

Digital resources for Diabetes

The purpose of this document is to provide an overview of digital resources to support staff for the implementation of the [Proactive Care Frameworks](#). This is intended to be a resource that local systems can access for guidance and information on validated resources available, as well as providers of digital technology to support patient care.

Resources for Diabetes

Diabetes UK:

- Healthy eating with Diabetes. ([CLICK HERE](#))
- Type 2 Diabetes and exercise. ([CLICK HERE](#))
- Blood sugar – how to test. ([CLICK HERE](#))
- Diabetes risk and waist measurement. ([CLICK HERE](#))
- Taking care of your feet. ([CLICK HERE](#))

NHS UK video library:

- Living with Type 2 Diabetes. ([CLICK HERE](#))
- Type 2 Diabetes and exercise. ([CLICK HERE](#))
- What health checks do you need when you have Diabetes. ([CLICK HERE](#))

For other resources on diabetes, see NHSx Health & Care video resources. ([CLICK HERE](#))

Confidential diabetes helpline:

Diabetes UK support line - 0345 123 2399*, Monday to Friday (9am to 6pm).

NHS diabetes prevention programme:

Supports people to understand pre-diabetes and reduce their risk of developing type 2 diabetes by making sustainable improvements to their diet, activity and weight. Based on international research and psychological theories of behaviour change, it empowers participants with the knowledge, skills and support that they need to improve their health.

- North Central London: [CLICK HERE](#)
- North East London: [CLICK HERE](#)
- Mid and South Essex: [CLICK HERE](#)

Peer Support

Support and conversations with others living with diabetes. ([CLICK HERE](#) – then type diabetes into search function)

Health and wellbeing resources

Diet:

- [‘One You’](#) resources providing information and recipes for easy ways to eat better.

Exercise:

- [‘One You’](#) resources for moving more.
- [iPrescribe app](#) offers a tailored exercise plan by creating a 12-week exercise plan based on health information entered by the user.
- [Getting active around the home](#): tips, advice and guidance on how to keep or get active in and around the home from Sport England.
- [Dance to health](#): Online dance programme especially tailored to people over 55 years old.

Smoking cessation:

- [NHS UK](#) on stop smoking aids, tools and practical tips.

Alcohol:

- [Heart UK](#) resources on cutting down on alcohol.
- [‘One You’](#) guidance for drinking less.

Mental Wellbeing:

- [NHS UK](#), every mind matters.

Digital Tools for Diabetes

UCLPartners have developed a list of patient-facing digital tools to enable remote monitoring and self-management for long-term conditions. The following is intended to provide guidance on technology available to be commissioned, that will support remote monitoring and enhanced, self-directed management for patients with diabetes.

All digital tools considered adhere to the following criteria:

- Market ready for purchase & supply.
- UK supplier, already operational in the NHS.
- Compliant with all regulatory standards for use in the NHS.
- Enables patients with a diagnosis of diabetes to remote monitor and self-manage their condition.
- Evidence available, demonstrating patient and clinician impact and improvement.
- Budget impact evaluation available, demonstrating better value/ reduced long-term costs to the system.
- Is accessible – e.g. health inequalities considered/ meets minimum accessibility requirements.

Disclaimer – We do not endorse or recommend any of the commercial products, processes or services provided within this document, with the sole intended purpose to be for guidance only.

N.B. Blood lipid monitoring was considered, however there were no digital tools that offered this.

Support for implementing Digital Tools

Your local AHSN is available to support and coordinate engagement with providers to assist with a better understanding of the suggested digital tools.

Please contact [here](#) for more information, including:

- A virtual demonstration of the solution.
- The most pertinent evidence for use of the solution.
- Advice and support for engaging with the Industry supplier.