

An aerial photograph of a Scottish landscape. In the foreground, a large, ornate stone castle tower with multiple spires rises from a dense forest. The background shows a wide expanse of green fields, a winding river, and distant towns under a clear sky.

IMPROVING DIABETES CARE IN SCOTLAND 2018

UNDERSTANDING THE PRESENT AND SHAPING THE FUTURE



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Welcome & Introduction

Stirling Court Hotel, Stirling

2nd February 2018

Brian Kennon, Consultant Diabetologist,
Queen Elizabeth University Hospital, Glasgow



#improvediabetes2018



“IT ALWAYS SEEMS
IMPOSSIBLE
UNTIL IT’S DONE.”

- NELSON MANDELA



Outline

- Housekeeping
- Conference Format
- Scottish Diabetes Survey
- My Diabetes My Way
- Working Together

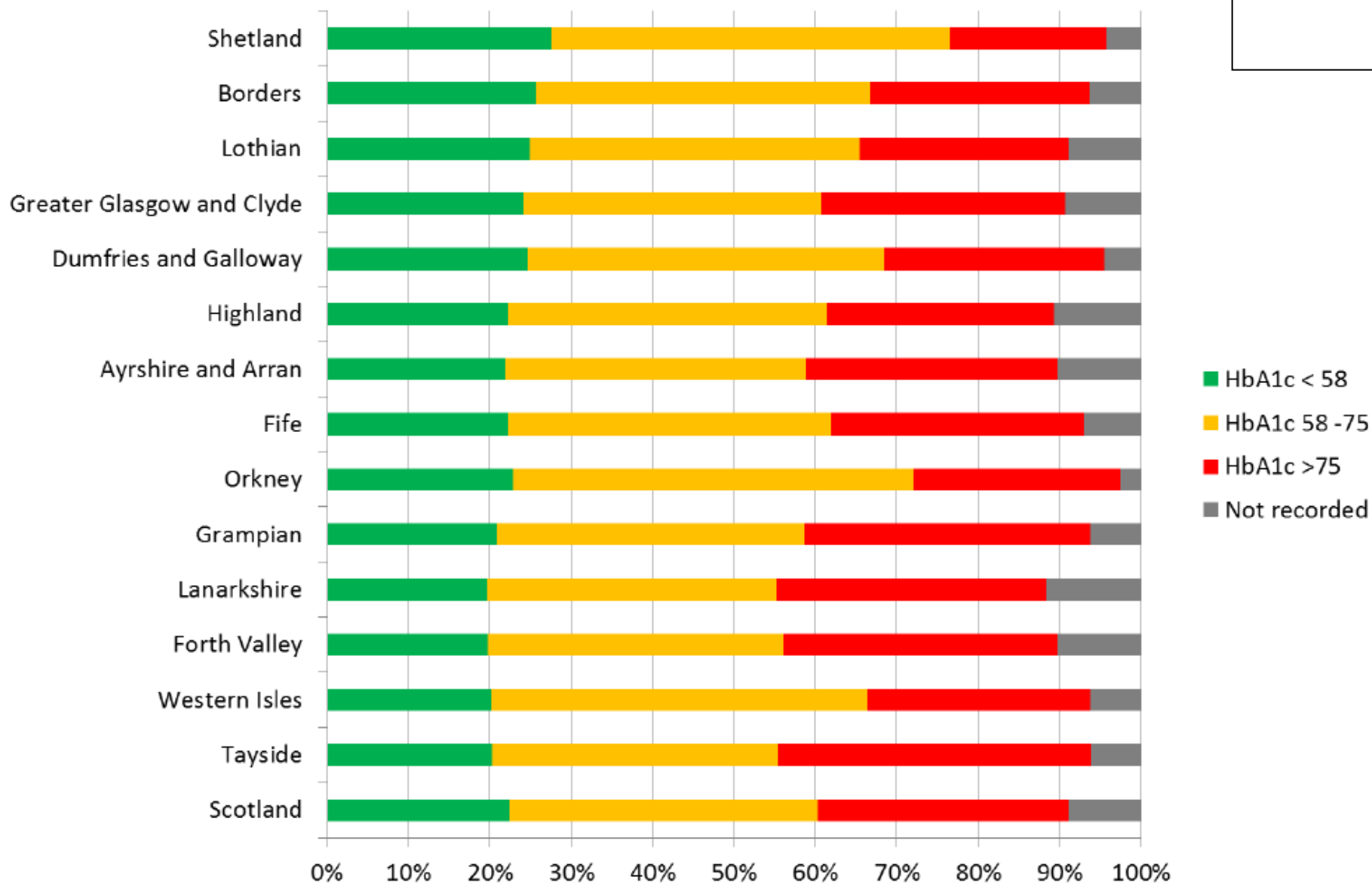


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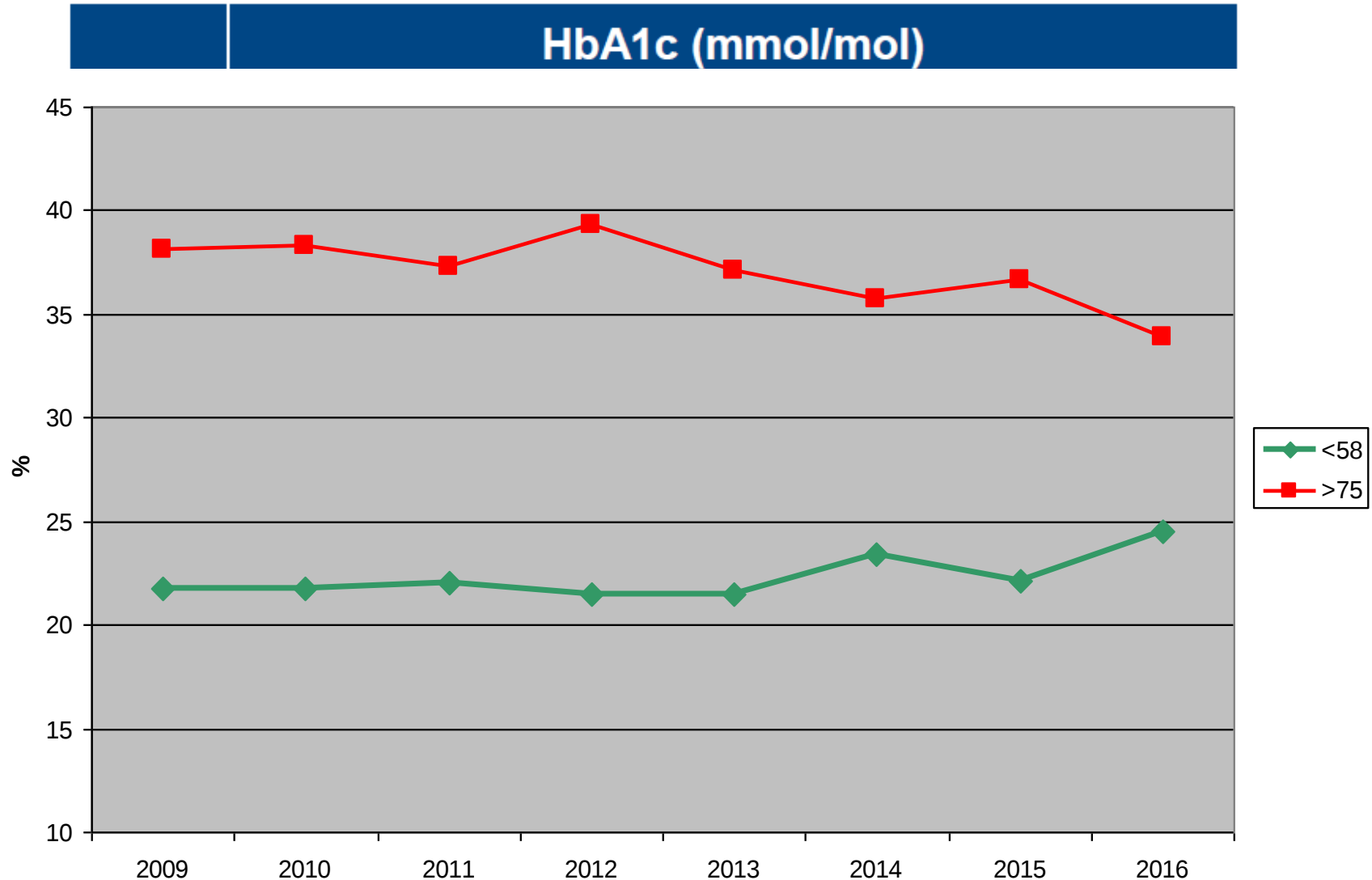
Survey Highlights

Survey	Diabetes register (n)	Crude prevalence (%)	Patient Increase (n)	Patient Increase (%)	Absolute increase (%)
2016	291,981	5.43	7,859	2.77	0.12
2015	284,122	5.31	7,692	2.78	0.12
2014	276,430	5.19	8,276	3.09	0.14
2013	268,154	5.05	9,584	3.71	0.13
2012	258,570	4.92	11,292	4.57	0.18
2011	247,278	4.74	9,810	4.13	0.16
2010	237,468	4.57	9,464	4.15	0.16
2009	228,004	4.41	8,041	3.66	0.14
2008	219,963	4.28	10,257	4.89	0.18
2007	209,706	4.10	12,905	6.56	0.24

Type 1 Diabetes



Type 1 Diabetes



Type 1 Diabetes: Pumps

Year	Aged under 18			Aged 18 or over			All ages		
	Patients (n)	On Pump		Patients (n)	On Pump		Patients (n)	On Pump	
		n	%		n	%		n	%
2016	3013	1035	34.4	27859	2306	8.3	30872	3341	10.8
2015	2950	919	31.2	27379	1948	7.1	30329	2867	9.5
2014	2953	849	28.8	26748	1632	6.1	29701	2481	8.4
2013	2917	659	22.6	26394	1188	4.5	29311	1847	6.3

2011 Scottish Diabetes Survey Data

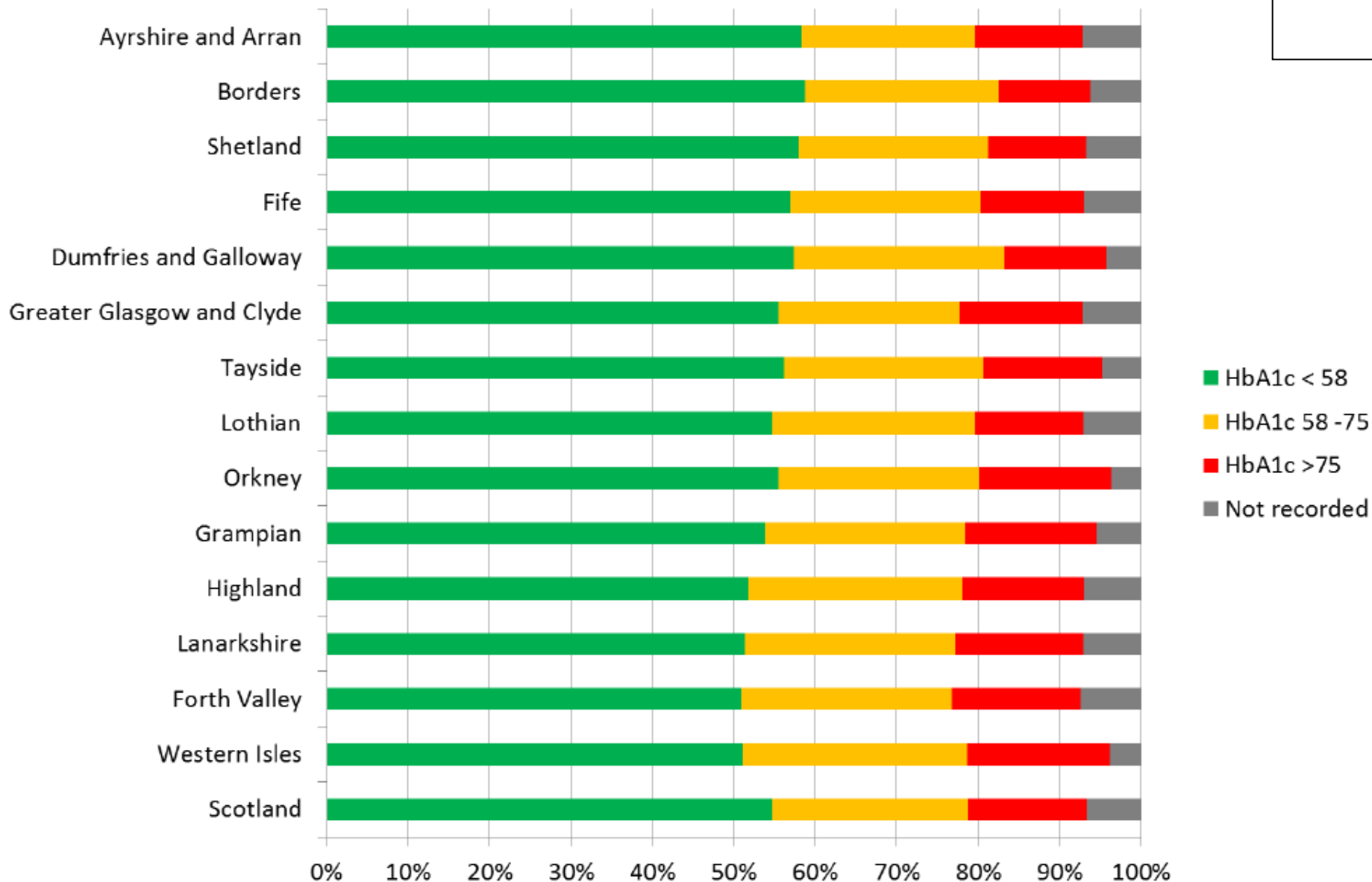
Under 18s 8.4%

4 x increase

Over 18s 2.5%

3.3 x increase

Type 2 Diabetes



Type 2 Diabetes

Year	HbA1c (mmol/mol)					
	< 58		58-75		>75	
	n	%	n	%	n	%
2016	140,185	58.6	61,832	25.8	37,240	15.6
2015	136,132	57.8	61,509	26.1	37,836	16.1
2014	141,426	61.4	54,780	23.8	33,981	14.8
2013	135,767	61.1	53,972	24.3	32,426	14.6
2012	126,141	59.7	52,547	24.8	32,775	15.5
2011	123,974	62.1	46,475	23.3	29,177	14.6
2010	122,563	64.0	42,603	22.3	26,264	13.7
2009	114,281	63.8	40,537	22.6	24,234	13.5

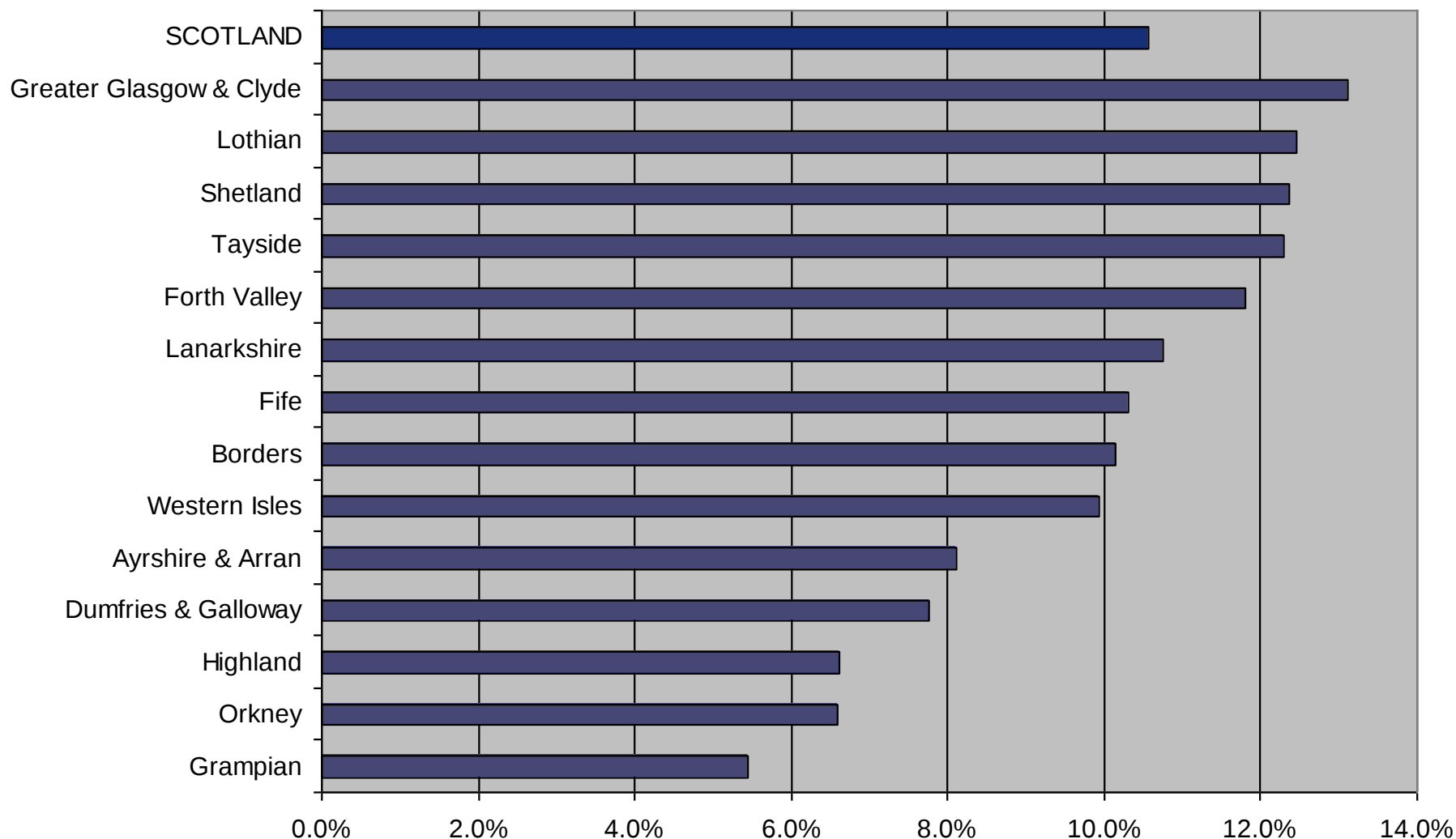
Cardiovascular Risk

Year	Total	Systolic BP $\leq$ 140 (%)	Systolic BP $>$ 140 (%)	Not recorded (%)
2016	288,627	76.6	23.4%	8.9%
2015	281,237	77.8	22.2%	7.2%
2014	273,852	78.5	21.5%	6.2%
2013	256,866	78.6	21.4%	6.0%
2012	256,816	77.5	22.5%	6.4%
2011	228,948	76.0	24.0%	6.9%
2010	220,615	74.9	25.1%	6.6%
2009	212,857	75.1	24.9%	6.1%
2008	199,650	73.3	26.7%	9.2%
2007	204,166	73.0	27.0%	2.6%

MyDiabetesMyWay

NHS Board	Type 1			Type 2			Total		
	n	Pop.	%	n	Pop.	%	n	Pop.	%
Lothian	1,855	4,709	39.4	2,688	34,748	7.7	4,543	39,457	11.5
Shetland	35	131	26.7	85	986	8.6	120	1,117	10.7
Forth Valley	768	1,817	42.3	928	14,770	6.3	1,696	16,587	10.2
Tayside	444	2,087	21.3	1,864	20,963	8.9	2,308	23,050	10.0
Greater Glasgow and Clyde	2,021	6,287	32.1	4,071	55,838	7.3	6,092	62,125	9.8
Western Isles	38	194	19.6	89	1,220	7.3	127	1,414	9.0
Lanarkshire	1,361	4,143	32.9	1,844	34,069	5.4	3,205	38,212	8.4
Fife	441	2,104	21.0	1,228	19,119	6.4	1,669	21,223	7.9
Dumfries and Galloway	182	950	19.2	409	8,352	4.9	591	9,302	6.4
Ayrshire and Arran	421	2,271	18.5	1,039	21,123	4.9	1,460	23,394	6.2
Borders	118	693	17.0	287	5,878	4.9	405	6,571	6.2
Highland	371	1,995	18.6	580	14,789	3.9	951	16,784	5.7
Orkney	34	114	29.8	29	1,048	2.8	63	1,162	5.4
Grampian	481	3,404	14.1	544	24,825	2.2	1,025	28,229	3.6
Scotland	8,570	30,899	27.7	15,685	257,728	6.1	24,255	288,627	8.4

MyDiabetesMyWay



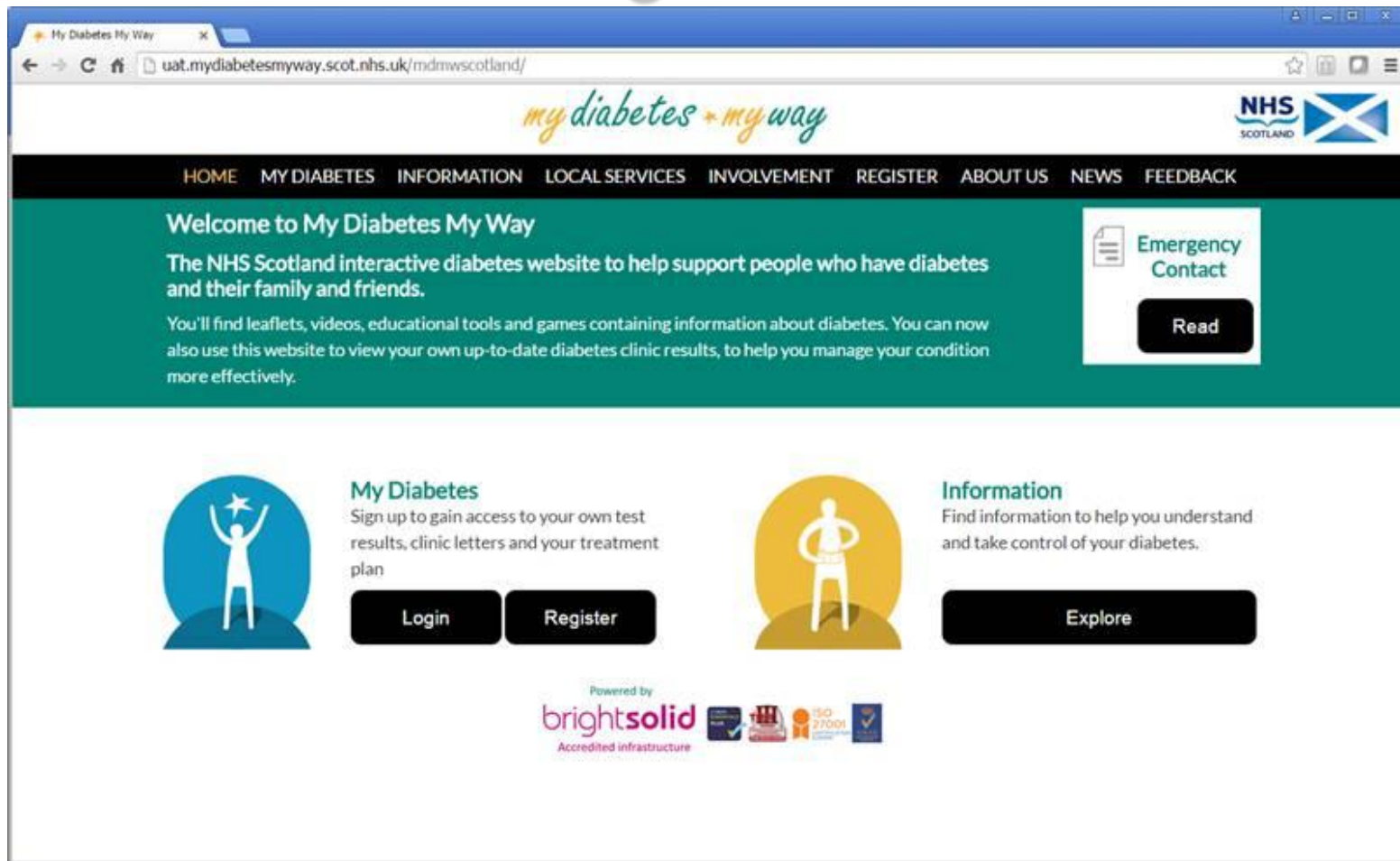
Currently 31,478 registered

51.2% Active Users

Q4 2017 Data

MyDiabetesMyWay

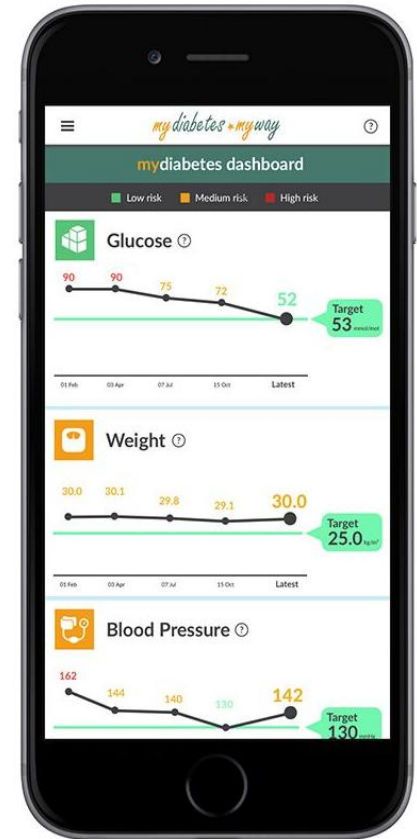
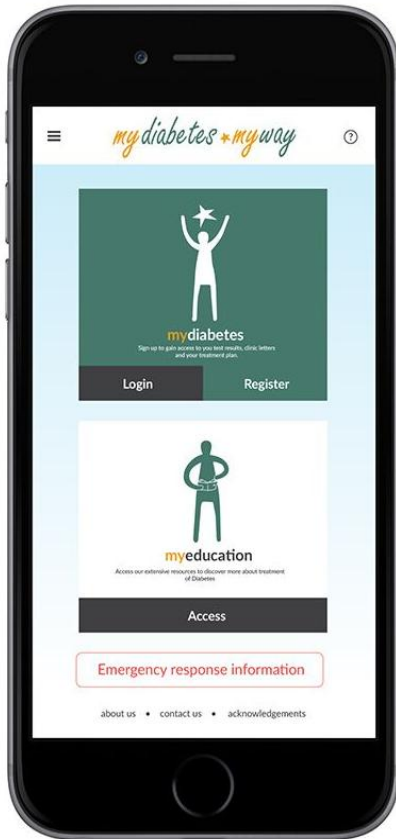
New design Launched!



New responsive and mobile-friendly design Launch 1st Feb!
www.mydiabetesmyway.scot.nhs.uk/news/newsdetail.asp?94

MyDiabetesMyWay

Coming Very Soon.... the SMART PHONE APP !



Scottish Diabetes Research Network

NHS Board	Type 1	Type 2	Total
Ayrshire and Arran	13	21	34
Borders	9	19	28
Dumfries and Galloway	136	593	729
Fife	174	301	475
Forth Valley	74	147	221
Grampian	155	604	759
Greater Glasgow and Clyde	473	837	1,310
Highland	474	837	1,311
Lanarkshire	175	580	755
Lothian	883	1,630	2,513
Orkney	0	0	0
Shetland	5	1	6
Tayside	346	1,576	1,922
Western Isles	5	0	5
Scotland	2,922	7,146	10,068

Working Together

- Scottish Diabetes Research Network
- Technology Enabled Care
- Scottish Diabetes Prescribing Strategy
- Diabetes Scotland
- SCI-Diabetes & MyDiabetesMyWay
- Health Literacy



#improvediabetes2018



Innovate UK

Digital Health Technology Catalyst

Funding to support a £1 million project to deliver: Machine learning/ Artificial intelligence driven decision support for Diabetes Care

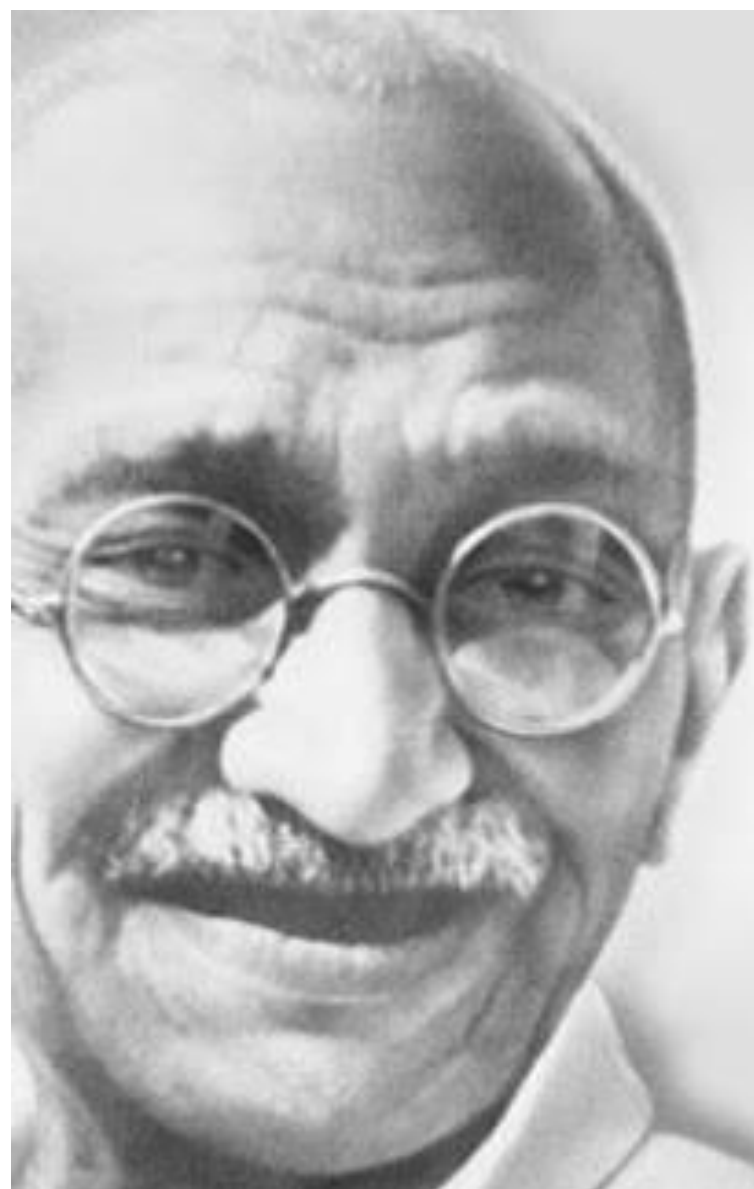
More information during the workshop or speak to
Dr Debbie Wake if you want to know more!

- Dr Debbie Wake
- Dr Scott Cunningham
- Dr Sam Philip
- Dr Sandeep Thekepat
- Dr Chris Sainsbury
- Dr Nicholas Conway
- Dr Stuart Parkes
- Prof Ewan Pearson
- Prof Rory McCrimmon
- (Dr Kenneth Robertson)



University
of Dundee





Be the change
you want
to see
in the world

-Mahatma Gandhi

An aerial photograph of a Scottish landscape. In the foreground, a large, ornate stone castle tower with multiple spires and turrets rises from a dense forest. The tower is made of light-colored stone and has a complex, gothic-style architecture. Beyond the forest, a wide river flows through a green valley. The river is surrounded by lush green fields and some small buildings. In the background, a small town or village is visible, followed by a vast expanse of rolling hills and fields under a clear sky. The overall scene is a mix of natural beauty and historical architecture.

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