

*my diabetes \* my way*

You can self-refer to these FREE courses at:

[elearning.mydiabetesmyway.scot.nhs.uk](http://elearning.mydiabetesmyway.scot.nhs.uk)



Before starting the course, you will be directed to a registration form to complete and set up a username and password. With your permission, we will let your healthcare team know when you have finished a course.

If you haven't already, you can get access to the full My Diabetes My Way data access service as well by going to:

[mydiabetesmyway.scot.nhs.uk](http://mydiabetesmyway.scot.nhs.uk)

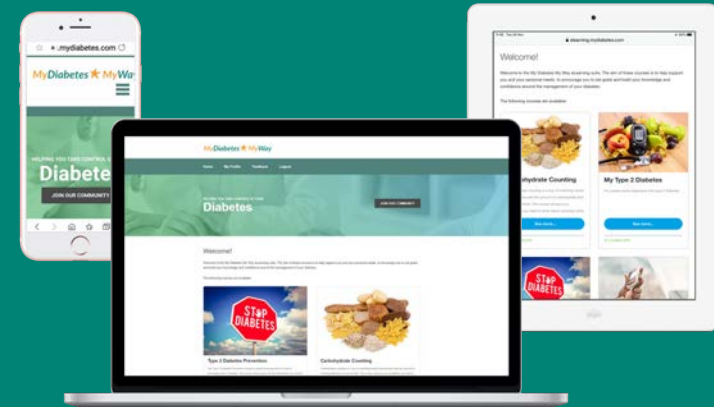
and clicking "Register" or use the QR code below:



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# eLearning Course Guide

**My Diabetes My Way is Scotland's diabetes education website to support you with your diabetes management.**



For more information, contact us at:

[mydiabetes.myway@nhs.scot](mailto:mydiabetes.myway@nhs.scot)





## 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.



It focuses on what diabetes is, how it is treated, complications, and advice on keeping healthy.

10 Online

QISMET Accredited

Structured Education

Courses

- increase your knowledge about your condition
- increase your confidence in how to manage it
- help you make informed choices regarding your diet and lifestyle
- provide peer support and allow you to share your experience with others

## 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.



## 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.

## 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 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.