Telehealth on Diet and Diabetes (TODD)

Ruth Barclay-Paterson & Gail Blockley (Diabetes Dietitians)
Diabetes Centre, University Hospital Ayr

**Aim:**
Develop a structured telehealth clinic by January 2018 to provide regular support between clinician appointments to enhance patients confidence to self manage and adopt lifestyle changes.

**Method:**
1) Developed Standard Operating Procedures,
2) Patient Inclusion Criteria Agreed,
3) Structured Electronic Clinic Established, Goal Setting and Confidence Scoring & DNA data sheets produced,
4) Self Management tools identified – My Diabetes My Way and Diasend, interactive diabetes web applications.

**Results / Outcomes:**
- Increase in clinic capacity by 33 %,
- Reduction in DNA Rate TODD 13% / 1:1 Face to Face 20%,
- Overall improvement in patients confidence with agreed goal.

**Patient feedback:**
- "It takes two buses to get to clinic; I wouldn’t have made the appointments"
- "My clothes are fitting better and I am feeling much more positive about my diabetes"
- "I wasn’t committed initially, I am now putting less on my plate"
- "The telehealth follow-up has kept me motivated and focused"

**Next Steps:**
1. Integrate existing Diasend, Care Link and Attend Anywhere telehealth technologies into TODD.
2. Mirror TODD Clinic at University Hospital Crosshouse.

**References:**

**Abbreviations:**
BRUCIE 1&2 - Better Regulation Using Carbohydrate and Insulin Education (Type 1 and 2 on MDI), GLP-1 – (Glucagon-like peptide 1), CSII – (Continual Subcutaneous Insulin Infusion), DNA (Did not attend).

**Acknowledgements:**
Thanks to the Scottish Government Technology Enabled Care (TEC) programme board who funded this programme and Ayrshire and Arran MCN for their support.

Poster Board Number: IF-21

Follow us on Twitter @NHSaaa
Find us on Facebook at www.facebook.com/nhsaaa

www.nhsaaa.net to visit our website:
Find us on Facebook at www.facebook.com/nhsaaa
Follow us on Twitter @NHSaaa