

May 28-29, 2018
London, UK

Debbie Wake, J Healthc Commun 2018, Volume 3
DOI: 10.4172/2472-1654-C1-004

MY DIABETES MY WAY—AN ELECTRONIC PERSONAL HEALTH RECORD: IMPACT ON CLINICAL OUTCOMES

Debbie Wake

University of Dundee, UK



Background: My Diabetes My Way (MDMW) is the NHS Scotland website for people with diabetes and their carers. It consists of an interactive information website and electronic personal health record (ePHR) available to the 291, 981 people with diabetes in Scotland. We aimed to analyze the impact of records access on clinical process outcomes.

Methods: We matched patients by age, gender, type of diabetes, duration, treatment and socioeconomic status. We analyzed routinely collected clinical data on HbA1c, cholesterol, creatinine, blood pressure and BMI. Results were analysed in groups: type 1; type 2 on insulin; type 2 not on insulin.

Results: By September 2017, 15,575 people had logged in to access their records. 3,120 had 3+ years of follow-up since the first login. There was a reduction in HbA1c in all active users ($p < 0.001$), with type 2 patients not treated with insulin ($n = 1,599$) showing most significant and sustained changes. The intervention cohort reduced from 60.5 to 54.1 mmol/mol (females) and 60.2 to 53.8 mmol/mol (males) within one year, while the matched cohort increased from 57 to 57.2 mmol/mol (females) and remained at 57.2 mmol/mol (males) during the same period. Intervention patients remained 2.9 mmol/mol (females) and 3.4 mmol/mol (males) below their matched counterparts after three years.

Conclusion: MDMW is an effective low-cost population-based self-management intervention. When extrapolated across a large population, MDMW may offer significant cost savings through reduction of long-term complications and treatments. MDMW is currently being adapted to work with other clinical systems and conditions, with releases in Somerset and London during 2017.

Biography

D J Wake is a Senior Lecturer and Consultant Physician at the University of Dundee/NHS Tayside (Diabetes/General Endocrinology/Osteoporosis). Her research interests include informatics and new technology approaches to patient care, management and education, understanding associations between diabetes and psychiatric disease. Her previous research experience is in the area of steroid metabolism in human obesity and diabetes (PhD–2006) and clinical aspects of diabetes management. She coordinates the undergraduate teaching in Diabetes and Endocrinology at the University of Dundee, is the Programme Director for the MSc Quality Diabetes Care Programme, Clinical Lead for the PG cert./Dip./MSc Diabetes Care, Education and Management and part of the Kuwait Scotland eHealth Innovation Network. She previously developed an online distance learning MSc Programme in Internal Medicine (2011) for the University of Edinburgh and Royal College of Physicians. She is a regular contributor to radio health programming, was previously Resident Doctor on the Scottish Television's flagship show "The Hour", and a Health Columnist of *The Scotsman* newspaper for many years. She developed and produced the first medical podcast series in the UK (Dr. Pods Healthcast) in 2005, and has also produced and presented videos and webstreams for doctors (NHS Education Scotland).

debbie.wake@mywaydigitalhealth.co.uk