Online Learning for People with Type 2 Diabetes
HeLP-Diabetes: Starting Out

Shoba Poduval, UCL Research Department of Primary Care & Population Health

Giving people more ways to learn about managing their diabetes helps them lead healthier lives, and saves the NHS money.

Will people use online learning?

Will they find it helpful?

3.9 million people in the UK live with type 2 diabetes, and rising.

£10 billion pounds/year is spent by the National Health Service (NHS) on diabetes, largely on preventable complications like foot, eye and kidney disease.

self-management education includes learning about eating well, being more active and understanding medications. It prevents complications & is recommended for everyone with diabetes. But, only 5.4% of those referred attend, and research suggests some people find it hard to attend face-to-face courses.

Why is it important now?

Patient representatives worked with us to develop an online learning course called HeLP-Diabetes: Starting Out

We tried out the course by inviting people with diabetes in 4 areas in London to sign-up, via their General Practice.

We collected information about how many people used the course, and if they felt more self-confident and less distressed. We also interviewed patients & professionals.

What did we do?

What did we find?

How will the research be communicated?

• Presented at 3 conferences
• Being prepared for publication

What impact will it have?

We are re applying for funding for research to compare HeLP-Diabetes: Starting Out with face-to-face courses. This will help the NHS make a decision about investing in it, and offering it to more patients.

People who completed the course felt more self-confident

some patients want more personalised resources

emotional support is helpful

professionals need help promoting the course

234 people signed-up for the course

How will the research be communicated?

• Presented at 3 conferences
• Being prepared for publication

What impact will it have?

We are re applying for funding for research to compare HeLP-Diabetes: Starting Out with face-to-face courses. This will help the NHS make a decision about investing in it, and offering it to more patients.

People who completed the course felt more self-confident

some patients want more personalised resources

emotional support is helpful

professionals need help promoting the course

234 people signed-up for the course

How will the research be communicated?

• Presented at 3 conferences
• Being prepared for publication

What impact will it have?

We are re applying for funding for research to compare HeLP-Diabetes: Starting Out with face-to-face courses. This will help the NHS make a decision about investing in it, and offering it to more patients.

People who completed the course felt more self-confident

some patients want more personalised resources

emotional support is helpful

professionals need help promoting the course

234 people signed-up for the course