

# Online Learning for People with Type 2 Diabetes

## HeLP-Diabetes: Starting Out

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What was the aim of the research?

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?

Why is it important now?



**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.

What did we do?



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 find?

**234 people**



signed-up for the course

People who completed the course felt



**more self-confident**

**How will the research be communicated?**

- Presented at 3 conferences
- Being prepared for publication

**What impact will it have?**

We 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.

some patients want more personalised resources

emotional support is helpful

professionals need help promoting the course

School for Primary Care Research

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