

Managing diabetes with MyChart™

Anne Johnston Health Station and Sunnybrook Health Sciences Centre partner to improve diabetes management with Sunnybrook's MyChart™ system.

Toronto, ON (February 10, 2010) – Sunnybrook's eHealth Services and the Anne Johnston's Mid-Toronto Diabetes Education Program have recently partnered to improve personal health management of diabetes using Sunnybrook's MyChart™, a personal electronic health management record system. .

The Hospital and community partnership will focus on improving access to information for personal diabetes management in the community. Using Sunnybrook's MyChart™, Anne Johnston's clients can now set up, manage and share their own personal health information with their care team at Anne Johnston's Health Station, family members who participate in their care, and with multiple clinicians in the community or hospital. "The ability for our clients to self-manage their Diabetes is integral to community-based, client-centred care" says Brenda McNeill, Executive Director of the Anne Johnston Health Station.

"The MyChart™ system provides easy access to educational material about diabetes, self monitoring supports that help record meal planning, exercise diary, test dates, test results and medications all in one record that is set up, managed and stays with the consumer," says Sarina Cheng, Director, eHealth Strategies & Operations at Sunnybrook. "In other words the MyChart™ personal health record system is managed by the consumer and can be used in partnership with community care teams, primary care physicians, hospital clinicians, and pharmacists to help monitor and manage living with diabetes."

MyChart™ is unique as it is a combination of clinical and personal health information with electronic sharing features. It can also be set up as a family health record with family health details, allergies, contact and emergency information.

"The health consumer today is paying closer attention to healthier living and is interested in learning more about self monitoring at home," says Cheng. "This groundbreaking model is designed to make it easier to access, monitor, save and track information between clinic visits and from inpatient to outpatient care after hospital discharge."

With MyChart™ the health consumer has access to relevant information to help make decisions about their health as they need to, such as tracking daily blood glucose levels, symptoms, and medications. This is especially useful for individuals who depend on care givers, travel, see multiple clinicians or are caring for others.

The Diabetes Education Care team at Anne Johnston's Health Station and Sunnybrook Health Sciences Centre are working together to provide support and education for healthier communities.

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