



iDiabetes
Precision diabetes care





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NHS Tayside is testing an enhanced care approach for people with diabetes. iDiabetes, which stands for intelligent diabetes, uses your medical records with blood tests and computer algorithms to help your diabetes care team offer you more precise treatment. Any recommendations made will be specific to you, based on your individual risks and likelihood of benefit, rather than the current one size fits all approach.

We are very excited about this new approach but to show that it is better than the current care you receive, and is good value for money, we need to introduce it as part of a research study. Across Tayside, patients will receive ongoing standard diabetes care or an iDiabetes care approach.



How does *i*Diabetes work?

You attend for your diabetes review and have your routine bloods taken.

Blood samples are tested as usual by NHS Laboratories.

Results are analysed using information about you such as your age and type of diabetes.

*i*Diabetes asks:

- Do you have an increased risk of heart or liver disease?
- Is your diabetes control sub-optimal?
- Should you be on additional treatment?

Results are sent to your health care team within four weeks.

*i*Diabetes may recommend:

- A change to a new medication
- Lifestyle changes
- No changes

*i*Diabetes only makes recommendations. You and your doctor or nurse can agree on what is the right treatment for you.

We will follow how you get on for up to 15 years through your health records.

What does this mean for me?

Your GP practice is taking part and has been selected at random (like tossing a coin) to implement *i*Diabetes care. This will start when you attend your next diabetes review.

Can I see my results and treatment recommendations?

You will be able to see your results and tailored information in My Diabetes My Way. This 'patient portal' lets you find out all about your diabetes, and diabetes in general, and we encourage you to sign up to this. (mydiabetesmyway.scot.nhs.uk)

Follow up recommendations may be given if there is a change in your risk or recommended treatment.

What happens to my health data?

In this research study we will use information from your medical records. We will only use information that we need for the research study. We will let very few people know your name or contact details, and only if they really need it for this study.

Everyone involved in this study will keep your data safe and secure. We will also follow all privacy rules. At the end of the study we will save some of the data in case we need to check it and for future research. We will make sure no-one can work out who you are from the reports we write. The information on the website tells you more about this.



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What happens to my blood samples?

Your blood samples will be processed as usual within the NHS labs and the results used to inform your clinical care and make *iDiabetes* recommendations.

NHS blood samples are usually destroyed after seven days. If you are happy for your left-over anonymised samples and health data to be used for research to improve diabetes care, then we would encourage you to join the SHARE register (registerforshare.org).

If you do not wish to be involved

You do not have to take part and the standard of care you receive will not be affected. You can opt out of *iDiabetes* at any time without giving a reason. You can do this at your diabetes review by speaking to your doctor or nurse. You can also contact the *iDiabetes* team via the website or by phone.

If you'd like more information

You can find out more about *iDiabetes*, the blood tests and how recommendations are made on our website.



Research team contacts

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This research is funded by the Chief Scientist Office, Scottish Government and Sponsored by the University of Dundee. It is being run by researchers from the Universities of Dundee and Aberdeen and NHS Tayside. It has been reviewed by an NHS Research Ethics Committee and has raised no objections from the point of view of medical ethics.

iDiabetes, Patient Flyer, V2, 23rd March 2023

