

digitalhealth

REWired
BIRMINGHAM 12-13 MARCH 2024

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Rochelle Featherstone

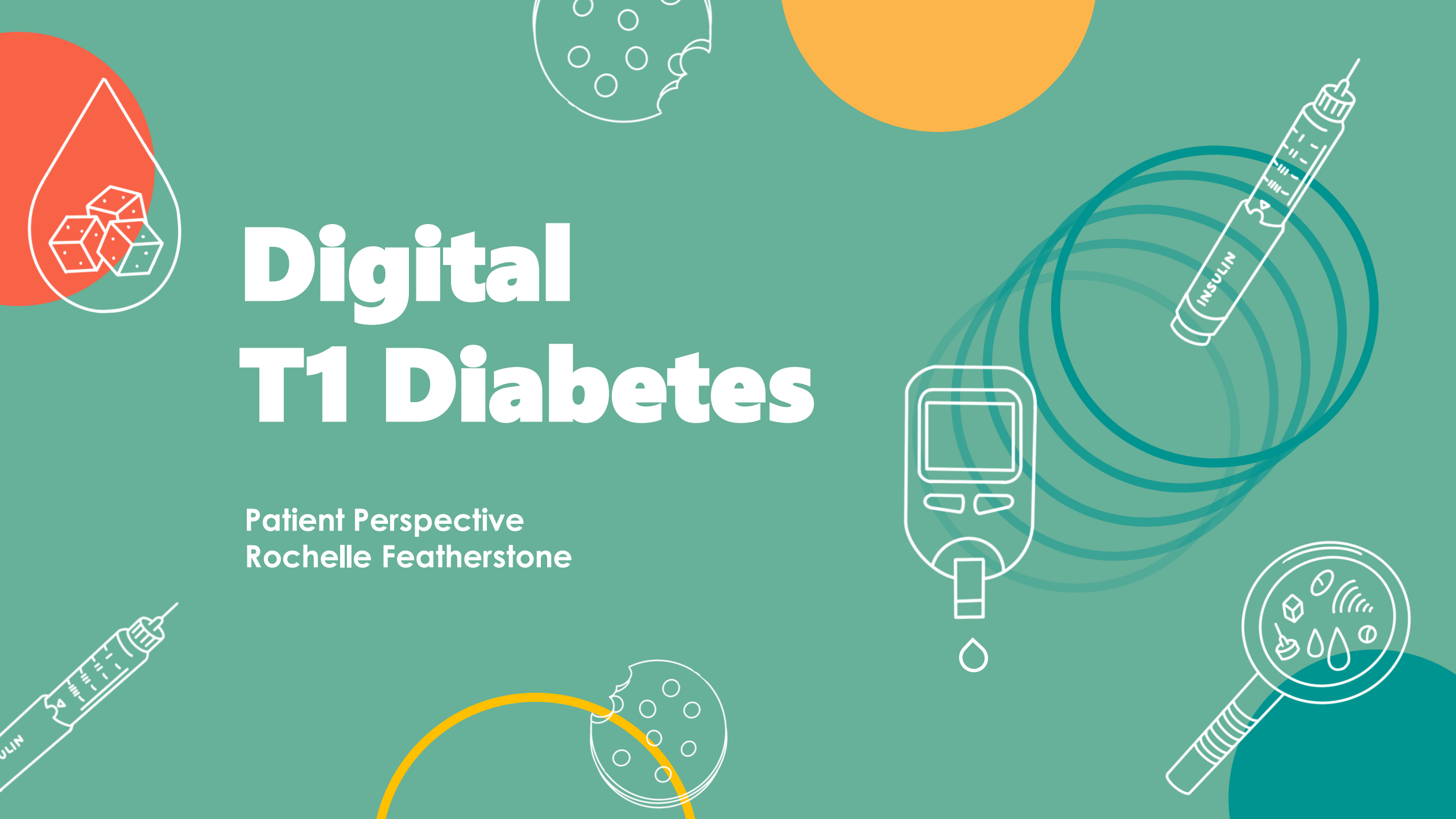
Shared Care Record Project Manager
NHS Humber & North Yorkshire ICB



**PATIENT
ENGAGEMENT
STAGE**

Digital T1 Diabetes

Patient Perspective
Rochelle Featherstone





Hello there!

I'm Rochelle and I've been a Type 1 Diabetic for over 21 years.

Which means I have for majority of my life been experiencing the impact of making Digital advancements in Type 1 care available to patients.

I'd like to talk about it...

Symptoms



2003

Diagnosed



Digital Timeline

Diagnosed

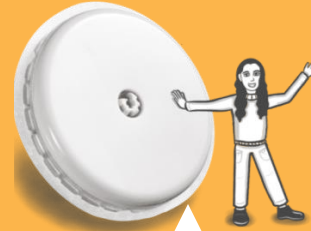
2003

Age 6

16 years of management struggles and low quality of life

Traditional Management Methods:

- Blood test every 4 hours or more (including through the night)
- Parents visiting school at lunch
- Restricted diet / mealtimes
- No data insight
- Limited control
- Low quality of life



2019

CGM

CGM Upgrade

2021

FreeStyle Libre 2

2023

Smart Pens



Continuous Glucose Monitoring (CGM)

Life Changing Benefits:

- Reduction in painful manual testing
- Predictive blood sugar levels
- Informed decision making
- Tailored clinical care
- Alarm alerts
- Peace of mind
- Quality of life



“Wearing a CGM has given me a part of my life back I never knew I lost...”

CGM Dashboard

View the same data and information that my clinician can:

- Daily patterns
- Time in target
- Low glucose events
- Average glucose
- Daily graph
- Sensor usage

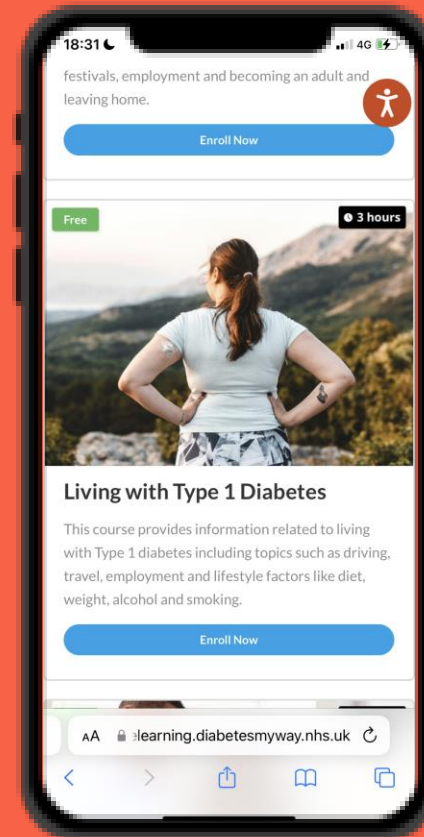


Smart Pens



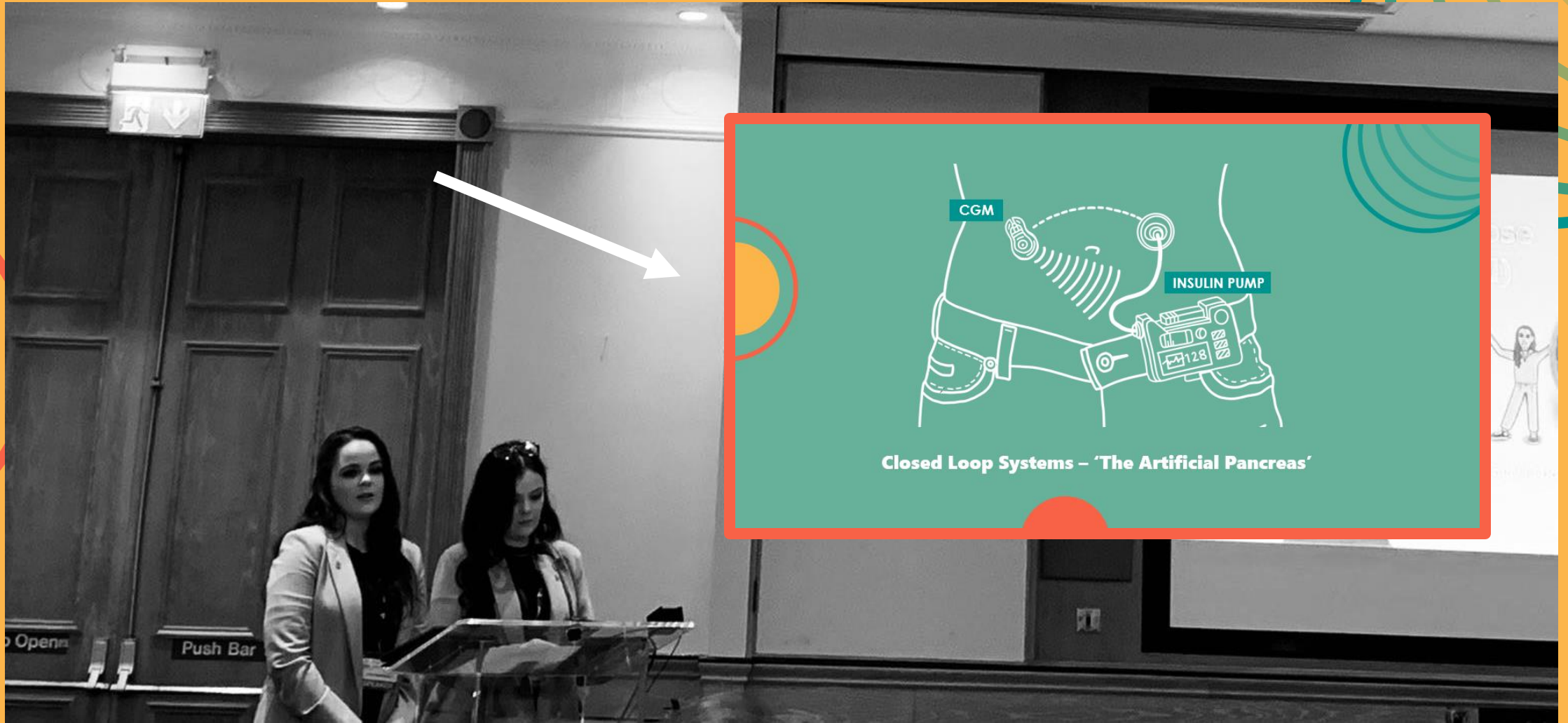
- Dose Track
- Time Track
- Reduce Missed Injections
- Insulin Management Insight
- CGM App Compatible
- Reduce Plastic Waste

Online Courses



- Understanding Type 1 Diabetes
- Growing up with Type 1 Diabetes
- Carbohydrate Counting
- Type 1 and Physical Activity
- Considering an Insulin Pump
- Freestyle Libre 2

Providing patients with free easy to access tools to empower, educate and upskill for well-rounded informed management.



11th November 2022 – NYHDIF

Elise - Closed Loop Story

In Summer 2023 Elise was given the go ahead to go on a hybrid closed loop insulin and CGM delivery system.

“A hybrid closed loop system isn’t just life changing for a diabetic, it’s lifesaving. After suffering a series of diabetic seizures during my sleep my hybrid closed loop system has given me the freedom to live more confidently and in control of my condition. Prior to receiving my HCL I experienced high levels of anxiety around my blood glucose levels resulting in loss of control and an average time in range of 30%. Now with my HCL my time in range exceeds my target of 70%, often sitting between 80-90% each day. I can finally live knowing what it’s like to feel normal.”

- Elise Featherstone



HCL TIR



Diabetes UK 2023 Tech can't wait campaign

Rochelle – HbA1c Journey

HbA1c = a simple blood test that measures your average blood sugar levels over the past 3 months.

HbA1c CHART

Normal

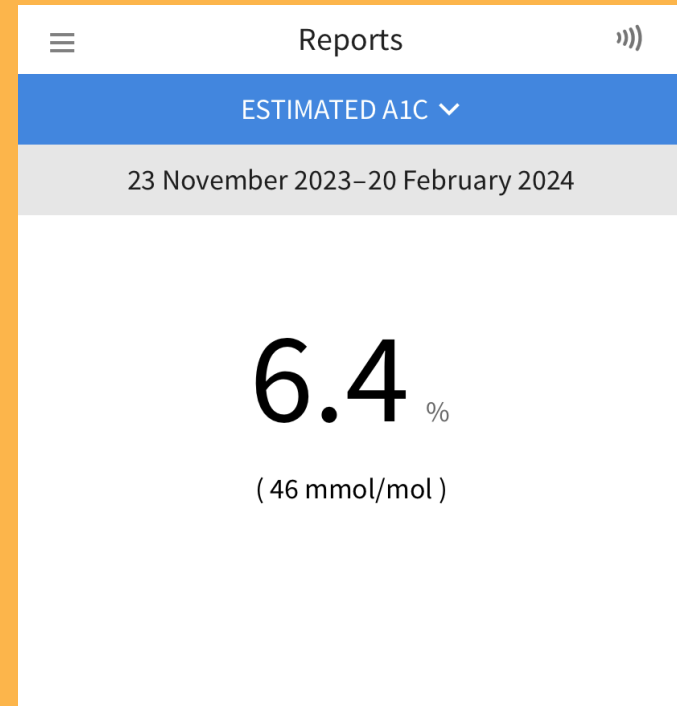
Normal range for Non-Diabetics 4% - 5.6%

Prediabetes

Prediabetes range 5.7% - 6.4%

Diabetes

Diabetes 6.5%+



Type 1 for over 21 years with a current A1c showing as prediabetic. All possible because of the advancements in Digital Diabetes management.

Digital Changing Lives

How much has Diabetes technology impacted your life?

“It has changed my life”

“Hugely, couldn't survive without it”

“Getting a CGM was absolutely life changing; having real time information was so so helpful and getting hypo alerts was prob lifesaving; helped avoid depression and feeling out of control of my own life”



“The technology has given me the freedom to live without the constant burden of Type 1 diabetes weighing heavily on me and my family”



“So much! My hcA1b has improved so much since being on a CGM, especially with Dexcom”

“It's made my life feel much more in control and probably saved me from an eating disorder. Moving from mdi to a pump was phenomenal and now HCL has helped me tremendously after a brain injury”

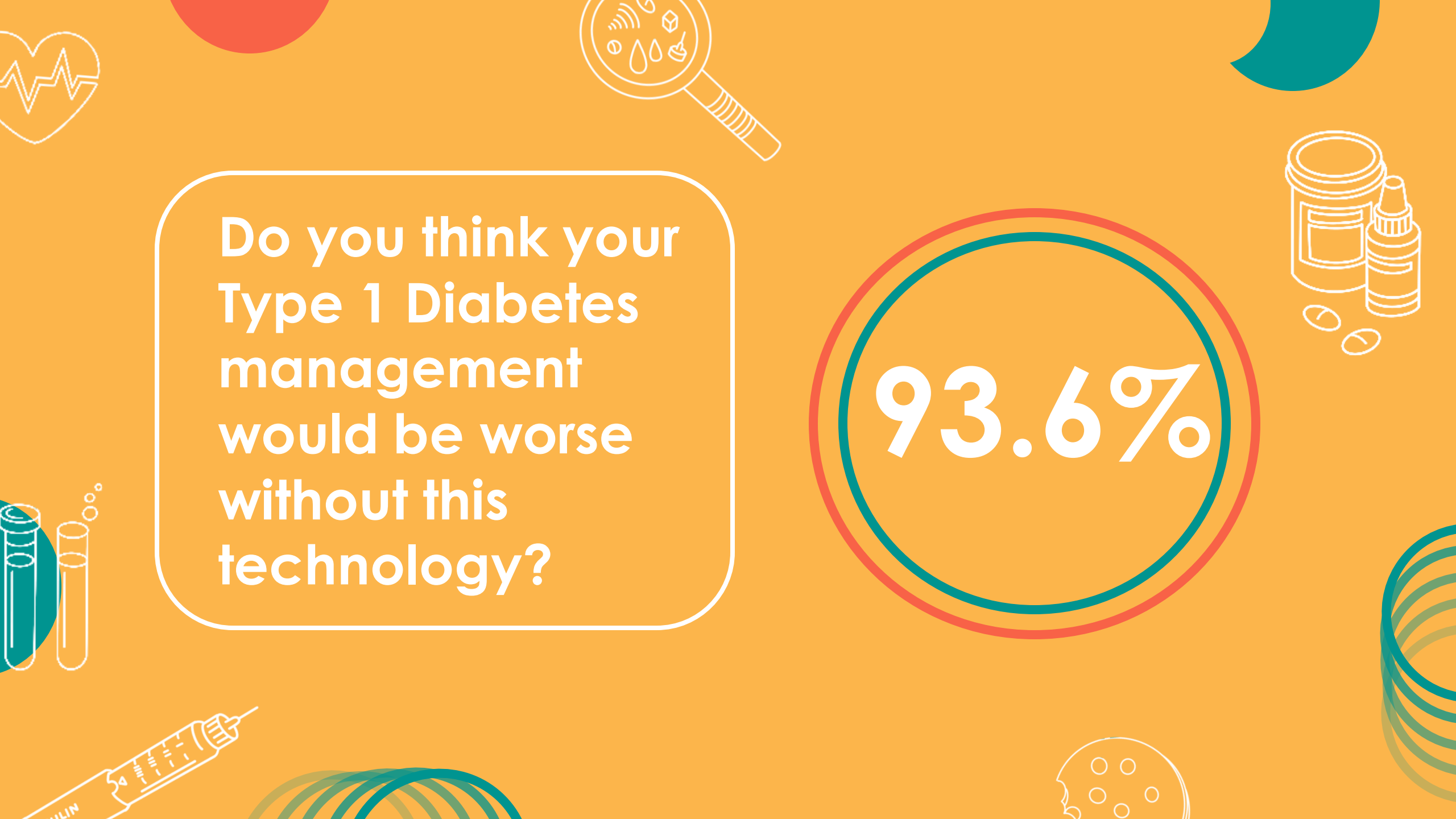


“Freestyle Libre totally changed my life, spotting trends, how my blood sugar levels react to foods/exercise and preventing hypos/hypers”

“CGM is a lifesaver! Haven't been DKA in 8 years”

“Tremendously - My life with diabetes in 2024 (especially my mental health) is incomparable with what it was for 45 years previously!”





Do you think your
Type 1 Diabetes
management
would be worse
without this
technology?

93.6%

It's not all perfect...

Have you ever found it difficult to gain access to Type 1 Diabetes technology?

76.5%



30.5%



Self-Fund

"The lack of access to new technology. I feel it is almost like postcode lottery or you must meet a strict criteria to get technology that could literally change your life "

"Postcode lotteries - different tech being available in different areas"



"Hospitals seem to be reluctant to give them out, and I think accessibility also depends greatly on where you live which is completely unfair"



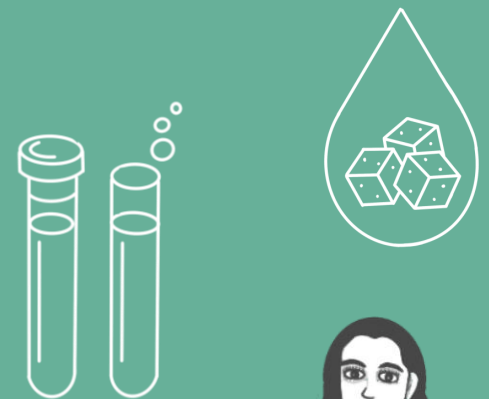
Hopes for the future

Made the progress needed to ensure every single Type 1 Diabetic under NHS care has access and options in Diabetes technology including the right to a closed loop system.

Progress is constant and inevitable.

- Professor Partha Kar (NHSE National Diabetes Specialty Advisor)

Digital is Changing Lives.



Thank you for listening.

Contact Information



Rochelle Featherstone

✉ rochelle.featherstone@nhs.net

🌐 Twitter: @RochelleFeath

👤 LinkedIn: Rochelle Featherstone