Introduction to Your Diabetes Your Way - Type 2 diabetes

What is Your Diabetes Your Way:

A one stop shop for diabetes information and education. Created in collaboration with patients and HCPs to provide a single platform with access to available resources for patients with Type 2 diabetes. The website www.ydyw.co.uk is hosted by Healthier Lancashire & South Cumbria and is available to all.

What is the ask:

For patients with Type 2 diabetes to be provided with the options available to make an informed choice around how they want to learn more about their condition.

- Referral onto structured education – Face to Face or Digital

Why we are asking you to refer:

Structured education programmes can help adults with Type 2 diabetes to improve their knowledge and skills and also motivate them to take control of their condition and self-manage it effectively whilst avoiding complications.

There are a number of commissioned resources for patients with Type 2 diabetes to learn more about self-management of their diabetes and these can all be found on www.ydyw.co.uk

What is available to your patients:

- Local Group Sessions where they can learn with other people
- Interactive Diabetes Website where they can learn at their own pace online

What are local Group Sessions:

Commissioned Group Sessions are run locally by trained NHS professionals for people with Type 2 diabetes. A great way to understand how to manage the condition well, it provides patients with the knowledge and confidence to improve overall health and wellbeing. They can also bring along a family member/friend with them to these small groups.

What is the Interactive Website:

The website provides access to:

- Online QISMET Accredited Structured Education (e-learning)
- Information around diabetes, living well, remission, complications and what's on in each local area – signposting to health and wellbeing services and activities for all abilities.

What is the Online QISMET Accredited Structured Education

My Type 2 diabetes is an accredited course 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:

- Increase your patient's knowledge about their condition
- Increase their confidence in how to manage it
- Help your patient to make informed choices regarding their diet and lifestyle
- Provide moderated peer support and allow your patient to share their experience with others

There is no limit to the number of patients who can be referred and no additional referral charges to you or your organisation.

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Health Care Professional Referral Guide for Type 2 diabetes Education

LEARN WITH OTHERS

Your patient can learn more about their Type 2 diabetes with other people like them by joining a free local Group Session:

- Fun, interactive sessions in **local venues** with other local people with Type 2 diabetes
- A chance to **meet other people** and share their experiences
- Learn all about their condition and how to **manage it well**
- Get **detailed advice** on diet, exercise and the health impacts of Type 2 diabetes from diabetes experts.

Health Care Professional Referral Process for Blackburn with Darwen

There are two referrals options:

- EMPOWER
  - To refer your patient, complete the EMPOWER referral form template either manually or pre-populated on EMIS, and send securely via nhs.net or by post to:
    - email: spirit.empower@nhs.net
    - post: EMPOWER, Spirit Healthcare, Spirit House, Saffron Lane, Leicester LE2 6UP
  - Call: **0800 852 7460**
  - Alternatively, direct your patient to https://blackburn-darwen.empower-booking.co.uk/ to book their place online.
- DESMOND
  - To refer your patient, complete the DESMOND pre-populated referral form template on EMIS which is sent to the course provider electronically from the system.
  - Alternatively, call: **01254 283886** or email desmondbwd@lancashirecare.nhs.uk

More group session information is available at: www.ydyw.co.uk/groups. Your patient can also self-refer on this website.

LEARN ON YOUR OWN

An interactive diabetes website is available if your patient would like to learn at their own pace online:

Sign up your patient for access to:

- Free **Type 2 diabetes guidance** on diet, exercise, remission and medication with videos, educational tools and games as well as documents in a range of languages
- **Local community activities** for a range of abilities and interests
- Access the site from their **computer, phone or tablet.**

Health Care Professional Registration Process

1. To register your patient visit: www.ydyw.co.uk/register-patient (HCP use only)
2. You will arrive on the YDYW patient registration landing page, please click 'Register Patient'
3. Please ensure that you fill in the patient's details including NHS number and GP practice
   a. Select your GP practice from a drop-down list; so that we can track and send back reports on patient progress via a monthly report to CCGs/ individual GP practices.
   b. **Ensure you select the 'My Type 2 Diabetes: The Online Education Course' from the Requested Course drop-down list.**

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4. Let your patient know that once you have submitted the form, they will receive an email with a link to the interactive website.
    a. Your patient will need to create login details on the site and can then access and complete the My Type 2 Diabetes course at their own pace.
5. If you have any questions/ issues, you can contact My Way Digital Health directly at support@mwdh.co.uk.
6. Alternatively, your patient can sign up when they get home by visiting: www.ydyw.co.uk/online. **Please provide your patient with their NHS number.**