



Introducing MyDESMOND for Wales:

A guide for NHS and public health staff to explain what MyDESMOND is, and the benefits of offering it to people with Type 2 diabetes



Overview

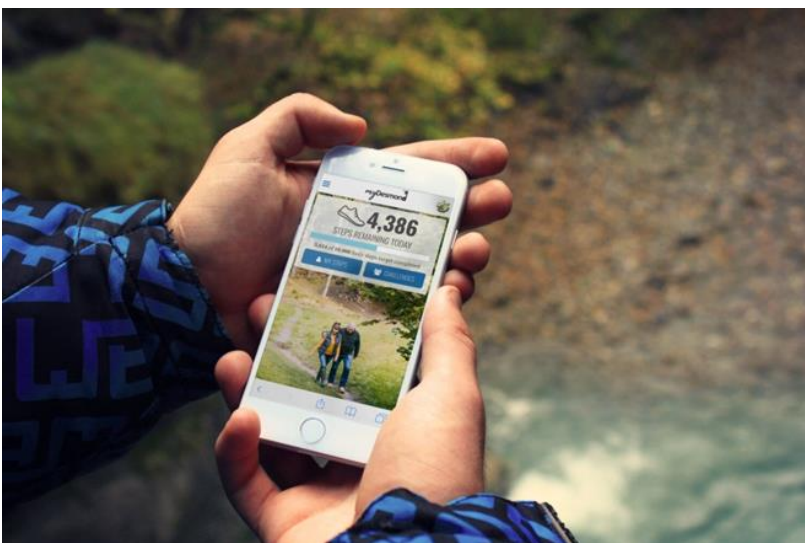
MyDESMOND is an interactive digital platform for people with type 2 diabetes designed to support and educate them to better self-manage their condition.

Based on the NICE-approved DESMOND self-management education, MyDESMOND provides key educational material through videos, activities and quizzes as well as opportunities for people with type 2 diabetes to speak with others from across the UK and Ireland to share ideas and gain peer support. Additionally, Ask the Expert and technical support is provided by the designers from the multidisciplinary team at the Leicester Diabetes Centre.

MyDESMOND can be used as a standalone programme for those unable to attend virtual or face to face groups, or can aid self-management before, during and after attendance at group-based education sessions such as X-PERT or Diabetes Awareness session.

MyDESMOND is now available across Wales as a result of funding from the All Wales Diabetes Implementation group. We would really appreciate it if you could encourage anyone with type 2 diabetes to sign up for this innovative support, they need to go to mydesmond.wales and complete the access request form.

Please keep reading for further details included the benefits that this programme is already making to the 20,000+ users already on MyDESMOND.



BY NHS, FOR THE NHS
MyDESMOND was created
by NHS staff to support the
people within the NHS.

The Benefits of MyDESMOND



User feedback shows:

- 90% said the information in the site was ‘sufficiently detailed’
- 83% agreed the ‘programme was easy to use’.
- 84% agreed that they ‘enjoyed using this programme’.
- 89% said that the information within the programme was valuable/extremely valuable.
- 83% found the programme engaging
- 86% said that they had a ‘better understanding of my condition’ as a result of using MyDESMOND
- 62% reported they were more active and 77% changed their diet as a result of using MyDESMOND¹

The Key Features of MyDESMOND

- **Education content** - Interactive sessions to increase knowledge and confidence about type 2 diabetes through a range of videos, quizzes and educational materials
- **Ask the Expert** – Led by the multi-disciplinary team at the Leicester Diabetes Centre
- **Activity Tracking** - The ability to track activity levels and link up to Fitbit, Garmin or Google Fit devices
- **Health Tracking** - Add weight, blood pressure, HbA1c, diet and cholesterol info to track progress and changes
- **Goal Setting** - Set daily and long-term goals
- **Challenges** - Track progress against others in the MyDESMOND community on the global leader boards
- **Chat Forum** - Chat with members of the MyDESMOND community
- **Buddies** - Invite friends and family to join in through the 'Buddies' feature



For more information about the key features of MyDESMOND please visit www.mydesmond.com

The Sign-up Process

Please encourage anyone with type 2 diabetes to request access to MyDESMOND by:

- 1) Go to mydesmond.wales
- 2) Click 'Request Access'
- 3) Complete the form
- 4) Click 'Submit'
- 5) Wait up to 2 days for an email with your access code and registration information (check spam/junk folder)

References:

1. Northern A, Troughton J, Hadjiconstantinou et al (2021) The role of digital diabetes education (myDESMOND) during the COVID-19 pandemic. Diabetes and Primary Care. May. <https://www.diabetesonthenet.com/diabetes-primary-care/role-digital-diabetes-education-mydesmond-during-covid-19-pandemic>
2. Hadjiconstantinou M, Barker MM, Brough C et al (2021) Improved diabetes-related distress and self-efficacy outcomes in a self-management digital programme for people with type 2 diabetes, myDESMOND. Diabet Med 38: e14551