

NHS Forth Valley's Diabetes Website is a Big Hit

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A new website for people with diabetes, which has been launched by NHS Forth Valley, is already proving a big hit, with more than 20,000 visits since the site went live.

The figures have been released to coincide with World Diabetes Day on Sunday 14th November 2021 which this year is celebrating 100 years since the first use of insulin to save the life of a child with type 1 diabetes.

The idea for the website began when Covid-19 and physical distancing led to the cancellation of traditional face-to-face group education and clinical appointments. NHS Forth Valley Consultant Endocrinologist, Dr Chris Kelly, explained: "Education and coaching for people with type 1 and type 2 diabetes is a core role of the secondary care service. Much of this was delivered in patient groups and workshops and supplemented with one-to-one clinic appointments. When lockdown started in April last year, we realised that we needed to come up with a solution."

The website now covers all aspects of education and has even helped people with type 2 diabetes to start using insulin without leaving their home, by way of instructions via video.

There is detailed information on eye, feet and blood screening, emotional wellbeing, what to do when illness strikes, diet, and arrangements when travelling, and how to contact specialist diabetes nurses for advice. There is also a list of frequently asked questions.

In Forth Valley alone, around 19,000 people have been diagnosed with type 2 diabetes and around 1,800 have type 1.

NHS Forth Valley Lead Diabetes Specialist Nurse, Carolyn Kiddell, added: "People with diabetes have been telling me how the website has been a great help. It has been used when trying to decide on which insulin to adjust, to check injection sites and raise awareness of the importance of pregnancy planning. It's also a great resource to help people recall and reflect on guidance they have been given at appointments."

The new diabetes advice and support website can be found at www.nhsforthvalley.com/diabetes