes Type: Ty Next Specialist Clinic Review Date: 21-00	rpe 2 Diabetes Mellitus 💼 🌀 pt-2013 3 Months 💌	Other:	Date of Diagnosis: 16-Jun-	2001
Diabetes Education: Click on Patient Education Latest Education Record: 31-Aug-2	ation History to view and enter detailed education	nformation for this patier	nt	
Diabetic Complications CHD No Cerebrovascular Disease No PVD No		Eye	CKD No europathy Yes e Disease No sfunction No	
Biochemistry: HbA1c: 02-Jul-2012 Collapse	82 mmol/mol 🚹 🕞		Total Cholesterol: 27-Apr-2012 LDL Cholesterol:	50 mmol/L 🕞 🕞 mmol/L 🕞
Renal Function:		Urinary Prote		
Creatinine: 02-Jul-201; estimated GFR: 26-Apr-201		Microalbumi	n Concentration: ACR: 07-Apr-2011 50 PCR: 26-Apr-2012 50 Urinary Protein Status: Abnormal	mg/L 🏠 두 😔 mg/mmol 🟠 F 😔 G mg/mmol 🏠
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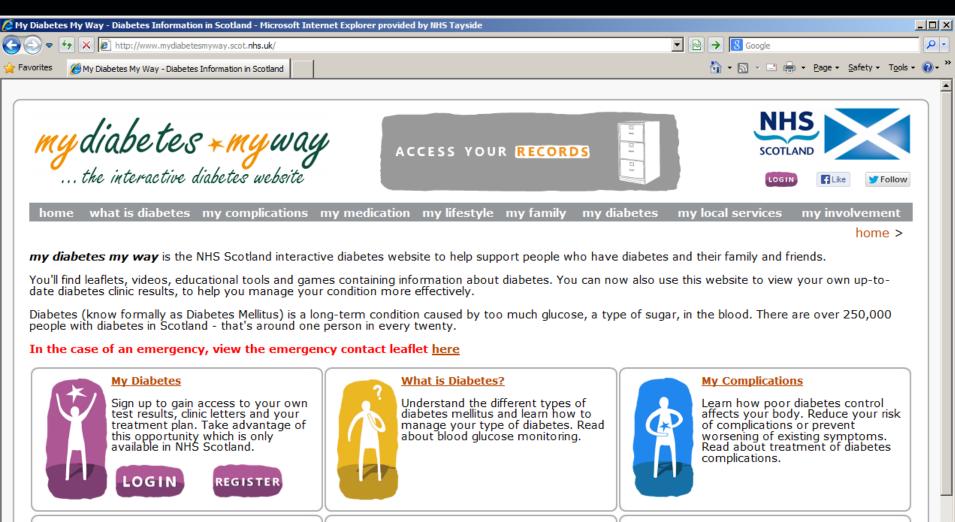
## **My Diabetes My Way**

- Website for patients and carers
- Information leaflets
- Interactive content

   Videos / Patient Testimonials / Interactive tools

   Validated internal/external content
   Overseen by multidisciplinary group

   Patients / HCPs / IT professionals



## My Medication

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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.

#### <u>My Family</u>



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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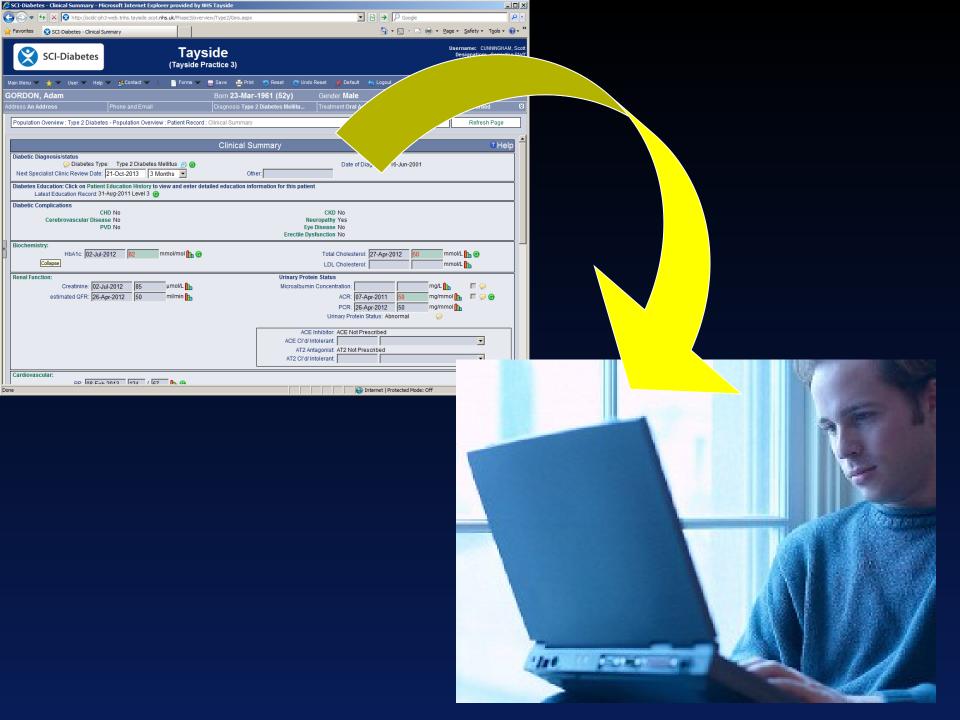


## Randomised trial of personalised computer based information for cancer patients

Ray Jones, Janne Pearson, Sandra McGregor, Alison J Cawsey, Ann Barrett, Neil Craig, Jacqueline M Atkinson, W Harper Gilmour and Jim McEwen

BMJ 1999;319;1241-1247

"Patients preferred computer systems that provided information from their medical records to systems that just provided general information.



## **MDMW Personal Health Record**

- Limited to key diabetes data
- Information to explain clinical measurements
- Feedback processes to report errors
- Full system audit trail
- Live since December 2010
- Available to anyone with diabetes in Scotland

🔆 My Personal Details

C dev3.hictest.dundee.ac.uk/patientaccess/personaldetails.aspx

my diabe tes + my way



my preferences | logout

my details | my lifestyle | my results | my eyes | my feet | my medication | my diary | my correspondence | my recordings | my summaries ARCHIBALD MACKIE

## **My Personal Details**

These are the personal details from your diabetes medical record.

If any of them are wrong, please let us know by sending us feedback

**2** Date of Birth: 29/05/1932

- **CHI Number:** 290532V[DC]
- 🛿 Address: A RESIDENCE, SOMEWHERE IN TAYSIDE, DUNDEE
- 🕜 Type of Diabetes: Type 1
- 🕜 Year of Diagnosis: 1995
- General Practice:
- 🕜 Registered GP:

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## **Print Options**



**Create PDF** 

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🦊 My Personal Details dev3.hictest.dundee.ac.uk/patientaccess/personaldetails.aspx 52 C 🔆 My Diabetes My Way - Diabe 🗶 C D www.mydiabetesmyway.scot.nhs.uk/resources/leaflets/InsulinInjectionTechnique.asp?ID=484 숬 Ξ NHS *my diabetes* + *my way* ... the interactive diabetes website ACCESS YOUR RECORDS SCOTLAND my dei LOGIN F Like Follow ARCH home what is diabetes my complications my medication my lifestyle my family my diabetes my local services My Pe my involvement These > insulin injection technique If any **Insulin Injection Technique** 🕜 Dat Storage of insulin 🕜 сн Insulin should be stored in fridge 2 - 8 ° C Insulin in use can remain at room temperature for 4 weeks (5 weeks for Levemir).
However avoid any exposure to direct sunlight or heat from radiator. 🕜 Add Appearance of insulin 🕜 Tyr a) Ouick Acting (OA) insulins are clear in appearance. 🕜 Yea b) Long Acting (LA) Analogues (Lantus and Levemir) are also clear solutions so it is important to check the name on your insulin. c) Isophane insulins (Humulin I - Insulatard) and Mixed insulins are cloudy. These insulins need to be resuspended because the insulin is bound to a protamine that slows its action. It is therefore essential to mix the insulin so that it is cloudy in appearance throught out. 🕜 Ger Insulin comes in: 🕜 Red 10 ml Vials • Pen-fill Cartridges Pre filled Pen devices Contac Preparation of Insulin Check name of insulin Check expirv date Apply needle - (may be 4 mm 5 mm 6 mm 8 mm)
Prime needle - 2 units initially & until drops observed at needle tip
No need to disinfect injection site.

C dev3.hictest.dundee.ac.uk/patientaccess/lifestyle.aspx



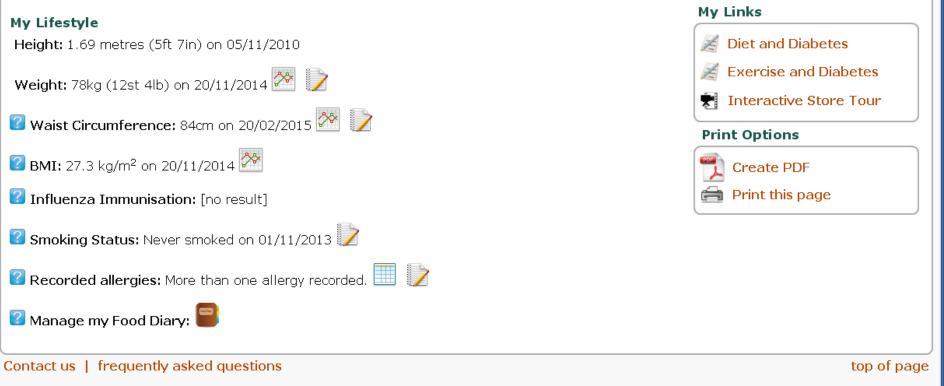


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## ARCHIBALD MACKIE

🔆 My Lifestyle



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my details   my lifestyle   my r		lings   my summaries
ARCHIBALD MACKIE	<i>my diabetes + my way</i> the interactive diabetes website	
My Lifestyle		
Height: 1.69 metres (5ft 7in)	the interactive diabetes website	nd Diabetes
<b>Weight:</b> 78kg (12st 4lb) on 20	ВМІ	ise and Diabetes
Weight: Yokg (1250 Hb) of 20	Body Mass Index (BMI) is a measurement of your weight in relation to your height. It is used by healthcare professionals to assess if an	ctive Store Tour
<b>Waist Circumference:</b> 84cr	índividual's weight is putting their health at risk.	ions
<b>BMI:</b> 27.3 kg/m <sup>2</sup> on 20/11/2	For people of European extraction is best to keep your BMI in the range between 18 and 25 kg/m2 to reduce the risk of associated health	te PDF
Influenza Immunisation: [	problems.	this page
Smoking Status: Never smo	In higher risk populations (e.g. South Asian and Chinese), the BMI threshold associated with health problems is lower, for example BMI >23 kg/m2 may be associated with increase risk of health problems and BMI>27.5kg/m2 considered high risk (equivalent to >30 kg/m2 in	
<b>Recorded allergies:</b> More t	Caucassian populations).	
🕜 Manage my Food Diary:	Ref: NICE Public Health Guidance 46. "Assessing body mass index and waist circumference thresholds for intervening to prevent ill health and premature death among adults	
Contact us   frequently asked	from black, Asian and other minority ethnic groups in the UK"	top of pag

🔆 My Lifestyle

🔆 My Test Results

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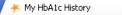
my diabe tes + my way



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C dev3.hictest.dundee.ac.uk/patientaccess/testresultshistory.aspx?type=hba1c



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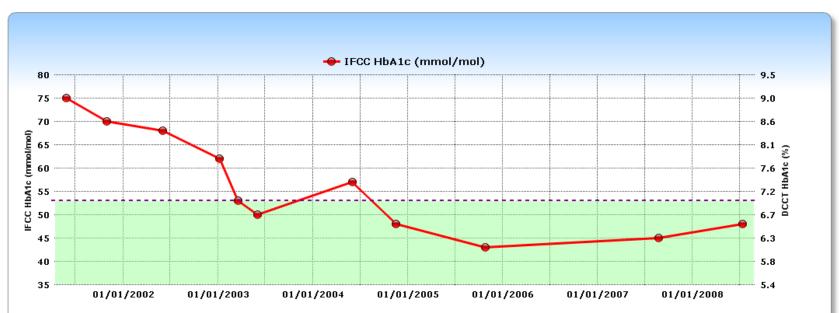
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## 🕜 My HbA1c History

Select period to view All



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
		<b>_</b> . <b>_</b> .	

🔆 My Target Chart

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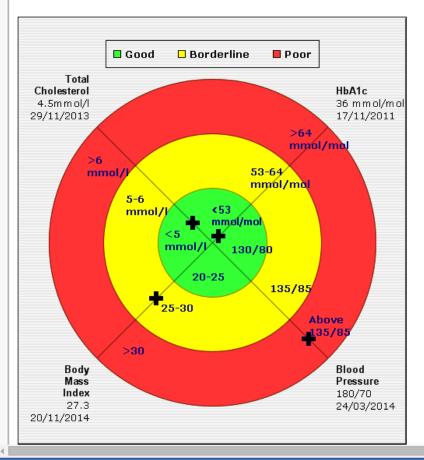


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## ARCHIBALD MACKIE

### My Target Chart



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🔆 My Eye Screening

C dev3.hictest.dundee.ac.uk/patientaccess/eyescreening.aspx

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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

### 🕜 Maculopathy Status

Right 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

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## My Links



- 🧾 Eye Screening Journey
- 🛃 Eye Care Testimonial

## **Print Options**

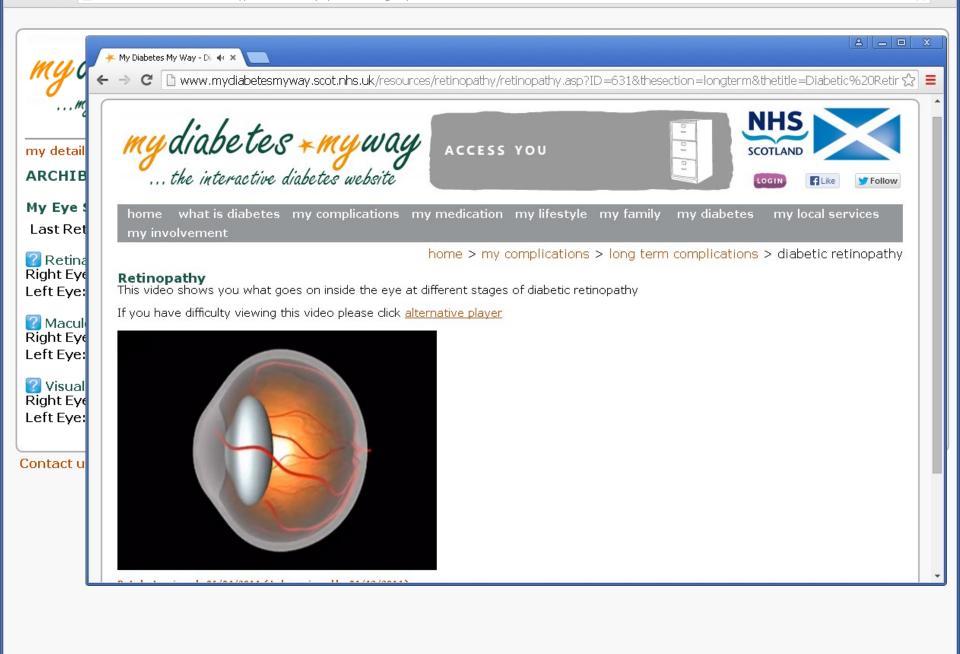


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🔆 My Eye Screening

C dev3.hictest.dundee.ac.uk/patientaccess/eyescreening.aspx

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🔆 My Foot Screening

C dev3.hictest.dundee.ac.uk/patientaccess/footscreening.aspx

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## ARCHIBALD MACKIE

## **My Foot Screening**

Poot Risk Category Moderate Risk on 27/05/2014

🕜 Peripheral Pulses

Right Foot: Present on 05/11/2003 Left Foot: Present on 05/11/2003

Foot Sensation

Right Foot: Normal on 05/11/2003

## 🕜 Monofilaments

Right Foot: Normal - Foot Unspecified on 04/11/2003 Left Foot: Normal - Foot Unspecified on 04/11/2003

## 🕜 Foot Vibrations

Right Foot: Normal on 04/11/2003 Left Foot: Normal on 04/11/2003

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## My Links

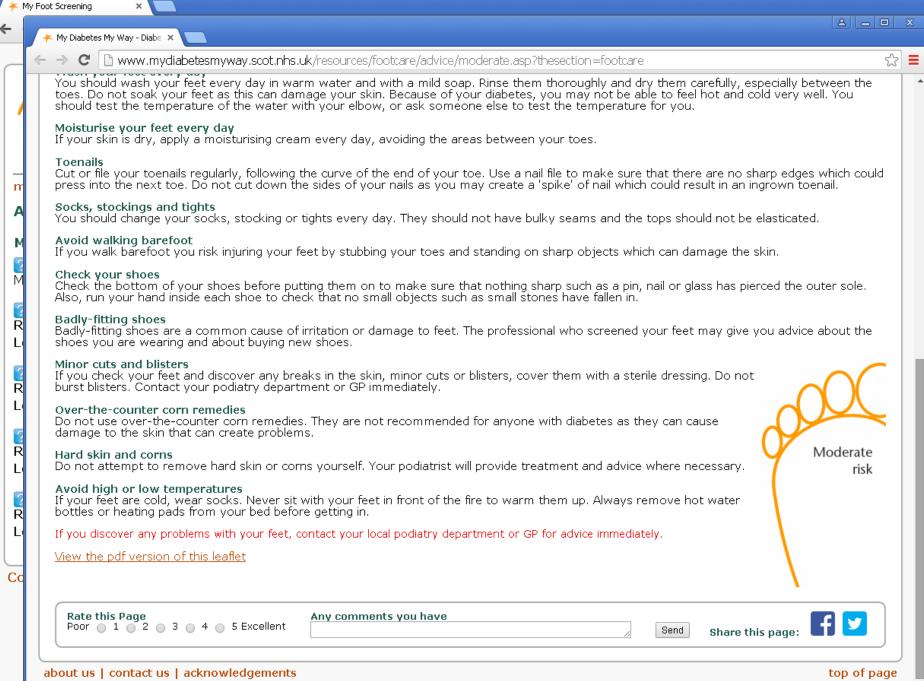




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✤ My Medication

← → C 🗋 dev3.hictest.dundee.ac.uk/patientaccess/medication.aspx

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## ARCHIBALD MACKIE

## **My Medication**

Date	Drug Name	Preparation	Dose	Quantity
05/10/2011	Bendroflumethiazide (Bendrofluazide)	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



## 🧾 Hands on Insulin

## **Print Options**



✤ My Medication

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my details   I	my lifestyle   my resu	🔶 Article 🕒 Relate	ed 👬 Support 🌘 Discuss 🛛 😽 Feed	lback 🔷	ny summaries
ARCHIBAL	D MACKIE				
My Medicat	ion	About simva	astatin		
-				138	f Diabetes
Date	Drug Name	Type of medicine	A lipid-regulating medicine commonly known as a statin	Discuss	
05/10/2011	Bendroflumethiazide (	Used for	Lowering cholesterol and other lipids in the blood; to reduce the risk of		ulin
07/09/2011	Enalapril Maleate	Used for	heart and blood vessel disease	<b>I</b> \$Ê	
10/08/2011	Simvastatin	Also called	Simvador®; Zocor®; and Inegy® (a combination of simvastatin with a		
10/08/2011	Losartan Potassium	Also culled	medicine called ezetimibe)	19	
11/07/2011	Losartan Potassium	Available as	Tablets and oral liquid medicine		ge
11/07/2011	Alphosyl 2 In 1			g+1	
11/07/2011	Co-Codamol		e naturally in your body from the food you eat. They are easily		
04/04/2011	Losartan Potassium		I serve as a source of energy. Cholesterol and triglycerides are centration of these lipids in your blood becomes too high, it leads to		
25/02/2011	Losartan Potassium		rlipidaemia. If it is the concentration of cholesterol which has		
26/01/2011 15/07/2010	Losartan Potassium Doxazosin Mr		alled hypercholesterolaemia. Although a high blood concentration of		
15/07/2010	Candesartan Cilexetil	lipids will not make you	feel ill, it can cause a problem if it is left untreated.		
15/07/2010	Aspirin	People with high linid le	vels can develop small fatty patches called atheroma. These		
01/07/2010	Gentisone Hc	· - ·	excess fat is deposited on to the walls of blood vessels. Over time,		
01/07/2010	Ciprofloxacin		e a blood vessel narrower and this is called atherosclerosis		
22/06/2010	Clarithromycin Mr		as 'hardening of the arteries'). The narrowing reduces the blood and increases the risk of a number of heart and blood vessel		
11/06/2010	Erythromycin	diseases, such as hear			
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🔆 My Diabetes My Way

C 🗋 dev3.hictest.dundee.ac.uk/patientaccess/recordings.aspx

*my diabe tes + my way* ...my electronic diabetes record



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### ARCHIBALD MACKIE

### **My Recordings**

In future, we plan to make your home-recorded results available to your healthcare teams to assist them in better managing your condition. At present, these results are not routinely reviewed, so if you have any concerns or questions, please contact your regular care provider

You are currently recording your Blood Glucose. Click to change

P Enter your Blood Glucose recording in mmol/L	
🕜 Enter the date and time the recording was made	
Save	

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🐥 My Test Results	× <b>d.</b> Diasend	×	2				
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	Information from glucos	se and/or CGM device is	available from the period: 2	9/01/2013 - 30/04/2014			
	Information from insulir	n pump is available from	the period: 01/01/2014 - 30	0/04/2014			
	Glucose	CGM Insu	llin Comparison	Compilation		Patient profile	
	Logbook/table	Standard day	Trend Day by day	Meter alarms Meter	settings		
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	Period: 13/03/20	014 - 26/03/2014, 14 da	ys Select time interval V				
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	Sun 16/3	15.9					
	Mon 17/3	11.4	• · · · · · · · · · · · · · · · · · · ·				
	Tue 18/3	17.7	7				
	Wed 19/3	13.4	• · · · · · · · · · · · · · · · · · · ·				
	Thu 20/3	12.9	•				
	Fri 21/3	14.3					
	Sat 22/3	14.8	B I I I I I I I I I I I I I I I I I I I				
	Sun 23/3	12.4					
	Mon 24/3	15.7	7				
	Tue 25/3	15.9					
	Wed 26/3	15.8	3	19.8 18.9 18.4			
	< 4 mmol/L	10 mmel/l = terest with	es were typed in manually by the patien				
			alues above goal (10 mmol/		L): 21.1 (15/03/2014 09:3	9)	
	Valu	es per day: <b>1.4</b> Va	lues within goal (4-10 mmol/	L): 0 Lowest value (mmol/L	L): 11.4 (17/03/2014 05:1		
	Period average	(mmol/L): <b>15.8</b>	Values below goal (4 mmol/	L): 0 Standard deviatio	in: 2.8		
	Comments (Ch	w/hide)					
	Comments (Sho	w/mue)					

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🔆 Care Measures Summary

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my diabe tes + my way



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## ARCHIBALD MACKIE

## **Care Measures Summary**

Patient Name:	ARCHIBALD MACKIE	Address:	A RESIDENCE, SOMEWHERE IN TAYSIDE, DUNDEE	
Date of Birth:	29/05/1932	CHI Number:	290532V[DC	F11
Type of Diabetes:	Type 1	Year of Diagnosis:	1995	

### **Print Options**



rint this page

There's a minimum level of care that every person who has diabetes deserves and should expect from their health service. Getting all the checks, seeing the right healthcare professionals and understanding your diabetes are all essential in helping you manage your condition. Use this checklist to make sure you're getting all the care you need.

## Get your blood glucose levels measured. 9.0 mmol/L on 12/09/2014

You should have an annual HbA1c blood test to measure your overall blood glucose control. Although there are recommended targets, no two people with diabetes are the same and your target should have been agreed by you and your diabetes healthcare team.

### Have your blood pressure measured. 180/70 mmHg on 24/03/2014

You should have your blood pressure taken and recorded at least once a year. There are recommended targets but you should have a target that is right for you.

## Have your blood fats (cholesterol) measured. 4.5 mmol/L on 29/11/2013

【 You should have an annual blood test to measure your cholesterol level. Like blood glucose and blood pressure, you should have your own target that is realistic and achievable.

#### Have your eyes looked at. 24/03/2004

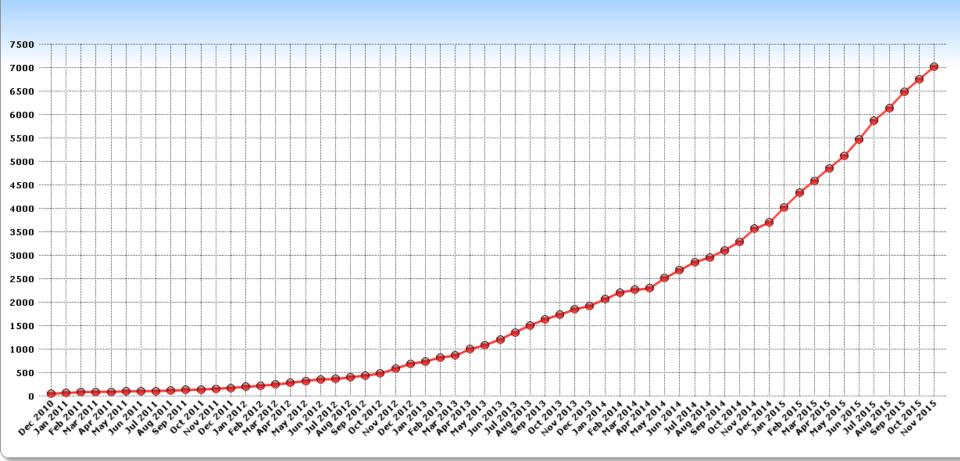
You have the right to have your eyes screened for signs of retinopathy every year. Using a specialised digital camera, a photo of your eyes is taken and examined by a specialist who is looking for any changes to your retina (the seeing " part at the back of your eye).

## Have your legs and feet checked. Moderate Risk on 27/05/2014

The skin, curculation and nerve supply of your legs and feet should be examined annually. If there

# **Records Access – Current Status**

• 7017 people have accessed their records



## **Anecdotal Feedback**

- The knowledge provided helps me understand the normal parameters and where I stand/can improve...
- more information available to me means I can play a more positive role in my treatment...
- Great site and like having the long term history available to put current results in perspective...
- It is great to be able to view all of my results so that I can be more in charge of my diabetes...
- What a fab resource, wish we had this in @NHSEngland

## Proposal

- Scale across Europe (and beyond!)
- Solution for long-term conditions
  - Initially adding cardiovascular disease, renal disease and other co-morbidities
- Engage citizens to become active participants in their own care
- Share data to enhance communication with care providers
- Providing advice tailored to the patient

www.mydiabetesmyway.scot.nhs.uk



- Enhanced telehealth and telecare links
- Data integration
  - Home recorded weight, blood glucose, BP, etc
  - Activity and lifestyle from wearable sensors
  - Diet/exercise planning from smartphone apps
  - In-built sensors to aid medication concordance

## **Proposal – Steps**

- Assess the privacy impact and readiness for a healthcare service of this type
- Roll out a regionally customised version of the platform across partner sites
- Enhance the current platform to extend it beyond the state of the art
- Design new tools for self management
- Create an open API that allows the platform to interact with third-parties

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## **Proposal – Steps**

- Develop data analytics, modelling, and visualisation
- Automate decision support for patients in relation to the clinical evidence-base
- Improve health outcomes in diabetes and associated co-morbidities
- Improve satisfaction with diabetes services
- Promote active and healthy ageing

## **Possible Funding Options**

## Horizon 2020

 SC1-HCO-09–2016: EU m-Health hub including evidence for the integration of mHealth in the healthcare systems

 support wider deployment of mHealth solutions on non-communicable diseases

Working with NHS24 to identify alternatives

- Scotland's national Telehealth and Telecare organisation
- Link with IDF

## Conclusions

- My Diabetes My Way is a useful tool to aid diabetes self-management
- High levels of patient satisfaction
- User engagement levels are high
- Significant improvements in outcomes
- Can integrate with other clinical records
- Infrastructure can be used beyond diabetes
- We look forward to collaborating!

my diabetes + my way

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