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Media Release

Children with diabetes benefitting from new app launched at RUH

Children with diabetes are managing their care with a new app launched at the Royal United Hospitals Bath NHS Foundation Trust.

The MyLife app was introduced at the RUH for children with type 1 diabetes. It calculates the precise dose of insulin needed, taking into account blood glucose measurements and planned food and drink.

To use it, children check their blood sugar in the way they normally do – which could be a finger prick check or using a sensor – then add the result into the app. They also add their planned carbohydrate intake, then the app will tell them exactly how much insulin they need to inject.

Around 170 RUH patients aged up to 18 are now using the app, made by diabetes specialists Ypsomed, thanks to work by the Paediatric Diabetes team.

The RUH is celebrating the project this week, to link in with World Diabetes Day on Sunday 14 November.

Consultant Paediatrician Lynn Diskin said: “The best thing about the app is how easy it is for young people and their families. Being diagnosed with lifelong diabetes is hard enough, so being able to use the app to manage insulin calculations is fantastic.

“We have had really positive feedback, and teenagers especially tell us that they really like that everything is all in one place on their phone. Of course, the app isn’t just for children – they can go on to use it in adulthood too.

“Longer-term we expect to see a beneficial impact on rates of complications, especially for our patients who use sensors to check their blood glucose levels. The app means that they can more accurately calculate the insulin they need.

“The app automatically updates our records too – we can review our patients’ data and make suggestions around management.”

The team took a personalised approach to introducing the app, knowing that for some families the availability of technology would be a barrier.

Additional support included face-to-face teaching sessions for those who couldn’t access an online session. The team also sourced funding from RUH charity The Forever Friends Appeal to buy up-to-date mobile phones for those families who were unable to afford one.

The project was recently shortlisted in the national Quality In Care Diabetes Awards, and the team have also been sharing the project with others across the South West.

Lynn added: “Launching a brand new app during the pandemic was even more challenging, as we used virtual consultations and education sessions. We also taught ward staff so they could support children and young people too.

“The vast majority of our eligible patients are now using MyLife, and we’re so proud of the work the whole team did.”

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Notes to Editor:

The Royal United Hospitals Bath NHS Foundation Trust provides acute treatment and care for a catchment population of around 500,000 people in Bath, and the surrounding towns and villages in North East Somerset and Western Wiltshire. The hospital provides healthcare to the population served by four Clinical Commissioning Groups: Bath & North East Somerset CCG, Wiltshire CCG, Somerset CCG and South Gloucestershire CCG.

The Trust provides 759 beds and a comprehensive range of acute services including medicine and surgery, services for women and children, accident and emergency services, and diagnostic and clinical support services.

In 2015 The Royal United Hospitals NHS Foundation Trust acquired the Royal National Hospital for Rheumatic Diseases (RNHRD) NHS Foundation Trust. The RNHRD treats patients from across the country offering services in rheumatology, chronic pain and chronic fatigue syndrome/ME, cancer related fatigue and fatigue linked to other long term conditions such as multiple sclerosis.

The RUH is changing - we have an exciting programme of redevelopment underway transforming our site and further improving the services we provide. The Trust has opened the purpose-built RNHRD and Brownsword Therapies Centre and is now working towards the new Dyson Cancer Centre. For more details visit: www.ruh.nhs.uk/about/fit_for_the_future

For more information about the Royal United Hospitals Bath NHS Foundation Trust visit: www.ruh.nhs.uk

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