



Topic Exploration Report

Topic explorations are designed to provide a high-level briefing on new topics submitted for consideration by Health Technology Wales. The main objectives of this report are to:

1. Inform discussions on new topics received by HTW.
2. Determine the quantity and type of evidence available on a topic.
3. Assess the topic against HTW selection criteria.

Topic:	NTP083 MyDiabetesMyWay
Topic exploration report number:	TER053
Referrer:	Deborah Wake
Topic exploration undertaken by:	Cedar (on behalf of Health Technology Wales)

Aim of Search

'My Diabetes My Way' is an online interactive platform for people with diabetes and their carers. It provides a 'one stop shop' for a range of information and tools to enable patients to gain an understanding of diabetes and to access their own medical information, it also allows patients to upload blood glucose results and other home recorded information.

Health Technology Wales researchers searched for evidence on the use of My Diabetes My Way online platform for the treatment of diabetes.

Summary of Findings

MyDiabetesMyWay is a digital health technology. Applying the Evidence Standards Framework for Digital Health Technologies to MyDiabetesMyWay indicates that it would be classified as a Tier 3a technology. As evidence of clinical effectiveness, digital health technologies of this type should have been assessed as part of high quality observational or quasi-experimental studies demonstrating relevant outcomes. These studies should present comparative data.

We were unable to identify any published evidence assessing the clinical or cost effectiveness of MyDiabetesMyWay. Some studies of MyDiabetesMyWay have been published; these report user survey data but no data on how the technology affects health outcomes.

Conclusions/Areas of Uncertainty

There is some evidence assessing user satisfaction with MyDiabetesMyWay, but a lack of published findings to demonstrate how it influences clinical outcomes in people with diabetes, or any analysis of the economic impact of MyDiabetesMyWay compared to current care.

Feasibility of Technology Assessment

HTW's Assessment Group concluded not to progress this topic further at the present time because the available evidence is unlikely to be sufficient to inform a fuller technology assessment. This topic may be revisited in future and its suitability for fuller assessment reconsidered.

Brief literature search results

Resource	Results
HTA organisations	
Healthcare Improvement Scotland:	We did not identify any relevant guidance from this source.
Health Technology Assessment Group	We did not identify any relevant guidance from this source.
Health Information and Quality Authority	We did not identify any relevant guidance from this source.
UK guidelines and guidance	
SIGN	We did not identify any relevant guidance from this source.
NICE	We did not identify any relevant guidance from this source.
Secondary literature and economic evaluations	
Cochrane library	We did not identify any relevant evidence from this source.
Medline	We did not identify any relevant evidence from this source.
Primary studies	
Medline	Wake DJ, He J, Czesak AM, Mughal F, Cunningham SG. MyDiabetesMyWay: An Evolving National Data Driven Diabetes Self-Management Platform. J Diabetes Sci Technol. 2016 Aug 22;10(5):1050-8. doi: 10.1177/1932296816648168.
Cochrane library	We did not identify any relevant evidence from this source.
Ongoing secondary research	
PROSPERO database	We did not identify any relevant evidence from this source.
Ongoing research	
Clinicaltrials.gov	We did not identify any relevant evidence from this source.
Other	
Evidence identified by topic proposer	<ul style="list-style-type: none"> •Cunningham S, Brillante M, Allardice B, Conway N, McAlpine R, Wake DJ My Diabetes My Way: supporting online diabetes self-management - progress and analysis from 2016" (BME0-D-17-00369R3) BioMedical Engineering OnLine (in press)- https://biomedical-engineeringonline.biomedcentral.com/articles/10.1186/s12938-019-0635-4. •Conway N, Allardice B, Cunningham S, Wake DJ My Diabetes My Way: User Experiences of an Electronic Personal Health Record for Diabetes (2018) Journal of Diabetes Science and Technology (in press) •Wake D.J, He J, Czesak A.M., Mughal F, Cunningham, S.G. (2016) My Diabetes My Way: An Evolving National Data Driven Diabetes Self-Management Platform. Journal of Diabetes Science and Technology Aug 22;10(5):1050-8 •Conway N, Webster C, Smith Blair, Wake DJ, (2016) eHealth and the use of individually tailored information: a systematic review. Health Informatics Journal 2016 May 26. pii: 1460458216641479

	<ul style="list-style-type: none"> •Cunningham SG, Brillante M, Allardice B, McAlpine RR, Wilson LL, Emslie-Smith A, Wake DJ (2015) My Diabetes My Way: supporting online diabetes self-management. Diabetic Medicine; 32:3-3 •Conway N, Campbell I, Cunningham S, Wake DJ (2015) mHealth applications for diabetes - user preference and implications for app development. Health Informatics Journal (1460458215616265. [Epub ahead of print] •Cunningham SG, Brillante M, Allardice B, McAspine R, Wilson L, Walker J, Emslie-Smith A, Richards H, Tucker L, Wake DJ (2014) My Diabetes My Way: Providing online support for diabetes self-care in Scotland Diabetes & Primary Care, 16(3), 123-128 •Cunningham S.G., Wake D.J., Waller A., Morris A.D, Walker J.D. (2013) My Diabetes My Way: an electronic personal health record for diabetes. British Journal of Diabetes and Vascular Disease 13(3), 143-49. •Cunningham S G, Pandharkame S., Greene A.C., McAlpine R.R., Emslie-Smith A, Wake D. Walker J., Waller A, Morris A.D., Wyatt J.C. (2013) Patients' expectations of electronic record access. British Journal of Diabetes and Vascular Disease •Wake D. J., Cunningham S (2013) Digital Diabetes- Looking to The Future. British Journal of Diabetes and Vascular Disease 13(1), 13-20 •PhD thesis: http://discovery.dundee.ac.uk/portal/files/3842503/Cunningham_phd_2014.pdf
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Date of search:	May 2019
Concepts used:	"my diabetes my way" (also without spaces)