

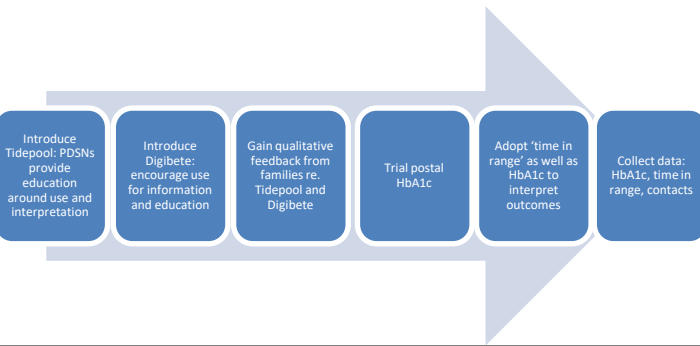
# Gateshead Children and Young People's Diabetes Service QI Project

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## Purpose: Improving the long term health outcomes of CYP using technology

We introduced Tidepool and the Digibete App to see if this would improve outcomes of those children and young people on technology, focusing on those with HbA1C 58-68mmol/l. This included encouraging CYP to download and review their data; to encourage them to download to Tidepool where possible and to use Digibete to empower them to self-manage and have a better understanding of their diabetes and optimise their diabetes control.

### Our improvement journey- the steps we took



### Qualitative Feedback from Families/Colleagues

Tidepool: 'Quick and easy to download from home'; 'Easier to understand'.

Digibete: Most really like it, find it useful to have everything at their fingertips. Some comments about still having letters sent out too as worried about missing important information. Only post information that's important, don't post stuff for the sake of it!

### Our Interventions

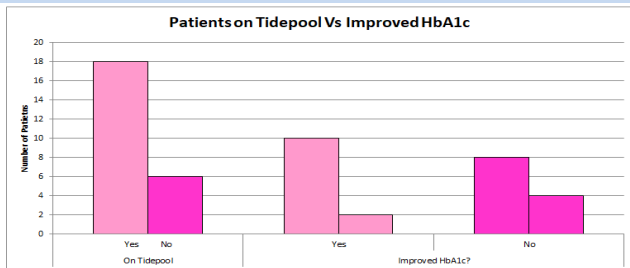
- Regular MDT QI meetings
- Introduction of Tidepool – education about how to use and interpret data
- Introduction of Digibete – sharing clinic information using the App/Education for families
- Collate time in range

### Bright Spots

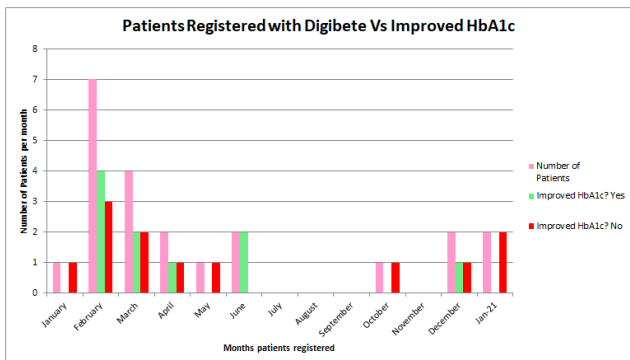
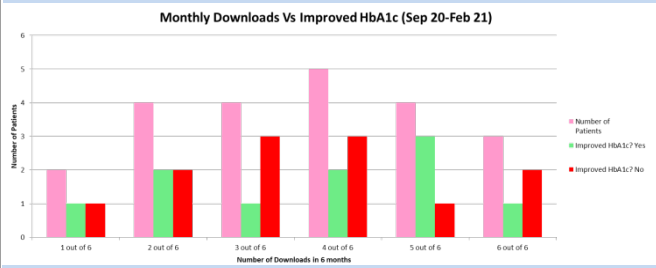
95% caseload using the App (Oct 2020)

Most recent usage figures: 113 active accounts, 14 awards completed; Top 2 videos watched: 40 views of exercise video 6-7years, 35 views sick day rules.

### Outcome Data



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### Further Actions

- Continue small audit cycles to trial new ideas
- Use Digibete to signpost education resources to look at pre clinic visit and then have a short education time in clinic to check back on learning.
- Set up specific groups in Digibete such as new patient groups etc. for targeted information