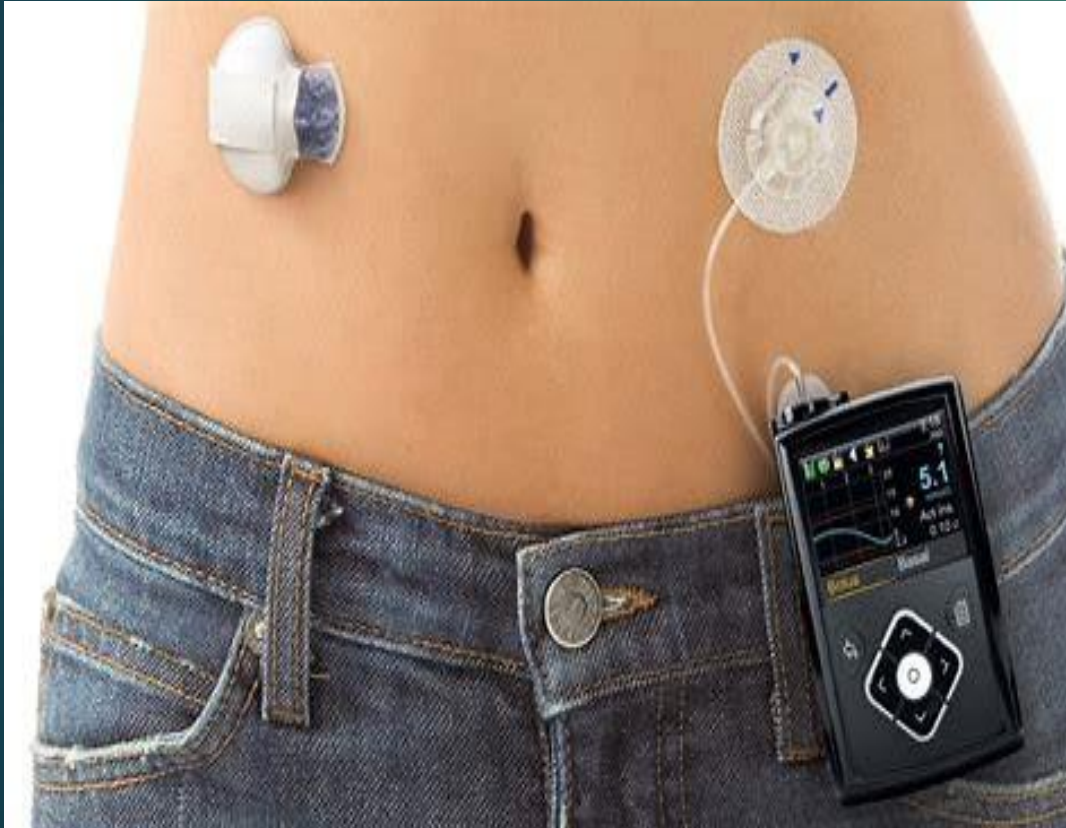


Better coordinated care Supporting integrated care for patients with diabetes



UNIVERSITY OF WALES

TRINITY SAINT DAVID

CERTHESWHSSH-LI

DIGITAL SKILLS AND
RESEARCH METHODS

TUTOR: GREGORY
COWAN

AUTHOR: PETRA
STANKOVA

2216986

GROUP :

About diabetes

- ❑ Diabetes is an autoimmune disease, when pancreas does not product any insulin, (diabetes type 1) pancreas doesn't product enough insulin or body cannot process insulin effectively(diabetes type 2, gestational diabetes)
- ❑ Diabetes is characterized by high blood level sugar for a longer time period.
- ❑ Diabetes is a very serious disease, of which neglect can lead to permanent damage to health or death.
- ❑ People with diabetes must check their blood sugar level regularly, have healthy diet and many of them also inject insulin into their blood. People with diabetes type 1 use insulin always, with diabetes type 2 based on doctor's recommendation.
- ❑ Fortunately, we live in a time when modern technologies help to control both blood sugar levels and the correct dosage of insulin very effectively.





Examples of technology that helps people with diabetes maintain healthy blood levels:

- ❑ Blood glucose monitors
- ❑ Continuous blood glucose monitors
- ❑ Blood sugar control ring
- ❑ Ketone monitors
- ❑ Smart insulin pens
- ❑ Insulin pumps
- ❑ Diabetes management apps

How devices help:

4

- ❑ **Blood glucose monitor, continuous blood glucose monitor and blood sugar control ring** control blood sugar level and help people with diabetes understand how the sugar level changes after different meals, after exercise or other physical activities.
- ❑ **Smart insulin pens and insulin pumps** transport the required amount of insulin in to body.



References:

- ▶ <https://www.diabetes.org.uk/>,
- ▶ <https://www.medicinenet.com/>
- ▶ **Peter Littlejohns** 11/2020, <https://www.nsmedicaldevices.com/>
- ▶ <https://diatribe.org/diabetes-devices>
- ▶ 2005-2022 Healthline Media a Red Ventures Company, <https://www.healthline.com/>
- ▶ <https://www.nhs.uk/conditions/diabetes/>