



Media release

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My Health Record can help Australians better manage their diabetes

National Diabetes Week is an opportunity to highlight how My Health Record is helping Australians living with diabetes by managing their important healthcare information in one secure place and supporting healthcare providers to deliver informed care for their patients.

People with diabetes often visit many different healthcare providers as part of their ongoing care. My Health Record improves communication between these providers by ensuring they can all see the same information, including medicines, shared health summaries, specialist reports, allergies and test results.

Diabetes Australia CEO Professor Greg Johnson said My Health Record is particularly important for the management of complex health conditions, such as diabetes.

“It’s easier to manage diabetes if you have all of your health information available and My Health Record helps you do that,” he said.

“It can have enormous benefits for people with diabetes who may have to visit many different healthcare providers, and get various tests and check-ups. Each healthcare provider involved can see and upload a person’s diabetes information and discuss this with the person at the right time.”

Emily Vuong from Perth has lived with type 1 diabetes for nearly 22 years and her lengthy list of regular healthcare providers includes a diabetes educator, dietician, podiatrist, physiotherapist, optometrist and endocrinologist. Before she had My Health Record, it was difficult to keep track of everything.

“It would be awesome if all my information from each doctor and specialist could be in one place, so they don’t have to do so much back and forth,” Emily said.

“And I know that if I were in an emergency, I wouldn’t be put in the position of having to explain my medical history. That’s the biggest benefit of My Health Record for me.”

Nedlands General Practitioner Dr Christine Pascott said if doctors can all see the same information, they can work much more effectively as a team and support the patient they are trying to care for.

“As a practising GP, I understand the needs of patients with chronic and complex conditions, such as diabetes, and the value of having access to the information required to provide better care for my patients,” Dr Pascott said.

“My Health Record means a patient can visit my clinic and I have a summary of their healthcare information to make a more informed decision and support their ongoing care.”

More than 90 per cent of Australians now have a My Health Record and close to 16,000 healthcare providers are now connected, including GPs, pharmacies, pathology and diagnostic imaging services.

Diabetes is one of the most common health conditions in Australia. Around 1.7 million Australians have diabetes and 290 Australians develop diabetes every day.

For every person diagnosed with diabetes there is usually a family member or carer who also ‘lives with diabetes’ every day in a support role. This means that an estimated 2.4 million Australians are affected by diabetes every day.

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About the Australian Digital Health Agency

The Agency is tasked with improving health outcomes for all Australians through the delivery of digital healthcare systems, and implementing [Australia's National Digital Health Strategy – Safe, Seamless, and Secure: evolving health and care to meet the needs of modern Australia](#) in collaboration with partners across the community. The Agency is the System Operator of [My Health Record](#), and provides leadership, coordination, and delivery of a collaborative and innovative approach to utilising technology to support and enhance a clinically safe and connected national health system. These improvements will give individuals more control of their health and their health information, and support healthcare providers to deliver informed healthcare through access to current clinical and treatment information. Further information: www.digitalhealth.gov.au.