

my diabetes * my way

You can self-refer to these FREE courses at:

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

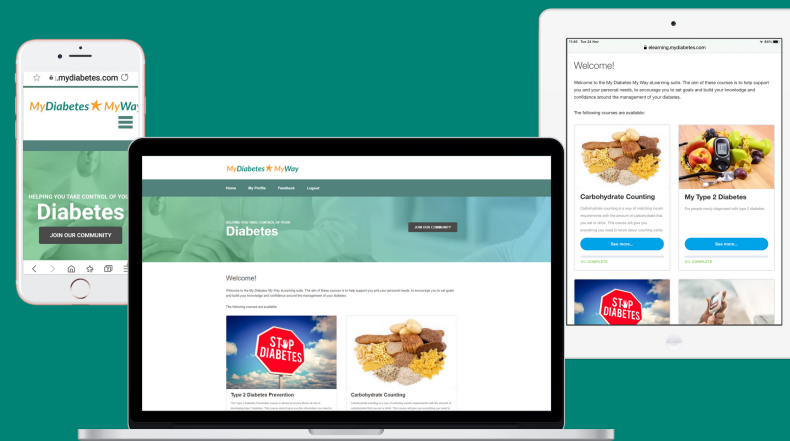
and clicking "Register" or use the QR code below:



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eLearning Course Guide

My Diabetes My Way is your national diabetes education website to support you with your diabetes management



For more information, contact us at:

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.

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



Introduction to Type 2 Diabetes:

is aimed at those newly diagnosed with type 2 diabetes and provides information on what it is, how it might affect your health and what you can do to manage it.

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.