

My Diabetes My Way: an electronic personal health record for people with diabetes – an update at 3 years



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Background

My Diabetes My Way (MDMW) is NHS Scotland's patient and carer information portal for diabetes. It contains validated educational materials, videos and interactive tools supporting patient education and self-management. MDMW allows patients across Scotland direct access to their diabetes data via a novel electronic personal health record.



Aims

We aimed to analyse the first three years of records access uptake and activity (mid December 2010 to mid-December 2013) to identify usage trends and patterns of engagement amongst users.

Methods

Data are sourced from primary, secondary and tertiary care via the national electronic patient record, SCI-Diabetes. MDMW presents diagnostic information, demographics, lifestyle factors, laboratory test results, foot and eye screenings, prescribed medication and clinical correspondence. Changes can be tracked over time using history graphs and tables. Data items link to detailed descriptions, explaining why results are collected, what they are used for and what 'normal' values are. Tailored information refers individuals to facts related to their specific condition.

Results

At the end of the third full year of live use, 6528 individuals had registered to access their data (59% male; 33% with type 1 diabetes); 4716 completed the enrolment process and 1898 had accessed the system (total logins=14545; average=7.7/patient; median=3; most logins=485). Audit trails show 170473 page views (89.9/patient); laboratory results proved the most popular (34463 accesses; 18.2/patient). The most utilised history graph was HbA1c (7516 accesses; 4/patient).

Feedback

"It is great to be able to view all of my results so that I can be more in charge of my diabetes"

"thank you so much for continuing to make life that little bit easier"



Number of distinct users per month

Monthly usage continues to increase, with around 400 distinct users logging in each month. 838 individuals (44.2% users) logged in during the last 3 months of 2013.

Conclusions

The system is a useful aid to diabetes self-management in Scotland. It is unique in offering access to an entire national population, providing information from many diabetes-related sources. Despite its development for stakeholders in Scotland, it has the potential to connect to any electronic medical record in the UK and beyond.

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