



DIABETES AND BERTIEONLINE

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HOW GOOD WOULD WE BE AT DIABETES?

Sit down if :

You have ever had a course of antibiotics and not quite finished them because you felt better!

Started a determined diet and failed miserably within 2 weeks!

You have ever vomitted because of too much alcohol!

You have ever gone to bed without brushing your teeth!

You have ever had a pudding when out to dinner despite already being really full!



- If you have diabetes –either type 1 or type 2-you have an increased risk of developing depression

And

- If you're depressed you have a greater chance of developing type 2 diabetes



- The rigors of managing diabetes can be stressful and lead to symptoms of depression.
- Diabetes can cause complications and health problems that may worsen symptoms of depression.
- Depression can lead to poor lifestyle decisions, such as unhealthy eating, less exercise, smoking and weight gain — all of which are risk factors for diabetes.
- Depression affects your ability to perform tasks, communicate and think clearly. This can interfere with your ability to successfully manage diabetes.



LITERACY AND NUMERACY

- Kerr et al 2010
- 112 adults with type 1 diabetes
- 75% had low literacy skills
- 47% had low numeracy skills



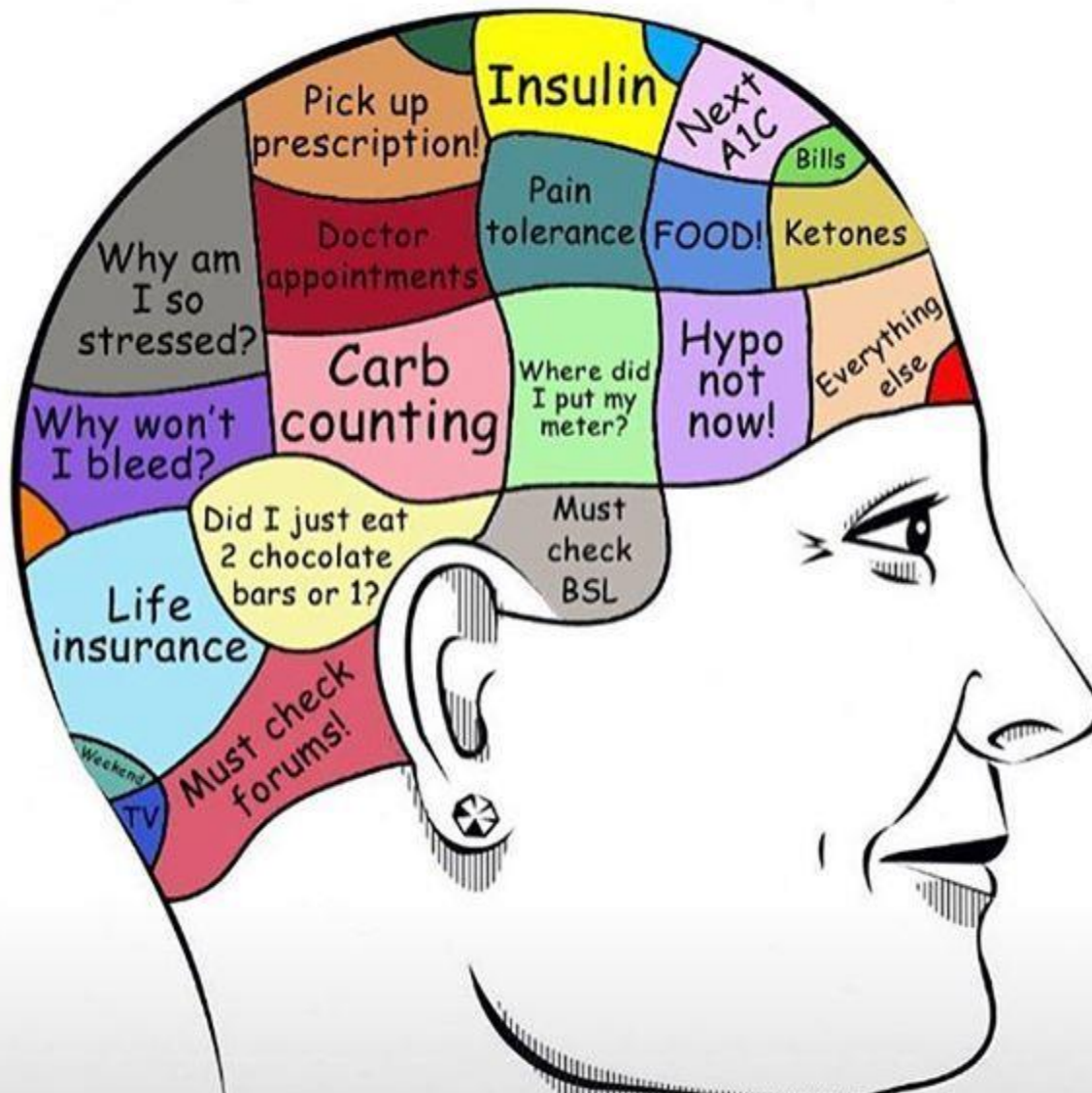
WHAT THINGS DO WE THINK AND WORRY
ABOUT ON A DAY TO DAY BASIS?

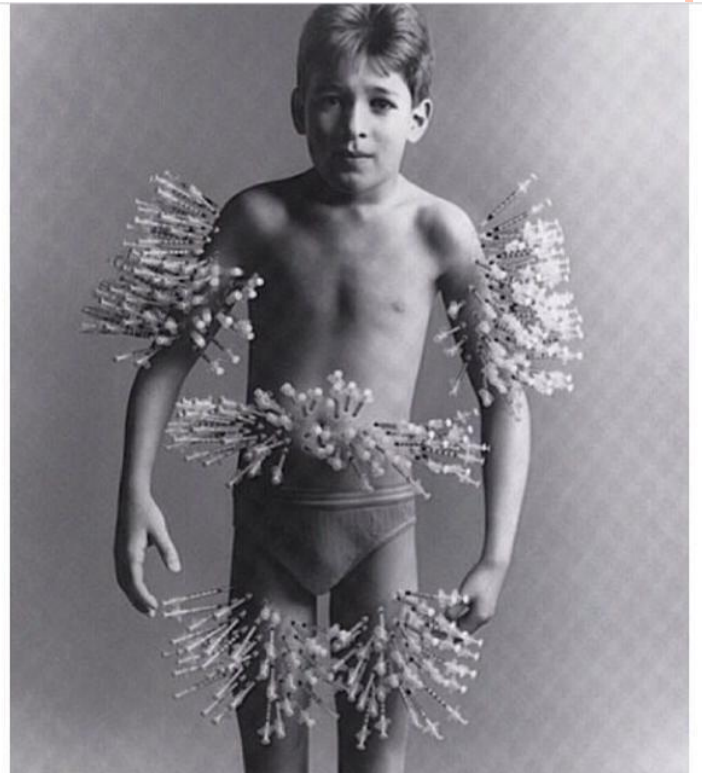


WHAT THINGS DO PEOPLE WITH DIABETES
THINK AND WORRY ABOUT ON A DAY TO DAY
BASIS?



Thoughts of someone with diabetes





IF YOU DIET AND EXERCISE IT WILL GO AWAY

"I would die if I had to give myself shots! How do you do that?"



What You Said...

"If you had a better diet then you wouldn't have gotten diabetes."



I heard cinnamon can cure diabetes

"Are you sure you want to do your shot here?"



"But you look so normal."



"It's better than cancer."

Do you have the bad kind?

"Should you really be eating that?"



Shouldn't you have this disease all figured out?

My grandma has diabetes and lost her leg

Did you eat too much sugar as a kid

No one wakes up in the morning thinking
“How can I sabotage my life today?”



WHAT CAN WE DO DIFFERENTLY?



- NICE recommend all adults with type 1 diabetes should attend a recognised structured education programme eg Bertie, DAFNE
- Currently around 6% population attend



WWW.BERTIEONLINE.ORG.UK



[Home](#) [Key learning](#) [Streetwise](#) [Lifewise](#) [My profile](#) [Tell us what you think](#) [Log out](#)

Are you a teen or a
young adult?

Visit [Streetwise](#) for some specific advice on
topics that might affect you.

Welcome to the **BERTIE Type 1 Diabetes Education Programme**. There is a lot of useful information here to help you to understand and manage your diabetes in a way that suits you and your lifestyle.



Key Learning



Streetwise



Lifewise




Learning


- What is type 1 diabetes?
- Your diagnosis
- Diabetes and how you feel
- Why is insulin necessary?
- Insulin and type 1 diabetes
- Longer acting insulin
- Your background insulin
- Insulin activity
- Rapid acting insulin
- Your mealtime insulin
- Insulin/carbohydrate ratio
- Blood glucose monitoring
- So what is HbA1c?
- Your HbA1c
- What can go wrong?
- What next?
- Key module assessment

Key module 1: What is diabetes?

There are three key learning modules within the **BERTIE Type 1 Diabetes Education Programme** and this first introductory module looks at the basics of what type 1 diabetes is, how it can affect your life and how you can learn to manage it effectively and why this is important. Use the **icons** below to find out more:



Learning



Sharing



Your record

[Return to gateway](#)

[Log Out](#)



Has your diabetes ever got you down? How did you feel? Who or what helped you through your low patch?

Use the icons below to share your own experience and to read and comment on those of other people.

NEXT



Shared experiences

Only the most recent contributions are shown.

June W



Posted 19-Sep-2018 at 08:56. 10

I get down all the time why me I feel mad with my mum but it is not here foot



Rosalind L



Posted 10-Sep-2018 at 14:37. 10

I act as if I'm OK most of the time; it's only when some bright spark says something along the lines of, "Oh, you've had it a long time; you must be used to it by now!". My usual response goes along the lines of, "Tell me, how would you manage with 5+ self administered injections every day and anything up to 10 finger pricks to test your blood sugar? How would you cope with having surgical procedures causing medical staff tell you that, 'considering your age and your diabetes' this could be tricky. If they do admit you and if you do have the procedure, be prepared to spend far longer in hospital recovering than a non-diabetic; how would you react having ...". That usually shuts them up.



Rosalind L



Posted 10-Sep-2018 at 12:52. 10

I would be a very peculiar person if diabetes hadn't led to my feeling low on occasion. It would be lovely to be positive about low blood sugar and it's accompanying effects on health and behaviour; about high blood sugar and it's acc...; the attitude of others, "... ate too many cakes, did you?", "... she is so rude, so drunk, so..."; the attitude of some members of the medical community. I could go on and on, unfortunately it would be boring for others and damaging to me.



Nigel P



Posted 09-Sep-2018 at 16:46. 10

After my first surgery for pancreatitis I became very low and was admitted into The Priory hospital for severe depression, when I became diabetic my depression returned and is always with me, although I take anti depressants my moods swing quite erratically, being diabetic does not help.



Karen H



Posted 07-Sep-2018 at 14:26. 10

I feel I am still getting used to it after being on basal bolus 4 years. I am motivated and pretty good at remembering to test and inject but with a busy life and a young son and a career I find it mentally exhausting and dread winter when it takes me ages to recover from a sick bug or virus. I try to get on with it most days but but sometimes it all feels too much.



Daniella A



Posted 06-Sep-2018 at 12:39. 10

my type 1 diabetes gets me down most the time, sometimes I don't knowhow to solve the feeling. I tend to just have to keep reminding myself there could be worse things as horrible as that sounds and then just tell me yself you just get on with it that's all you can do.



Patrick M



Posted 30-Aug-2018 at 09:25. 10

When I hit my 20s I grew angry at the Diabetic Specialists, I always felt that they typecast us as all the same which I argued. "You cant tell me how I feel if you arent diabetic" I would declare. Eventually they banned me from the clinic and i went almost a decade without going. After my last DKA I was referred back and met the most wonderful new and fresh minded specialists who saw that everyone was different and it inspired me to be better.



WWW.BERTIEONLINE.ORG.UK/STREETWISE

Sex and contraception



Sex and diabetes, blood glucose control, contraception and insulin pumps.

Travel



Planning your trip, packing, going on holiday with your insulin pump and gap years.

Living and coping with diabetes



Reacting to, accepting and adjusting to your diagnosis, feeling different, body image and family.

Festivals



Before you go, whilst you're there, the essentials, festival pressures and hypos.

Leaving home



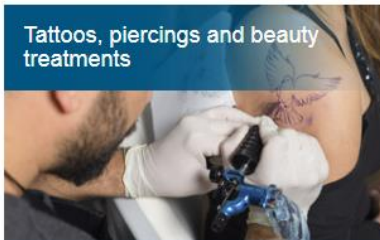
Leaving home for work, university or college, new encounters, support away from home and finding a new GP and diabetes team.

School and exam stress



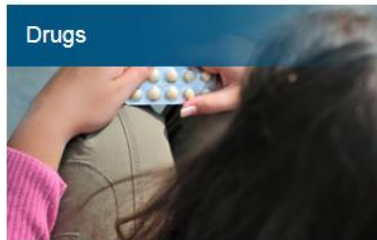
Diabetes at school, telling your teachers and friends and exam stress.

Tattoos, piercings and beauty treatments



Tattoos, piercings, waxing and pedicures.

Drugs



Drugs and diabetes, depressants, stimulants, hallucinogens and staying safe.

Alcohol



Alcohol and diabetes, managing your blood glucose whilst drinking and hypos.



Sex and contraception

Sex and diabetes, blood glucose control, contraception and insulin pumps.

This topic looks at experiences, scenarios and advice associated with sex and contraception if you have type 1 diabetes. Choose any of the learning activities to get started.

[Back to Streetwise](#)

Share your experience



See what others with diabetes have to say about their experiences of sex and contraception and share your own experience.

What would you do?



Explore scenarios you may face if you have diabetes and you're thinking about having sex. Consider what you would do and see what others have said.

Learn more



Find out more about issues that you may need to consider if you have diabetes and you're thinking about having sex.



BERTIEonline: The impact of unreported diabetes distress

C. Shaban, J. Ryder, E. Jenkins, M. Weiss, H. Partridge
Bournemouth Diabetes and Endocrine Centre Royal Bournemouth Hospital BH7 7DW
www.b-dec.co.uk

Aim:

BERTIEonline was launched in September 2016 to provide an interactive platform to complement face to face structured education for people with Type 1 diabetes. In addition to 3 core learning modules, the module 'Lifewise' addresses topics such as psychology, insulin pumps, driving, pregnancy, inpatient diabetes and 'Streetwise' is designed to engage young people with activities such as travel, festivals, alcohol, sex and contraception and coping with diabetes. Twelve month follow up data was evaluated to explore the impact of the course on reported diabetes distress.

www.bertieonline.org.uk

3 modules –
What is Type 1 diabetes?
Carbohydrate counting
Managing diabetes in real life

www.bertie-streetwise.org.uk

Aimed at young adults (aged 18-21yrs) with Type 1 diabetes, specifically to address topics such as alcohol, sex and contraception and festivals, linking back to the core modules.

www.bertieonline.org.uk/lifewise

Topics aligned to structured education identified by focus groups such as insulin pumps, pregnancy, driving, growing old with diabetes; the most pertinent of which was psychological aspects of diabetes.

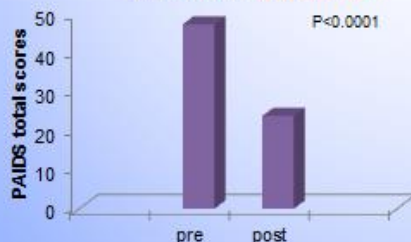
Method

Anonymous data was collected during the first year. Registrants were invited to complete the Problem Areas In Diabetes Scale (PAIDS) at registration and after completion of the course, and paired analysis completed. Full evaluation of website activity is reported elsewhere [Poster No. ????](#)

Results:

During the 12 month evaluation period:
➤ n=2096 registered users,
➤ n=934 completed pre course PAIDS
mean (sd) 38.0 (19.8)
➤ n=75 completed post course PAIDS
mean (sd) 25.1 (17.4)
➤ n=65 paired analysis pre:post
mean (sd) 47.2 (31.8): 23.7 (15.8) $p < 0.0001$
➤ Questionnaire items aimed at emotional distress indicated highest mean scores

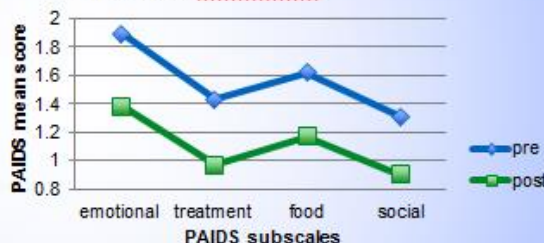
Mean PAIDS scores
pre and post BERTIEonline



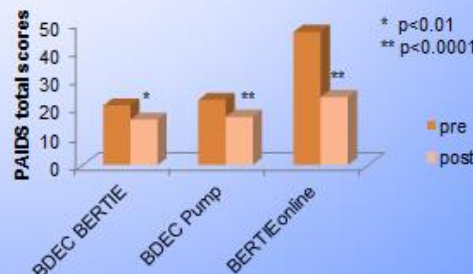
Conclusions

- The highly significant reduction in diabetes distress suggests the online platform is effective in providing users with appropriate knowledge and skills to reduce the emotional burden of living with diabetes.
- The initial PAIDS scores suggest BERTIEonline is being accessed by people experiencing significantly elevated diabetes distress when compared with those who have attended BERTIE and insulin pump starts at BDEC.
- The level of reported diabetes distress suggests there is a considerable cohort with access to the Internet who are not able to access direct emotional support and structured education.

PAIDS subscale scores
pre and post BERTIEonline



Comparison of PAIDS scores
in different settings



Acknowledgement:

The authors thank The Monument Trust for their generous grant without which this development would not have been possible.

1 year effectiveness outcome data from an online educational platform for people with type 1 diabetes

Bertieonline

H Partridge, E Jenkins, J Ryder, M Weiss, C Shaban
Bournemouth Diabetes and Endocrine Centre, Bournemouth BH7 7DW
www.b-dec.co.uk / www.bertieonline.org.uk

AIMS

Bertieonline was launched in September 2016 offering an interactive online adjunct to structured education for people with type 1 diabetes. Following the exact curriculum of our QISMET accredited BERTIE structured education course we designed a digital platform, free to use by all, with access to the internet to support patient self management and empowerment.

METHODS

Anonymous data was collected over 1 year post launch. We assessed the number of people visiting each area:

Key Learning - the core curriculum containing 3 modules

1. What is Diabetes 2. Carbohydrate Counting 3. Managing Diabetes in Real Life



Streetwise - Aimed at young adults

Lifewise - Subjects allied to structured education courses

RESULTS

There were 2906 total registrations in the first year.

Streetwise

2459 visits with "sex/contraception" and "Living and Coping with diabetes" having the highest frequency visits (25% and 17% respectively)

Welcome to Streetwise!

This area looks at issues that are common among young people with type 1 diabetes. Streetwise aims to help you understand how diabetes can impact your day to day life as a young person. You will be able to take a look at useful advice, hear other people's experiences of living with type 1 diabetes.

There are four Streetwise topics to explore, each with five learning activities. Share your experience. What would you do? and learn more.

Read a topic page and then work through any of the learning activities. You can return to this page at any time to explore another topic. You will also be able to follow links to our Key Learning and Lifewise areas of the website if you wish. If you don't have access issues that are not covered by Streetwise.



RESULTS	Module 1	Module 2	Module 3
Registrations	1892	1357	619
Dwell Time	44 mins	45 mins	61 mins
Certificates Awarded	82%	90%	64%

Lifewise

"Psychology" had the largest proportion of visits at 43%



SUMMARY

Bertieonline offers a valuable resource as an adjunct to structured education available at all times of day and night with evidence of use of all modules and particular use of areas related to psychology and the emotional toll of diabetes.

WHAT CAN YOU DO?



HOW LONG DOES A CONVERSATION TAKE?

- Me : Hello how are you?
- PWD: Hi, oh ok...., bit stressed, bit nervous.....
- Me: Yes it can be a bit scary can't it. Do you worry about your retinal screening? Do you worry about your diabetes? How do you get on with your diabetes? Do you live in harmony or is it all a bit difficult?
- PWD: I hate diabetes, I can't do it, I want to go away
- Me: (Oh hell....panicnow I've opened a can of worms)
- Me: Mmmm, a lot of people feel like that. It's really hard isn't it? Trying to fit it into your life and live with it every day. Have you ever had the opportunity to look for help and support with your diabetes in other ways? There are some really good resources to help support you because believe it or not absolutely everyone with diabetes goes through exactly what you're going through at some point or other.....can I show you a few things that people have found helpful.....





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[Planning Exercise](#)

[ExCarb and Insulin Calculator](#)

[Glucose Management](#)

[ExCarbs Approach](#)

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Our aim at ExCarbs is simple
Plan Your Insulin, Exercise Safely, Have Fun and Reap the Rewards!

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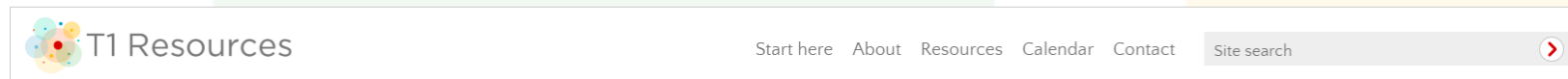
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All Resources



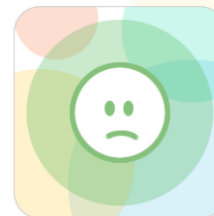
Introduction to T1



Managing T1 Diabetes



Managing Life



Managing Complications



Future Diabetes

Find support and information to help you manage Type 1 Diabetes

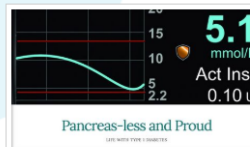
Finding information on the internet can be a bit bewildering. Some of it is good. Some of it is utter nonsense - but how can you tell which is which?

Many people find interacting online with others living with type 1 diabetes can help them feel less isolated and to face the daily ups and downs of living with a long term health condition, but it can be hard to know where to start, or understand what all this [Social Media](#) stuff is all about.

Well if you want to know your cinnamon from your analogue insulin, and your FaceTwit from your WhatsBlog, then you have come to the right place.

t1resources.uk has been put together by people living with diabetes and healthcare professionals to offer a selection of valuable resources that have been reviewed and agreed to be helpful, informative and to offer good support. Find out more about [who is involved](#) and [how we review these resources](#), or simply [jump in](#).

Latest resources



Jessica shares her survival tips...

A blog post written to parents of children with T1D by Jess, a 16 year old with T1D. Jess shares 7 tips about starting secondary...

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Added/Updated: 15/09/2018



Foot care, treatment and...

An article for nurses on footcare for people with Diabetes originally published in the British Journal of Community Nursing.

257545254758254729254730257546257311255274
Added/Updated: 15/09/2018



INSPIRE SOMEONE LIVING WITH TYPE 1 DIABETES

SHARE YOURS

**We fund type 1 diabetes
research to improve
lives and one day
eradicate the condition
for good.**



RESOURCES

- WWW.bertieonline.org.uk
- www.T1resources.com
- www.excarbs.com (for exercise and type 1 diabetes)
- www.runsweet.com (very motivational for people who want to exercise with type 1)
- www.jdrf.org.uk
- www.diabetes.org.uk
- Twitter #gbdoc (tweetchat every Wednesday 9pm)

