



## Patient and Family User Guide

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### Introduction to the Platform

LearnDiabetes is an interactive, multimedia platform that provides easy to understand education and training for families of children and youth living with T1D to complement traditional diabetes teaching.

It is designed for:

- Children and youth living with T1D
- Caregivers and other family members
- Individuals interested in learning more about T1D

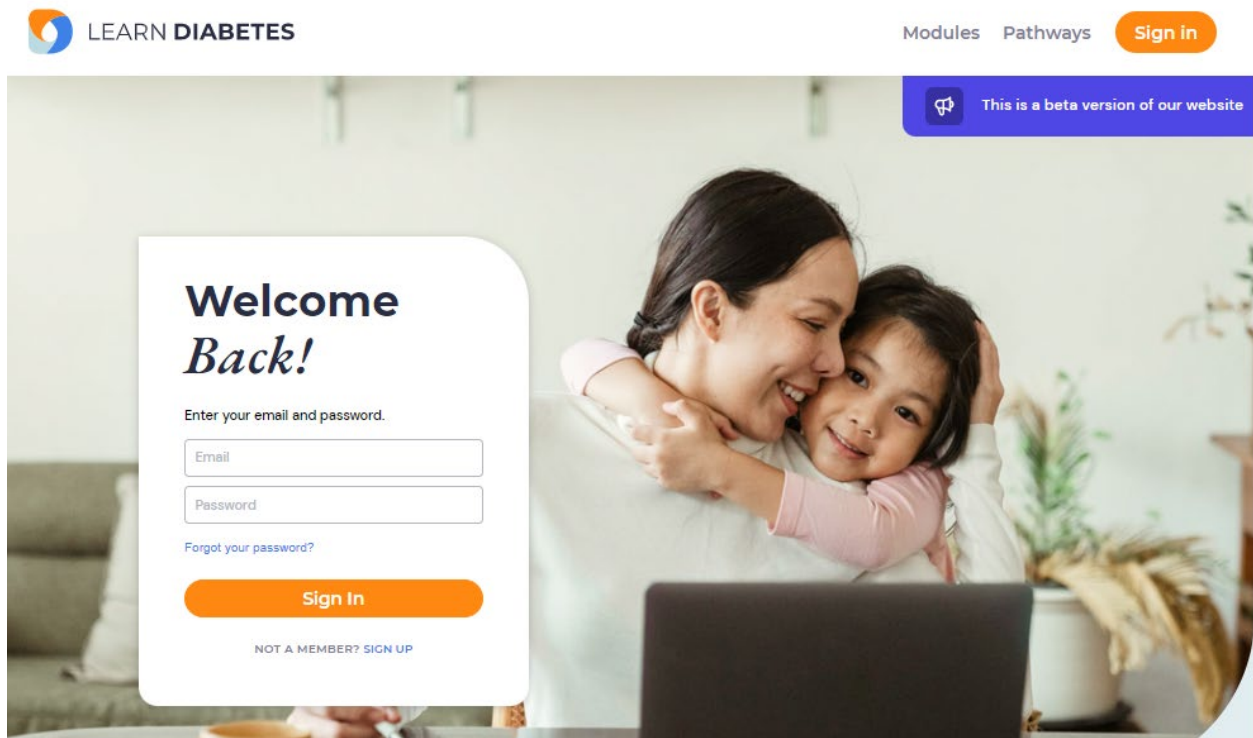
LearnDiabetes can be introduced at diagnosis or any time during the family's diabetes journey. It allows families to expand on the foundations of diabetes or have a refresher on certain topics.

### User Guide

This user guide has been designed to help support patients and families on how to use the LearnDiabetes virtual education platform.

It will guide individuals through the basic navigation and familiarize them with some of the key features. It will also address some of the frequently asked questions at the end.

# Home Page



Upon entering [www.learndiabetes.ca](http://www.learndiabetes.ca), the home page will appear.

On the home page, learners can:

- Register or sign in to their account
- Access the learning modules and pathways
- View the dashboard if they are signed in

Clicking on the logo on the top left of every page will bring them back to the home page.

# Profile Registration and Settings

Profile registration allows learners to keep track of the courses they have completed, have access to a personalized dashboard and enable gamification features.

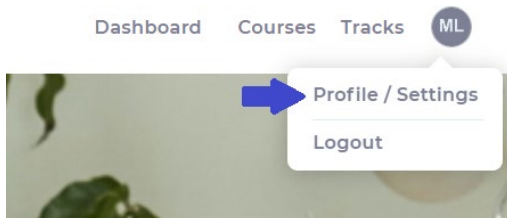
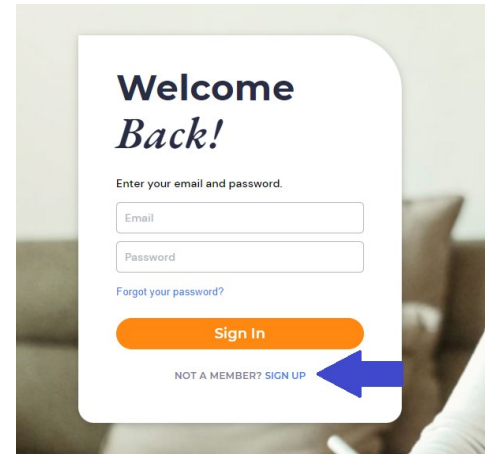
To **Sign Up**, visit the home page and toggle to [Sign Up](#) as identified by the blue arrow in the image on the right.

Fill in the relevant user details and click the orange “Sign Up” button.

Learners will be prompted to visit their personalized dashboard upon registration.

To **Sign In**, go to the navigation bar at the top of any page and click on the orange Sign In button.

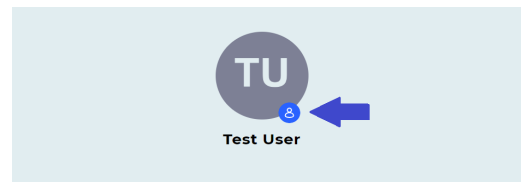
To **Log Out** of the account, click the user profile dropdown in the navigation bar and click “Logout”.



To **update profile information** once signed in, go to the navigation bar and click on the user icon to dropdown and click on Profile/Settings as indicated by the blue arrow.

Edit information and click “Update Profile” to save changes.

To change the profile image, click on the blue icon to upload or delete the photo.



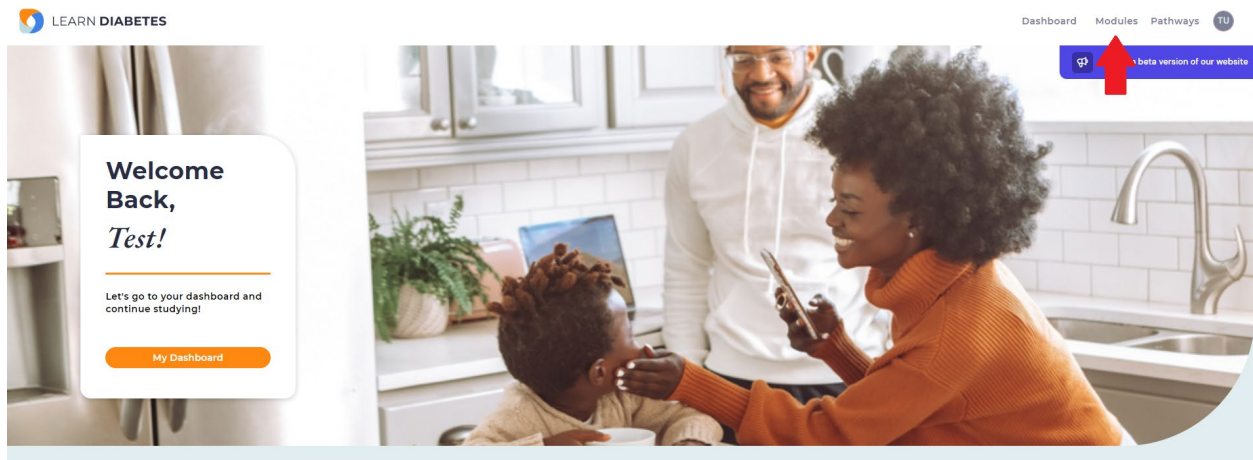
EMAIL	Your email address
FIRST NAME	<input type="text" value="Test"/>
LAST NAME	<input type="text" value="User"/>
GROUP	<input type="radio" value="Healthcare Prof."/> Healthcare Prof. <input type="radio" value="Patient/Family"/> Patient/Family
PASSWORD	<input type="button" value="Reset Password"/>
<input type="button" value="Update Profile"/> <input type="button" value="Cancel"/>	

Individuals *do not* need to register for an account to access the learning modules.

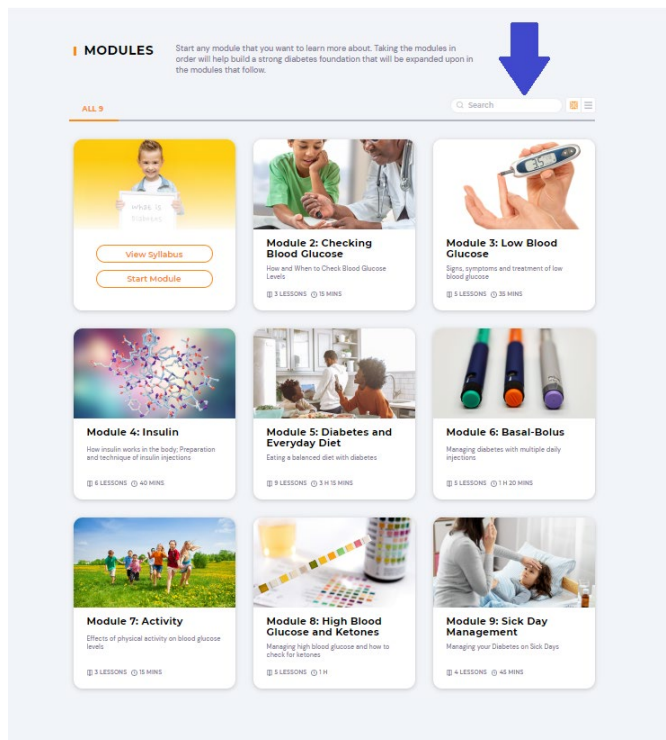
# Platform Navigation: Modules

Modules can be accessed on the top right corner of the navigation bar.

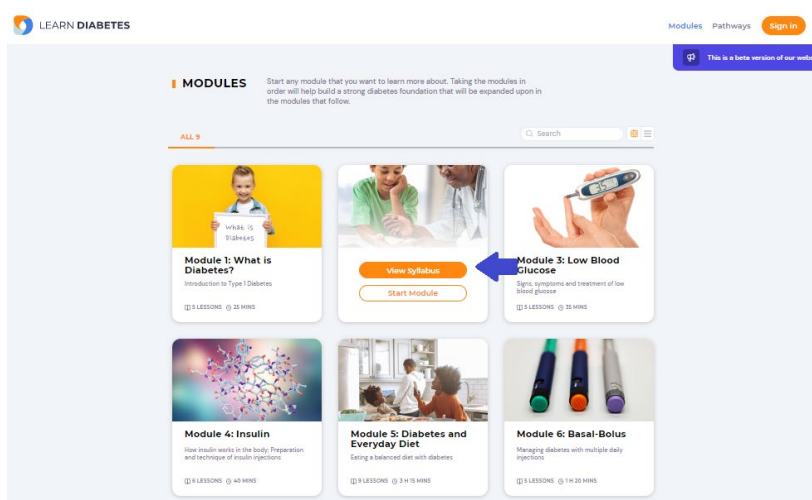
Learners can start any module that they want to learn more about. Taking the modules in order will help build a strong diabetes foundation that will be expanded upon in the modules that follow.



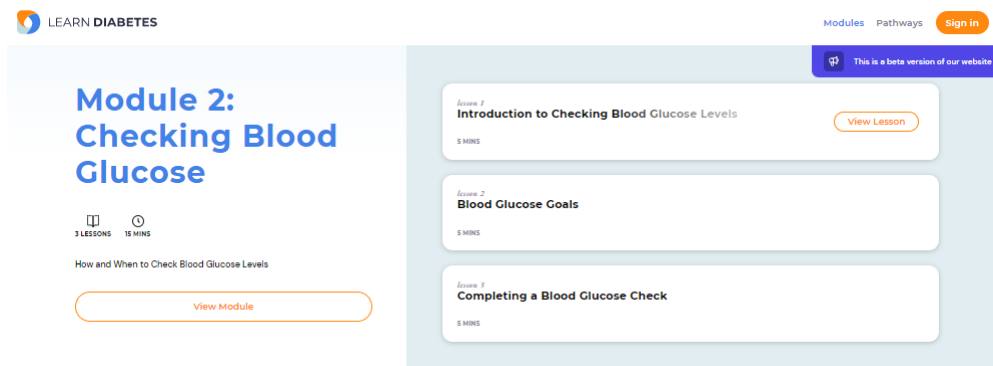
Learners can find specific modules by typing in keywords in the **search bar**.



To view the **syllabus**, hover over the Module.



The syllabus will show the number of lessons and estimated time to complete. Hovering over the title of the lesson will allow individuals to view and begin the lesson.



If they are signed in to their account, they will have an option to save the lesson to a folder for future reference.

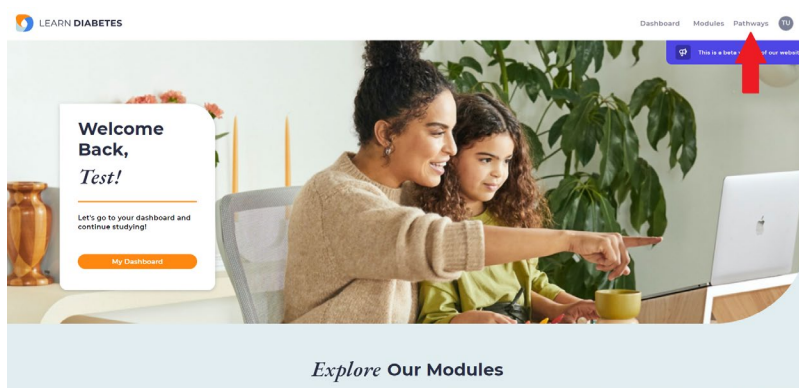
The screenshot shows the 'LEARN DIABETES' website interface. On the left, there is a sidebar with a 'Syllabus' button and a 'Module 2: Checking Blood Glucose' section, which is 100% complete. Below this, there are three lesson items: 'L1. INTRODUCTION TO CHECKING BLOOD...', 'L2. BLOOD GLUCOSE GOALS', and 'L3. COMPLETING A BLOOD GLUCOSE...'. The main content area displays 'Lesson 2.01' and the title 'Introduction to Checking Blood Glucose Levels'. A video player is embedded in the center, showing a diagram with a glucose meter (displaying 4.0 mmol/L), food items (milk, bread, apple), insulin bottles (L and R), and sports equipment (volleyball, basketball). The video player has a 'SAVE' button in the top right corner and a 'vimeo' logo in the bottom right corner.

In some lessons, there are accompanying videos. There is an option for the learner to view the video in a picture-in-picture format which shrinks the video into a small player to free the rest of the screen for other tasks.

This is a close-up view of the video player interface. The video content is the same diagram as in the previous screenshot. The video player controls are visible at the bottom, including a play button, a progress bar, and a 'vimeo' logo. A 'Picture-in-Picture' button is circled in blue, indicating the option to view the video in a smaller, floating window.

# Platform Navigation: Pathways

Pathways can be accessed on the top right corner of the navigation bar.



These are learning journeys that are made up of specific modules to help build knowledge in a particular area of diabetes. Each module builds upon the last as learners advance further in the pathway.

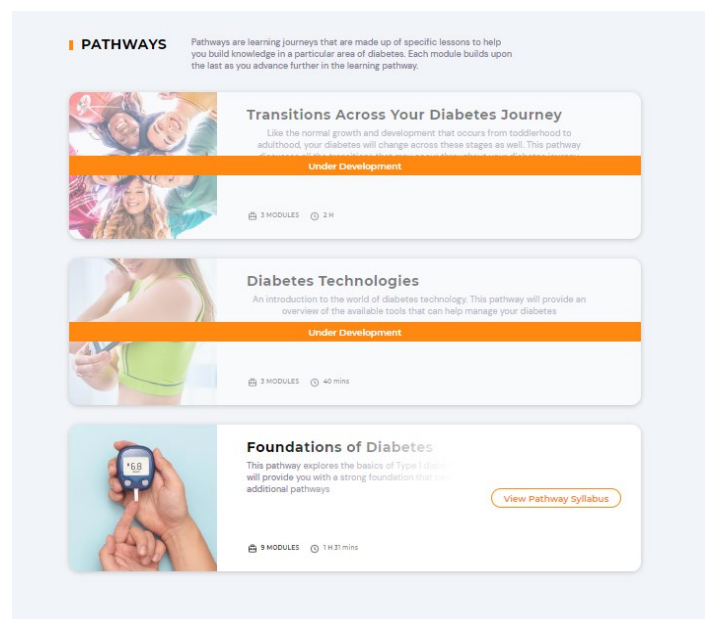
*Foundations of Diabetes* is now available on the platform.

This pathway explores the basics of T1D and its management.

Modules include: Checking Blood Glucose, Low Blood Glucose, Insulin, Diabetes and Everyday Diet, Basal-Bolus, Physical Activity, High Blood Glucose and Ketones, Sick Day Management

*Diabetes Technologies* and *Transitions Across Your Diabetes Journey* are currently in development.

To view the modules that are a part of the pathway, hover over the pathway and click on the button, View Pathway Syllabus.



## Using the Dashboard

Upon signing in, learners can access the dashboard on the navigation bar on the top right or using the button on the home page.

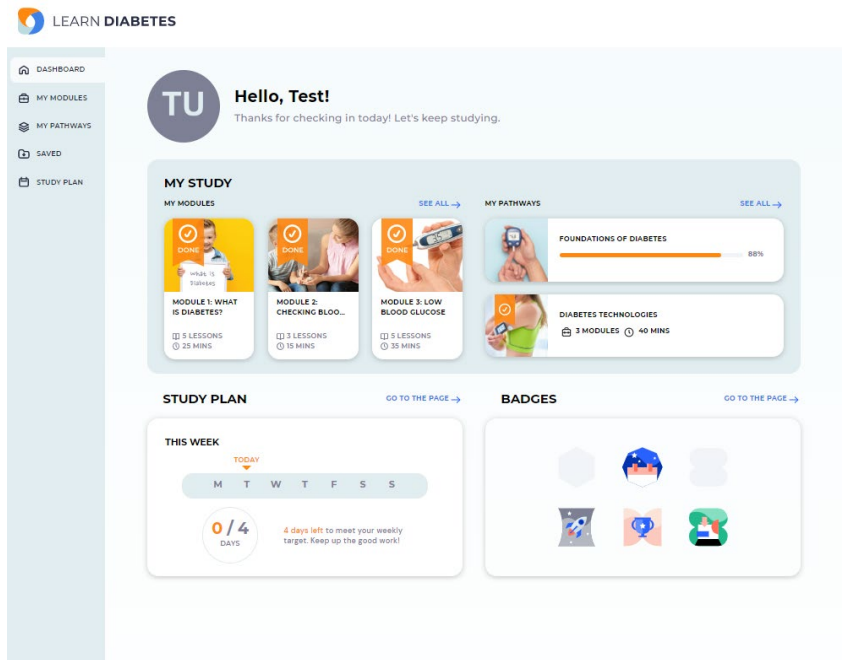


The dashboard displays information in three categories:

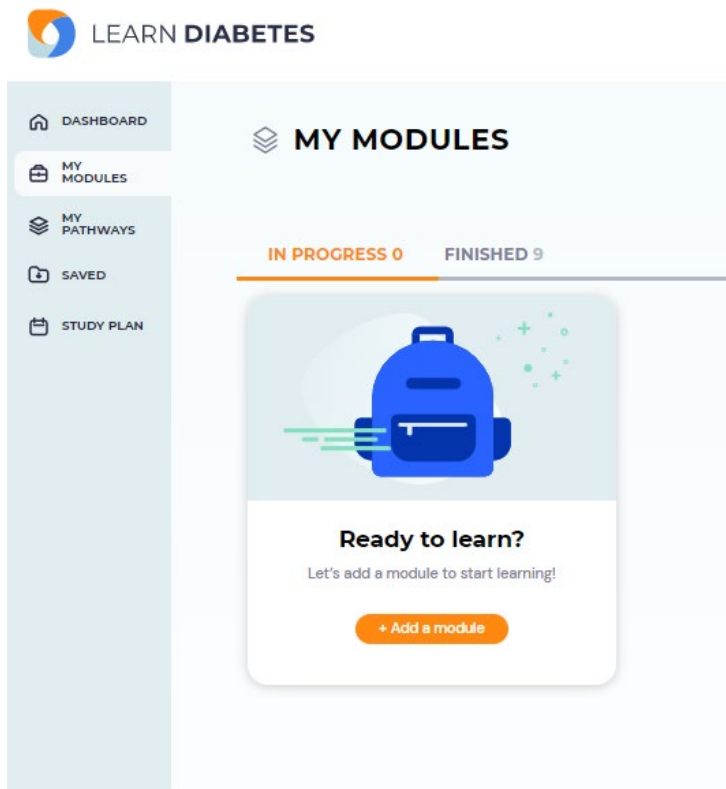
- **My Study:** Learning progress on Modules and Pathways
- **Study Plan:** Allows individuals to set weekly learning targets
- **Badges:** Displays achievements and milestones throughout their learning journey



On the left, there is a navigation panel with five options.

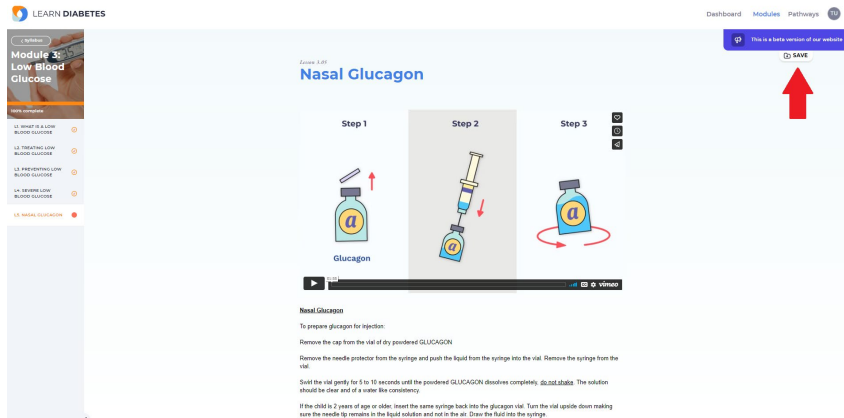


**My Modules** and **My Pathways** show what learning materials are currently in progress and what is completed.

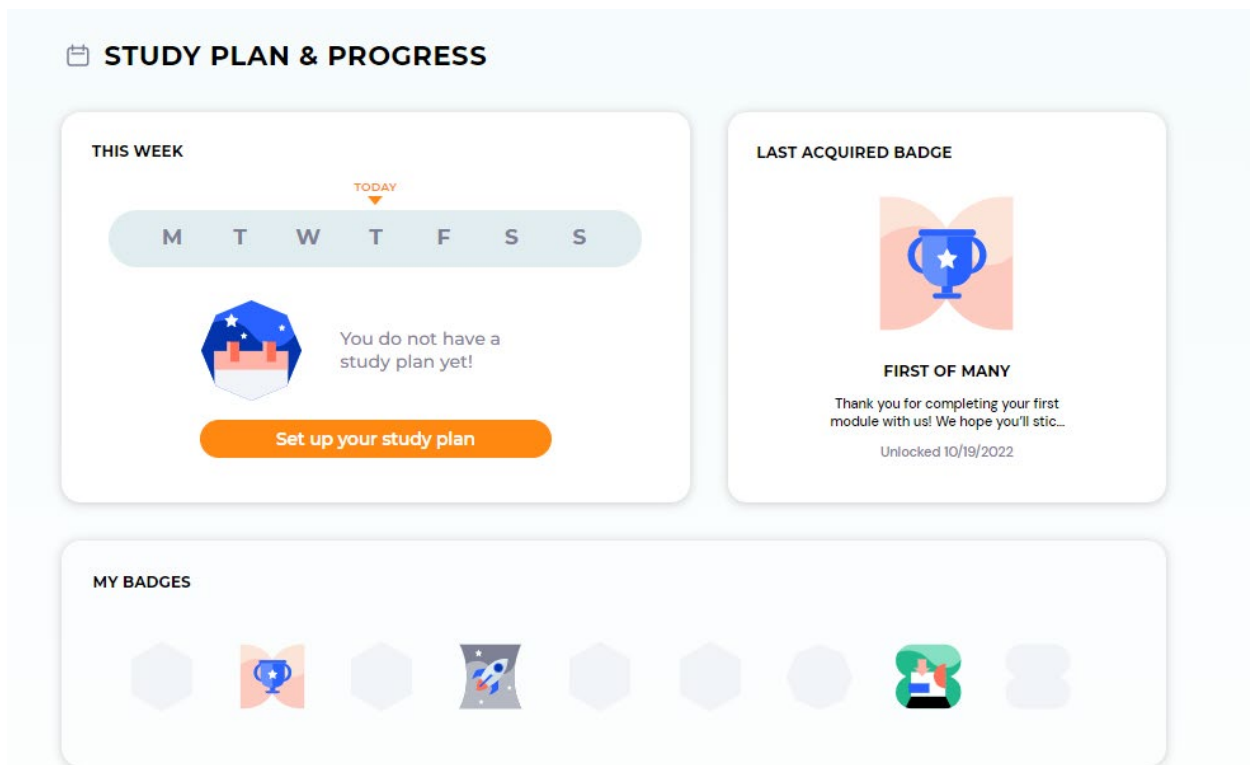


**Saved** is the folder where individuals can store lessons that they would like to revisit.

Click on the Save button at the top right corner of a lesson to add it to the Saved folder.



Learners can set up a simple **study plan** to establish learning targets for each week.



They can also see the list of badges earned and get a sneak peak of the ones that are available for collection.

# Frequently Asked Questions

## **How should this platform be used?**

- LearnDiabetes does not replace diabetes teaching but can be used to supplement learning and serve as reference material for a later time.

## **What are future learning pathways in development?**

- Diabetes Technologies
- Transitions Across Your Diabetes Journey

## **Is account registration required to access the learning modules?**

- LearnDiabetes is free for everyone to use.
- Registration is not required to view the learning modules but it provides tracking of the learning journey, access to the dashboard and gamification features.

## **Accessibility Considerations:**

- The optimal experience to use LearnDiabetes is using a PC/laptop as it is a web-based application. Tablet and mobile phone access will have fewer functionalities available.
- Only available in English at this time