

Proud to Support



DigiBete



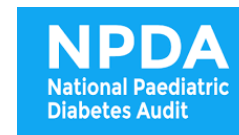
Proudly Supporting CYP and Young Adults Living with Diabetes

DigiBete App Now **90%** Patient Uptake in **England** (Oct 2024)

Also rolled out across Wales, Scotland, Northern Ireland and Ireland



NHS England and NHS Improvement



Meet the DigiBete team



What is DigiBete?

DigiBete CIC is a not for profit, social enterprise providing co-designed, patient-led and clinically approved digital self-management support for children and young people with T1D, their families and the clinicians who support them.

Formed in 2016 and now centrally commissioned by NHS England and Wales and Scotland

- also used in IOM, Jersey & Guernsey and Ireland
- originally partnered with Leeds Children's Hospital Diabetes Team and now also work more widely with the UK National CYP Diabetes Networks and other NHS organisations
- collaborate with the RCPCH, JDRF UK, Diabetes UK and Diabetes Ireland
- also collaborate with MyWay Diabetes in UK, jointly signposting, to help ensure a seamless transition from paediatric to adult services

Our model has been recognised by The Health Foundation as an exemplar for long term conditions.

Introduction to DigiBete



Originally focussed on T1DCYP, our award-winning resources are centred around the **Goals of Diabetes** and **ISPAD** guidelines and provide awareness, education, training and ongoing support, whenever required.

Around **97%** of CYPT1D care is self-managed outside of the clinic.

DigiBete's award-winning resources provide co-designed, clinically approved self-management resources **24/7**, whenever needed – a digital '**nurse in pocket**', reducing stress on scarce national health services resources.

DigiBete's services include:

- Website: www.digibete.org
- T2 Website: www.youngtype2.org
- App
- Personalised Clinic Portal

Our resources include:

- Awareness, Education (structured & informal), Training & Support
- 350+ video, infographic, animated and written resources
- Newly diagnosed through to transitioning to adult services
- Age-appropriate content and learning, including games and awards
- Translation functionality & preferred language feature on app
- Key video content now available in 8 main languages + BSL
- Peer Support videos
- Technology Pages

Other important functionality:

- Digital School Care Plan
- Free Carb Counting - coming soon
- Psychology Support – launched for 10-14 year olds - available for all soon
- Similar resources for **T2DCYP** – now rolled out

DigiBete – alongside your service



For HCPs:

- Personalised Clinic Portal - Clinics can use DigiBete's wider resources to better support patients and families remotely.
- A more 'paperless clinic' with potential cost and efficiency savings
- Free, unlimited comms - newsletters, good care guides, appointment reminders ...
- Comms can be easily set up in advance, targeted at specific groups (eg. newly-diagnosed)
- Data Dashboard to review uptake and usage
- In-App Survey features
- Training opportunities for existing and new staff – CPD accredited training being introduced in coming year
- Easy to access, scalable, continuously updated and improved resources

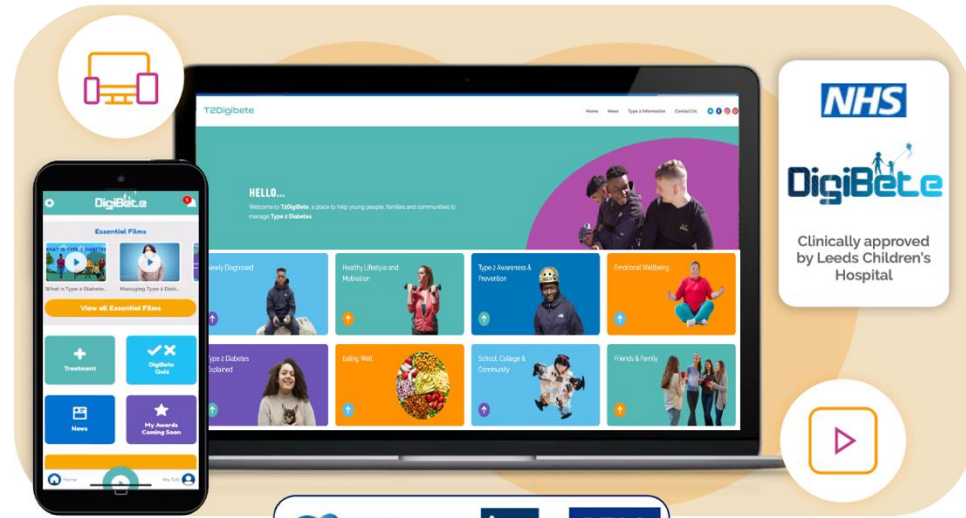


Type 1 diabetes



Comprehensive self-manage support For children, young people aged 0-25 and families

- ✓ Evidenced by new Health Economics and Real-World evaluations
- ✓ Multi-lingual Films and Resources
- ✓ Reducing Health Inequalities
- ✓ Age-appropriate Structured Learning



Type 2 diabetes



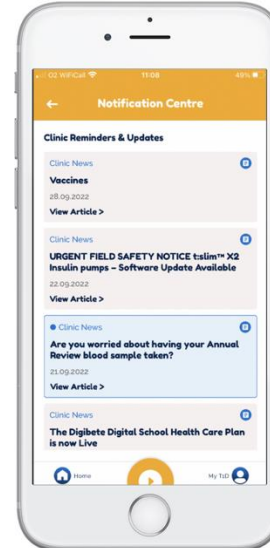
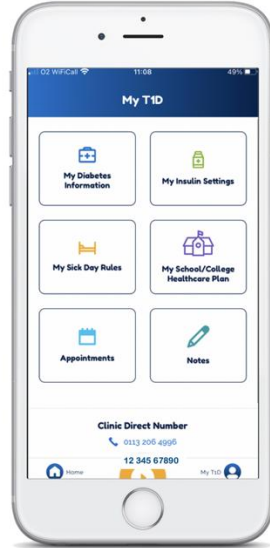
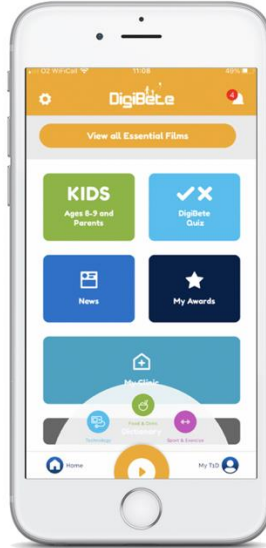
- ✓ Clinic to Patients Communications
- ✓ Type 2 CYP Platform & App now live
- ✓ 95% of CYP diabetes clinics in England & Wales using DigiBete with 89% patient uptake
- ✓ 100% Uptake in the most deprived areas of England and Wales

The DigiBete App

Educate

Organise

Communicate



freely available to all children, young people & their families – ask your team for your code

DigiBete Clinical Support App

Everything in one place



Choose preferred language

BSL	عربي Arabic	বাংলা Bengali	中国人 Chinese	Polski Polish	Soomaali Somali	தமிழ் Tamil	اُردو Urdu	Español Spanish	Français French
				українська Ukrainian	ਪੰਜਾਬੀ Punjabi				



DigiBete

Implementation Toolkit

Process Map

Implementation Letter for patients

IG Information from DigiBete

Links to Online Training videos

Virtual Training sessions

Clinic Comms – Top Tips!

Diabetes Clinical Team

Identify Clinic DigiBete Champion & Admin users

Familiarise with online training resources via the clinic portal and fill out Clinic information on the portal.

Download the App to see what patients will see

Additional Training to optimise use?

Yes

Book onto virtual training sessions by emailing app@digibete.org

No

Gather baseline data for the project.

Send out 'Clinic Code' and information to families to encourage uptake.

Clinics should be committed to engage with the Clinical Network teams throughout the implementation of this initiative and agree to share necessary metrics and feedback.

The champion might also be the admin user or there could be several admin users depending on the needs of the team. Email app@digibete.org and users will be added as an 'admin' to the clinic portal.

Access to 1-2 minute training videos <https://www.digibete.org/digibete-app/> & on the Clinic Portal

Download the App from Google Play or the App store and sign up with the clinic code to see what your patients will see and view any practice newsletters/updates.



Further training is highly recommended with DigiBete. These will be virtual 1-hour sessions and regional shared learning events

It is important to understand the improvements that are being gained.

This will enable Children, Young People and their families to access the app and begin to receive their specific clinic information.

This is a draft letter and App Poster that can be sent out to all patients to invite them to use the app and will be issued as a part of your teams initial 1h set up training

Implementation Plan Patients





Dear Patient/Family


We are writing to you to let you know your clinic would like you to use the free DigiBete App so you can have access to clinically approved support and resources whenever you need. The App does not replace the care given by your team but is there to complement the service.

3 reasons for you to download and use the DigiBete App today from either the App Store or Google Play:

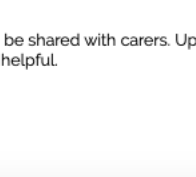
Communication
Your diabetes team can send you relevant information and resources about managing your type 1 diabetes at home as well as newsletters & clinic updates. DigiBete will also send out regular communications.



Store Ratios & Record your HbA1c
The **My T1D** area in the App allows you to store all your insulin ratios safely should your pump break. You will also be able to record your HbA1c history, store care plans, future appointments, and notes. In case of emergency it is so handy to have everything you need all in the one place on your phone or tablet.



Essential help, resources and awards!
You will have direct access to over 200 type 1 diabetes films, including sick day rules, and age appropriate resources to support self-management, managing exercise and all essential training. You can gain awards and track your progress in the Awards section.



Download instructions

- On downloading the DigiBete App, you will be asked to either 'log in' or 'sign up'.
- You will need to press 'sign up' on your first visit.
- You will then create an account and enter your unique clinic code.

Your Clinic Code is: _____

You can find a guide on how to register and how best to use the App here:
<https://www.digibete.org/digibete-app/>

Each family can sign up with one email address and a password that can be shared with carers. Up to 6 devices can access the App using the same login. We hope you find this helpful.

With very best wishes, Team DigiBete

Any questions: app@digibete.org

www.digibete.org

MAKING THE MOST OUT OF YOUR DIGIBETE APP



Sign up using your clinic code...



Explore:

- T1D Stories.
- Carb counted recipes.
- Exercise resources.
- Awards.

Put a heart next to all the films you like and they will appear in your favourites. ❤️

Hear from families and young people managing their diabetes.

Review all you need to know with age appropriate films and resources with Awards.

Understand your DigiBete home page...



Explore:

- Essential care films.
- Age specific resources.
- Awards.
- News.
- Diabetes dictionary.
- Quick links into technology, sports, food resources and My T1D.
- Clinic Information.

The home page houses many features developed to support your diabetes care.

Tap the home button wherever you are in the app to get back to this screen.

NEW* PREFERRED LANGUAGE *NEW



The Essential care films are available in **12 different languages** including English, in the app as well as on the website. A new 'preferred language' option is part of the account settings and by choosing a preferred language the films can be watched in that chosen language.

NEW* TECHNOLOGY *NEW



Check out the diabetes tech section where you can read all about the different types of diabetes technology available on the NHS.



The technology section can be found on the wheel.

Complete my T1D for peace of mind...



Update HbA1c & Time in Range.

- Direct dial your clinic.
- Access sick day rules information.

Save:

- Appointments.
- Insulin ratios and doses.
- Pump settings.
- Your school care plan.

A mini organiser for all your ratios, doses and care.

Make appointments, set reminders and access your essential information all in one place.

Keep in touch...



Keep in touch with your clinic and hear all the latest news.

Check any messages or appointment reminders your team may send you in your message centre.

Explore:

- Your clinic newsletters, events and resources.
- New DigiBete resources and peer support events.

Unread messages and appointment notifications.

Get DigiBete updates with new resources designed by young people, families & specialist diabetes healthcare professionals.

Contact app@digibete.org to request yours

Virtual Training Sessions for HCPs

Request any beginner or update training sessions as and when you need them.
Virtual training sessions and Shared Learning events are being provided by DigiBete continually.
Open to all HCPs and a great opportunity to learn about how you can use the app to benefit your patients and learn more about the exciting new features to support care!
DigiBete can be flexible with dates and times

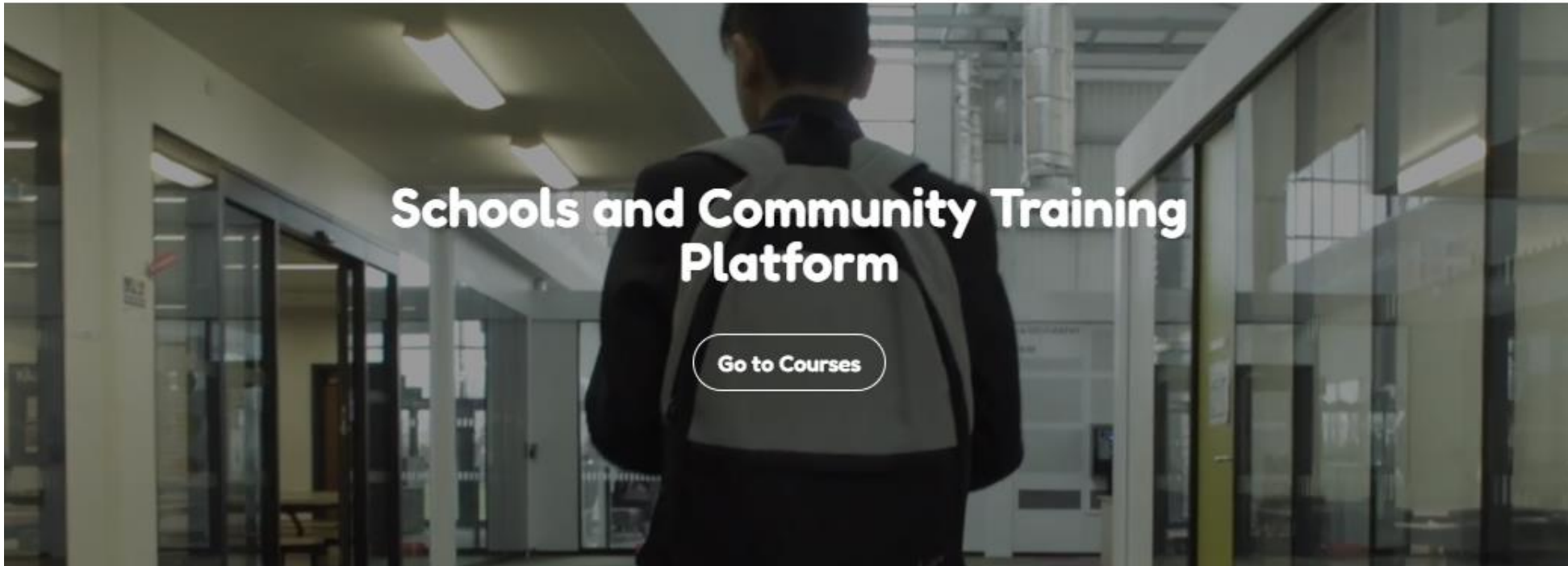


**please contact:
app@digibete.org
to arrange any
training**

Clinic Communications – Top Tips

Teams up and down the country are using the new Clinic Comms feature to support care. Here are some top tips for making the most out of this feature!

1. Make all or most of your team admin users. This way you can maximise on the expertise from your team and extend your clinical reach to your patients and families.
2. Choose an area of support to focus on, such as dietetics information, psychology input, data download reminders, festival and cultural information, youth or play worker input, event invites and newsletters. If each of your team takes on one or two of these areas then you maximise on the number of resources sent and minimise the effort on one individual.
3. Use the scheduling feature. This means you can schedule most of your support resources and so if you have a repeated message like 'don't forget to download your data before clinic' you can do this all in one sitting and schedule the message to go out throughout the year.
4. Use the news feature to communicate changes in your service such as 'drive through HbA1c's or ad-hoc events or resources such as new resources available from your hospital or the charities etc.
5. Send appointment reminders and individual messages.



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