

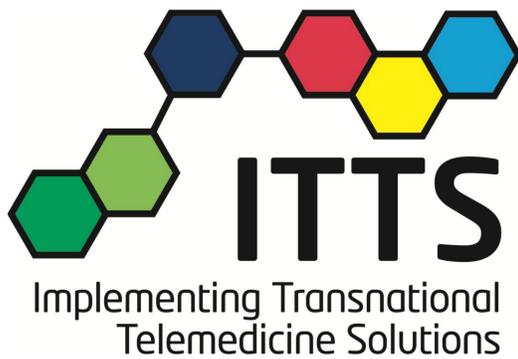
Using international experience and technology to improve diabetes care

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The University of Aberdeen and University of the Highlands and Islands working in partnership

Research and Policy



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The problem:

Diabetes is a growing problem in the UK, and affects almost 5% of the Scottish population¹. Figures are expected to rise with the aging population and increase in obesity, and provision for appropriate healthcare must be considered now to ensure we are prepared for this coming challenge. There are numerous options available to help support and streamline care, but information about optimum clinical options is often scarce. Many institutions resort to creating their own solutions and would benefit from a forum for knowledge and expertise sharing.



Photo: CDC/Amanda Mills

How ITTS can help:

ITTS uses exchange of international experience and knowledge of best practice in its goal of implementing telemedicine in the remote and rural NPP area.

We aim to amass information and evidence about useful technology, smart-phone and internet applications and other resources relevant to diabetes care, and in doing so also create a network of expertise and resources.

The Plan:

ITTS is organising an international forum where various stakeholders and interested parties can contribute to the discussion about diabetes and technology.



ITTS Partners and expertise:

- Norway has been developing mobile self-help tools such as the "Few Touch Application"² for several years
- Finland has created an online self-care portal where patients can access personal records, lab results and other information
- Northern Ireland's "U-tell:diabetes"³ lets patients submit their readings via phone or website
- In Scotland, ITTS is working with NHS Highland's diabetes video-consultation clinics⁴
- Plus partners in Ireland and Sweden will contribute their experience with similar resources in other disease areas



Topics:

- supporting self-management
- providing access to integrated information
- encouraging lifestyle changes
- maintaining patient engagement
- remote monitoring
- improving access to care
- security for online access
- technology requirements and usability
- guidelines and recommendations
- ... and more...

Getting the information to you:

Major learning points arising from the knowledge sharing forum will be recorded and disseminated directly to participants, written up for publication and made available on the ITTS website for wider general viewing.

- Scotland - Centre for Rural Health, University of Aberdeen
- Norway - Norwegian Centre for Integrated Care and Telemedicine
- Sweden - County Council of Västerbotten
- Finland - Oulu Arc Subregion
- Ireland - National University of Ireland, Galway
- Northern Ireland - Centre for Connected Health and Social Care



Our hope:

We want to create an international network of expertise to advise on how to improve diabetes care using technology to support patients and clinicians and also integrate care systems.

We hope knowledge sharing can provide answers to common questions and solutions to upcoming challenges to assist everyone involved or interested in diabetes care.



References

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- Arsand E, Tatara N, Østengen G, Hartvigsen G. Mobile phone-based self-management tools for type 2 diabetes: the few touch application. J Diabetes Sci Technol. 2010.
- U-tell:diabetes website. See: www.diabetesulster.com/u_tell.aspx
- NHS Highland. New telehealth clinic piloted in Caithness. See: www.nhshighland.scot.nhs.uk/News/Pages/NewtelehealthclinicpilotedinCaithness.aspx