

Deliverable 2.4.1

Patient Information Material

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Leading partner:

USI



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Abbreviations

ODL Observations of Daily Living

1 Executive Summary

This deliverable illustrates the idea behind the development of the Patient Information Material for EMPOWER, the production and the implementation of the English version, the translation and the adaptation of the material in German and Turkish, and finally their implementation. Screenshots from all the three versions of the Patient Information Material exemplify the structure of the website and the way the information is presented.

2 EMPOWER in a Nutshell

Patient Empowerment involves patients to a greater extent in their own healthcare process and disease management becomes an integrated part of their daily lives. The capability of self-management opens to them the possibility for patients not only to contribute to their own healthcare but also to be more in control of their disease. EMPOWER develops a modular and standard-based Patient Empowerment Framework which facilitates the selfmanagement of diabetes patients based on PHRs and on context-aware, personalised services. EMPOWER focuses the research and development efforts on a patient-centric perspective that also involves healthcare professionals. EMPOWER provides knowledgebased Self-Management Pathways for diabetes patients. This includes

- (1) Services for the specification and execution of actions to change behaviour according to diabetes-specific health care needs. Patients can develop personalised action plans which include recommendations from the treating physicians and patients' preferences
- (2) Services for monitoring of vital, physical, mental parameters as well as physical and lifestyle activities based on health standards.



EMPOWER semantically integrates multiple information sources (EHR/PHR, diabetes guidelines, patterns of daily living) for a shared knowledge model. The Self-Management Pathways facilitate the specification of recommendations that allow specifying individual goals for the patient. Based on these goals, relevant information and their preferences patients can specify their individual diabetes-specific actions. The Self-Management Pathways are an iterative process where executed actions and reported patterns of daily life can be evaluated. Recommendations, goals and actions can be updated iteratively according to current needs and preferences. Finally, the services in EMPOWER will embrace semantic interoperability based on health standards such as HL7¹ and IHE² profiles.

EMPOWER addresses long-term goals and short-term activities in order to facilitate the selfmanagement of patients with diabetes and thus the treatment of chronic diseases. The pilot applications in Germany and Turkey will demonstrate that the holistic and patient-centric

¹ http://www.hl7.org

² http://www.ihe.net

approach of EMPOWER can improve disease management by personalised selfmanagement services helping diabetes patients to cope better with their condition.

3 Background rationale

EMPOWER Patient Information Material is designed to give to the user a space where he can gather the information he needs in relation to diabetes. Since patients suffering from diabetes have different level of knowledge, the material is designed to address different information needs: from basic information to more detailed, and from generic information to practical advice. For this purpose the Patient Information Material has been structured along three levels of content:

- 1. Level 1: Knowledge
- 2. Level 2: Management
- 3. Level 3: Advice

These three levels are structured along the health literacy and empowerment model presented in deliverable D2.1.1 (Schulz and Nakamoto 2013). Patient Information material has been divided into nine chapters, each of which is structured in: Heading, Abstract, Text including figures, and Tags. All of the chapters have both level 1 and level 2 contents, while level 3 is only available in some specific chapters. The content level have been distinguished not just in the writing phase, but also in the implementation phase by distinguishing the levels into different menus.

The picture below illustrates the title of the nine chapters and the three content levels. This picture was presented to the partners before implementing the prototype version of the Patient Information Material.



Figure 1: Original Patient Information Material structure presented to the partners beginning of Year II

3.1 Content level 1: Knowledge (Declarative Knowledge)

This section provides basic information needed by the patient to understand the illness, its treatment and daily life with it. The question behind each content covering this content level is: What is it? This level of content is related to the part of health literacy called *declarative knowledge:* factual knowledge related to health issues to be able to learn how to approach a health condition.

This first level of content is exemplified by the following text extracted from the Nutrition chapter:

Nutrition

Diabetes mellitus is a metabolic disorder. An important goal for diabetes patients therefore is to bring nutrition, physical activity and medical therapy into balance. Here you may find useful insights on calories, nutritional facts, and also some advice on your eating plan, eating out, and how to have tasty meals.

Why should we care about nutrition?

People suffering from Diabetes Type 1 or Type 2 only can use the food they eat for physical and mental benefits if the blood glucose levels are correct.

In order to manage the disease effectively it is important to be well-informed about nutrition and its possible effects on the metabolism.

3.2 Content level 2: Management Behavior (Procedural Knowledge)

This second section provides more targeted information concerning the management of diabetes, its symptoms and complications. The question behind each content covering this content level is: How to do that? This level of content is related to the part of health literacy called *procedural knowledge:* "know-how" to apply factual knowledge and use health information in a specific context.

This second level of content is exemplified by the following text extracted from the Nutrition chapter:

The right balance in nutrition is important!

Together with physical activity and treatment, healthy eating is one of the most important parts of diabetes management. Sometimes you may be concerned with specific ingredients that may affect your blood sugar level, but you must remember the overall picture. You shouldn't be excessive with quantities and you should stick to a schedule. Here you'll find some suggestions on how to balance your nutrition: **Keep to a schedule.** Eating at the same time every day helps to maintain stable blood sugar levels. As you monitor your levels you should be able to recognize patterns: the blood sugar levels is highest after eating and decreases after a couple of hours.

Make every meal well-balanced. Try to cook or order food with the right mix of nutrients (starches, fruits and vegetables, proteins, and fats). Remember that carbohydrates are particularly important, and try to eat the same amount of them at each meal.

Eat the right amount of foods. Try to divide the food into portion sizes. Keep track of portions for your typical food thus to simplify the process. Be precise by using a scale or any appropriate measurement tool.

Coordinate your meals and medication. Be aware that if you are eating too little or too much this can be dangerous. You should also balance the quantity of food you eat with your medication intake.

These suggestions could be more safely implemented in your routine if initiated with your dietitian or your doctor!

3.3 Content level 3: Management Advice (Judgment Skills)

The third section of contents won't be always present. Only when some special situation can be described in order to make the patient understand what he should do. The question behind each content covering this content level is: What to do if? This level of content is related to the part of health literacy called *judgment skills:* the ability to judge on the basis of factual knowledge necessary to deal with novel situations.

This third level of content is exemplified by the following text extracted from the Nutrition chapter:

I love sweets, but I know I have to cut them from my diet...

Reconsider your definition of sweet

Diabetes nutrition doesn't have to mean no sweets. If you're craving them, ask a registered dietitian to help you include your favorite treats into your meal plan. A dietitian can also help you reduce the amount of sugar and fat in your favorite recipes. Don't be surprised if your tastes change as you adopt healthier eating habits. Food that you once loved may seem too sweet — and healthy substitutes may become your new idea of delicious.

4 Development of Material

Aside from the distinction among the content levels, which has been explained in the previous paragraphs, some guidelines for text production have been derived from MedlinePlus (U.S. National Library of Medicine). These Guidelines have been shared with the partners who had the responsibility for the translation of the material, which have been entirely developed in English. The guidelines are the following:

General Points

Keep within a range of about a 6th to 7th grade reading level.

- Focus on a 2-3 key concepts.
- Use a clear topic sentence at the beginning of each paragraph. Follow the topic sentence with details and examples.
- Examples and stories may help engage readers. Use words like "you" instead of "the patient."
- Include your most important points at the beginning of the document.
- Avoid abstract words in instructions for actions. For example, instead of "Don't lift anything heavy," use "Don't lift anything heavier than a gallon of milk (over about 10 pounds)."
- Emphasize the benefits of the desired behavior.

Language and writing style

- Find alternatives for complex words, medical jargon, abbreviations, and acronyms.
- Keep most sentences 10-15 words long.
- Where appropriate, use bulleted lists instead of blocks of text to make information more readable.
- I Use the active voice and vivid verbs.

Active: Amanda used her inhaler today.

Passive: The inhaler was used by Amanda today.

- Be consistent with terms. For example, don't use "drugs" and "medications" interchangeably in the same document.
- When possible, say things positively, not negatively.

Visual Presentation and Representation

- Use illustrations and photos with concise captions. Keep captions close to photos and illustrations.
- Balance the use of text, graphics, and clear or "white space". Try for 40-50% white space.
- Avoid using all capital letters. Upper and lower case are easier to read. To show emphasis, use bold, larger type size or different fonts.
- Avoid italics of more than a few words at a time.
- Use easy to read fonts such as Times Roman, Arial, Tahoma and Helvetica.
- Use bolded headings and subheadings to separate and highlight document sections.
- When possible, use graphics or spell out fractions and percentages.
- Use column widths of about 30-50 characters long (including spaces) or 3 to 5 inches.

4.1 Description of Sources

As it was agreed to develop a first version of the patient information material in English most of its development was based on already existing sources in English language. Most of the sources were originated in the United States where diabetes information material can be accessed via online libraries of various institutions. Among these institutions were the American Diabetes Association (ADA) and the Mayo Clinic.

In addition, printed material was used that had been recommended by GOIN and other members of the project.

One limitation of this approach was that content was developed detached from country specificities. If country differences were taken into account it was rather developed for the German context than for the Turkish due to language issues. In order to answer to this problem the involved doctors in Germany and Turkey were asked to review the information material carefully before the translation took place. In addition, GOIN and MoH were asked to also carefully go through the document during the translation process in order to adapt the content where necessary.

Once the translations were received and implemented in the system, open issues and translational problems where resolved through consultations with partners and involved staff.

Author/Authoring Organization	Title/Reference
Onlir	ne Sources
American Diabetes Association (ADA)	http://www.diabetes.org
Mayo Clinic	http://www.mayoclinic.org
National Diabetes Information	http://diabetes.niddk.nih.gov/dm/pubs/eating_ez/
Clearinghouse (NDIC)	
Diabetes Teaching Center at the	http://dtc.ucsf.edu/living-with-diabetes/diet-and-
University of California, San Francisco	nutrition/understanding-protein/
Diabetes UK	http://www.diabetes.org.uk
Print	ed Material
Avery, L.: Beckwith, S Oxfor University Press, 2009	Oxford Handbook of Diabetes Nursing
Bayer Diabetes Haus – Bayer Diabetes	Diabetes mit Insulintherapie – Antworten auf
Service	häufig gestellte Fragen. Bayer HealthCare
Bayer HealthCare	Diabetes Care Bayer Vital GmbH
Bayer Diabetes Haus – Bayer Diabetes	Reisen mit Diabetes - Ein Ratgeber für
Service	Menschen mit insulinpflichtigem Diabetes.
Bayer HealthCare	
Bergmann, K.: Berlin-Chemie Menarini	Diabetes mellitus – Was bedeutet das für Sie?
Bergman, K.; Bierwirth, R.A.: Berlin- Chemie Menarini	Reiselust und Insulinpflicht – Tipps für insulinpflichtige Diabetiker
Bühling, K.J.; Wäscher, C.; Dudenhausen, J.W.: Akademos Wissenschaftsverlag, 2013	Gestationsdiabetes – Ernährung i der Schwangerschaft
Fachkommission Diabetes Bayern E.V.	Gestationsdiabetes – Empfehlungen zum generellen Screening und zur Therapie
Lorig, K.: Gazelle Book Services, 2007	Self-Management of Long-Term Health Conditions: A Handbook for People with Chronic Disease
Ratzmann, A.: Berlin-Chemie Menarini	Diabetes und Zahngesundheit – Ein kleiner Ratgeber
SANOFI Diabetes; Sanofi-Aventis	Mit Diabetes auf gutem Fuss – Informationen &
Deutschland GmbH	Tipps für Menschen mit Diabetes und ihre Angehörigen
Siegel, E.; Schröder, F., Kunder, J.; Dreyer, M.: Börm Bruckmeier Verlag, 2012	Diabetes mellitus XXS pocket
Van de Roemer, A.: Vdm Verlag	Ihr Wegbegleiter Typ 2 Diabetes –

Informationen für Patienten und Angehörige

Table 1: Sources of EMPOWER Patient Information Material

4.2 Testing and adaptation of the material

The Patient Information Material was tested on four people, three of them suffering from diabetes 2 and one suffering from diabetes 1. Three of the patients were male around 50 years of age, while the fourth was a female 28 years old. The interviews lasted from a minimum of half an hour to a maximum of 56 minutes. They took place in January 2014 with the complete implemented English version. Patients were asked to use the website in order to look for some specific information. Three out of the four patients are regularly looking for health information on the internet, while the last one says that he prefer to ask experts about it (his doctor). All the patients agreed on assessing that the structure of the website is clear, the layout clean and simple, and that is quite easy how to navigate among the contents. However there were also some critics coming out, and particularly all of them say that they were unsure if to trust the information because the providers of the information were not declared. Some minor comments were referring to tags and the search option. They said that the search option was not so evident, and that the tags were misleading, because some words are written in a bigger font but they are not necessarily more important. One of the participants found the website boring, and all of them criticized the absence of images.

Materials were partially adapted after this testing. The final adaptation will be made after the first validation phase, when information will be collected in terms of usability, perceived usefulness, barriers and enablers.

5 Implementation

Patient Information material has been implemented using the WordPress³ content management system (CMS). A total of 55 pages and 57 posts was produced in all the three languages.

USI provided the English text in a word file with an ID code for each part and a space for Turkish and German translation. USI provided the partners also with guidelines for text production and for the translation of Patient Information Material. MoH and GOIN provided the translated version of the material, and USI replicated the website for the new versions.

The WordPress CMS was chosen because the community and tool support, the documentation and in particular, portability. and WordPress content is very portable and the export documents can be imported by many alternative CMS systems. After the initial setup and training, content administrators were chosen who then managed other content authors during the implementation of the content.

The following sites were created for EMPOWER:

- EN <u>http://empowerpatient.wordpress.com</u>
- DE <u>http://empowerpatientde.wordpress.com</u>
- TR <u>http://empowerpatienttr.wordpress.com</u>

Using the administrative tool, the original English site was exported to a Wordpress export file and then before translating the content, the file was imported into the two empty pilot sites (DE, TR) to create the site structure and enable WordPress functionalities used in the source site.

³ http://wordpress.com/

In the following paragraphs a series of screenshots will exemplify the Patient Information Material in the three languages: English, German and Turkish.

5.1 English Version

http://empowerpatient.wordpress.com

EMPOWER	• Follow					New Post	maddalenafiordelli 🔼	^
	About	Diabetes	Management	EMPOW Experiencing Diabetes	Patient Forums			п
		What is Diabe Treatment Measurement Diabetes meliitus diabetes patient activity and mee useful insights o	ates? 	ler. An important goal for 1 nutrition, physical nce. Here you may find	NUTRITION MANAGEMENT The right balance in nutritio important! Eating Plan How to read food labels Including sweets in your me planning Late night snacks			
		People suffering the food they ea glucose levels ar In order to mana	at for physical and me re correct. age the disease effect out nutrition and its p	n? . or Type 2 only can use .ntal benefits if the blood tively it is important to be possible effects on the	NUTRITION ADVICE I love sweets, but I know I cut them from my diet Eating out at a restaurant	have to		•
<		(diabatas (m			► 100% ▼	

Figure 3: Diabetes submenu with the three information chapters: Diabetes, Treatment, Measurement

EMPOWER	Follow					New Post	maddalenafiordelli 📃	Â
				EMPOWI	ER			
1	About	Diabetes	Management	Experiencing Diabetes	Patient Forums		-	н
			Nutrition Exercise					
		diabetes patient activity and mec useful insights o	s therefore is to bring dical therapy into bala n calories, nutritional	ince. Here you may find	NUTRITION MANAGEM The right balance important! Eating Plan How to read food Including sweets planning Late night snacks	in nutrition is Habels in your meal		
		People suffering	at for physical and me	n? Lor Type 2 only can use ental benefits if the blood	NUTRITION ADVICE I love sweets, bu cut them from my Eating out at a re	diet		
		well-informed ab metabolism.	out nutrition and its p	tively it is important to be possible effects on the				
•		For more informa	ation, click here				,	-
http://empowerpatient	.wordpress.com	/management/					at 100% -	•

Figure 4: Management submenu with the two information chapters: Nutrition, Exercise

About Diabetes Management Experiencing Diabetes Patient Forums Managing Your Emotions Daily Life with Diabetes Daily Life with Diabetes Daily Life with Diabetes Nutrition Diabetes mellitus is a metabolic disorder. An important goal for diabetes patients therefore is to bring nu Biologi Side solid solid solid useful insights on calories, nutritional facts, and also some advice on your eating plan, eating out, and how to have tasty meals. NUTRITION MANAGEMENT • The right balance in nutrition is important! Why should we care about nutrition? Poole suffering from Diabetes Type 1 or Type 2 only can use the food they eat for physical and mental benefits if the blood glucose levels are correct. NUTRITION DVICE • Iows sweets, but I know I have to cat the from my diet. In order to manage the disease effectively it is important to be well-informed about nutrition and its possible effects on the metabolism. • Eating out at a restaurant			EMPOWE	R	
Daily Life with Diabetes Nutrition Signs of Trouble Diabetes mellitus is a metabolic disorder. An important goal for diabetes patients therefore is to bring on Bigleg Sig. Sig. Sign. Synth Diabetes activity and medical therapy into balance. There you may find useful insights on calories, nutritional facts, and also some advice on your eating plan, eating out, and how to have tasty meals. NURTION MANAGEMENT Why should we care about nutrition? Beople suffering from Diabetes Type 1 or Type 2 only can use the food they eat for physical and mental benefits if the blood glucose levels are correct. NURTION ADVICE In order to manage the disease effectively it is important to be well-informed about nutrition and its possible effects on the I low size advice to the size on the size of the provide the size on the size on the size on the size of the size on the size of the size o	About	Diabetes Management	Experiencing Diabetes	Patient Forums	
Nutrition Signs of Trouble Diabetes mellitus is a metabolic disorder. An important goal for diabetes patients therefore is to bring multily gifuly with? Diabetes activity and medical therapy into balance. Here you may find useful insights on calories, nutritional facts, and also some advice on your eating plan, eating out, and how to have tasty meals. • The right balance in nutrition is important! • Eating Plan Why should we care about nutrition? • Including sweets in your meal planning • Late night snacks People suffering from Diabetes Type 1 or Type 2 only can use the food they eat for physical and mental benefits if the blood glucose levels are correct. • NUTRITION ADVICE In order to manage the disease effectively it is important to be well-informed about nutrition and its possible effects on the • Low sweets, but I know I have to cut them from my diet			Managing Your Emotions		_
Signs of Trouble NUTRITION MARGEMENT Diabetes patients therefore is to bring muBikug Silvy with a blattes The right balance in nutrition is important Eating Plan Eating Plan How to read food labels Including sweets in your meal planning Late night snacks Why should we care about nutrition? NUTRITION ADVICE I love sweets, but I know I have to cut them from my diet Eating out at a restaurant In order to manage the disease effectively it is important to be well-informed about nutrition and its possible effects on the Nutrition Markacentering <!--</th--><th></th><th></th><th>Daily Life with Diabetes</th><th></th><th></th>			Daily Life with Diabetes		
People suffering from Diabetes Type 1 or Type 2 only can use the food they eat for physical and mental benefits if the blood glucose levels are correct. In order to manage the disease effectively it is important to be well-informed about nutrition and its possible effects on the		Diabetes mellitus is a metabolic di diabetes patients therefore is to l activity and medical therapy into useful insights on calories, nutritic advice on your eating plan, eating	isorder. An important goal for bring nutitions Sidye/del Diabetes balance. Here you may find onal facts, and also some	The right balance in nutrition is important! Eating Plan How to read food labels Including sweets in your meal planning	
well-informed about nutrition and its possible effects on the		People suffering from Diabetes Ty the food they eat for physical and	pe 1 or Type 2 only can use	 I love sweets, but I know I have to cut them from my diet 	
		well-informed about nutrition and			

Figure 5: Experiencing diabetes submenu with the four information chapters: Emotions management, Daily life with Diabetes, Signs of Trouble, Being sick with Diabetes

EMPOWER	• • Follow	<u> </u>			New Post maddalenafiordelli 📃	-
				EMPOW	ER	
	About	Diabetes	Management	Experiencing Diabetes	Patient Forums	н
		What is Diabe	etes?	Causes		
		Treatment		Symptoms		
		diabetes patient activity and med useful insights o	s therefore is to bring dical therapy into bala n calories, nutritional	History der. An important goal for g nutrition, physical ance. Here you may find facts, and also some it, and how to have tasty	NUTRITION MANAGEMENT The right balance in nutrition is important! Eating Plan How to read food labels Including sweets in your meal planning Late night snacks	
		People suffering	at for physical and me	n? 1 or Type 2 only can use ental benefits if the blood	NUTRITION ADVICE I love sweets, but I know I have to cut them from my diet Eating out at a restaurant	
			-	tively it is important to be possible effects on the		
		For more informa	ation, click here			
•				m		+
http://empowerpatier	nt.wordpress.com	/diabetes/what-is-diab	etes/		@ 100%	•

Figure 6: Submenu of the Diabetes Information chapter: Causes, Symptoms, History

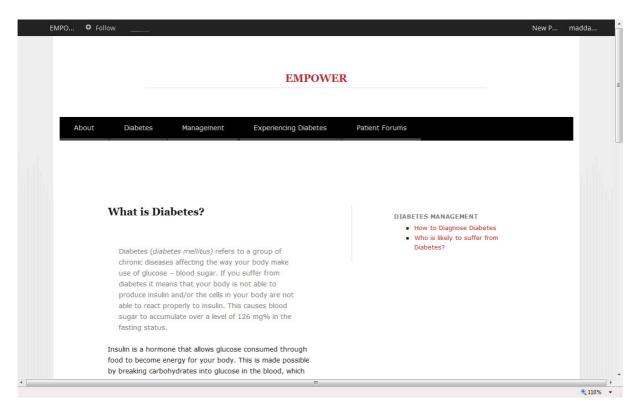


Figure 7: First page of the Diabetes Information chapter: What is diabetes? On the right Diabetes Management links

EMPO • Folio	w € r Reblog		EMPOWE		ew P madda
About	Diabetes	Management	Experiencing Diabetes	Patient Forums	
	There are several in usually needs to b diabetes. Testing : setting (such as y doctor determines high, or if you hav in addition to one a second test to d A1C. The A1C test for the past 2 to 3	gnose Diabet ways to diagnose dial e repeated on a seco should be carried out our doctor's office or that your blood gluc e classic symptoms of positive test, your de liagnose diabetes. t measures your aver a months. The advant y are that you don't l	betes. Each way nd day to diagnose in a health care a lab). If your use level is very of high blood glucose botor may not require age blood glucose tages of being	DIABETES INFORMATION What is Diabetes? Causes Symptoms History DIABETES MANAGEMENT How to Diagnose Diabetes Who is likely to suffer from Diabetes?	
					• 110% -

Figure 8: First page of the Diabetes Management chapter: How to diagnose diabetes. On the right Diabetes Information and Diabetes Management links

EMPO O Follow		New Po madda	əl ^
	EMI	OWER	
About Diabetes	Management Experiencing Diabetes	Patient Forums	E
treatment op monitoring, y medication, in and also abou useful conter	n you will go through the most common diabetes tions. Starting from the concept of blood sugar ou will be able to find information on diabetes isulin therapy, preventing long term complications, it testing and other remedies. You will also find t about how to inject and store insulin, how to ons correctly, and how to take care of other	MANAGING YOUR TREATMENT Injecting Insulin Insulin Safety Preparing for your next Doctor appointment How to correctly manage medication intake Preventing long-term conditions Foot Treatment Vaccinations	
When starting important: 1. Your qual free from any	g to treat diabetes two objectives are equally ity of life should not suffer. The goal is to stay diabetes-related symptoms as much as possible surprised by any acute symptoms (e.g. low blood	 TREATMENT ADVICE I get lumps and bumps where I inject insulin. Is there something wrong? Since I have been taking insulin, I have the feeling that I am gaining weight. Is that possible? I found a blister on my foot, what should I do? 	
2 Any form	of long term complications should be	€.1	- .00% -

Figure 9: First page of the Treatment Information chapter. On the right Treatment Management and Treatment Advice links

EMPOWER				
About	Diabetes Manago	ement Experiencing Diabetes	Patient Forums	
	Injecting Insulin		TREATMENT INFORMATION	
	How to inject insulin? The concentration (strengt	h) of insulin is measured in USP n Human Units and is usually	Treatment Blood Sugar Monitoring Medications Insulin Therapy Complications Alternative Medicine	
		y instructions from your doctor about tation of injection sites on your sjection correctly:	TREATMENT ADVICE I get lumps and bumps where I inject insulin. Is there something wrong? Since I have been taking insulin, I have the feeling that I am gaining	
	the air until you see	h soap and water. n you should shoot 1 to 2 units into a drop on the tip of the needle. This that the pen is functioning. In case	weight. Is that possible? I found a blister on my foot, what should I do?	

Figure 10: First page of the Treatment Management chapter. On the right Treatment Information and Treatment Advice links

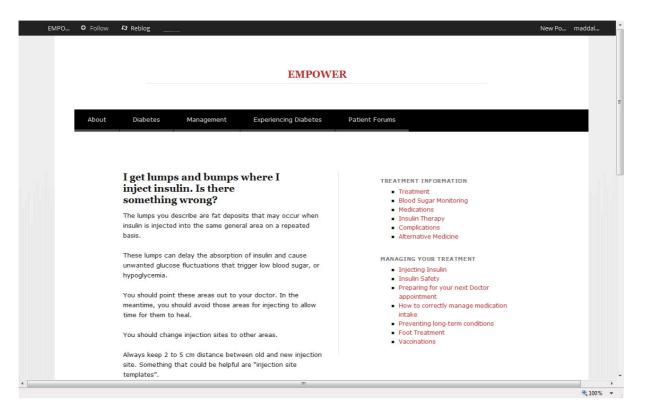


Figure 11: First piece of Treatment Advice. On the right Treatment Information and Treatment Management links.

EMPOWER O Follow		New Post m	addalenafiordelli 📃 🔥
	EMPOWER		_
About	Diabetes Management Experiencing Diabetes Patient Forums		
	Nutrition	NUTRITION MANAGEMENT	
	Diabetes mellitus is a metabolic disorder. An important goal for diabetes patients therefore is to bring	The right balance in nutrition is important! Eating Plan	
	nutrition, physical activity and medical therapy into balance. Here you may find useful insights on calories, nutritional facts, and also some advice on your eating plan, eating out, and how to have tasty	 How to read food labels 	
	meals.	 Including sweets in your meal planning 	
		Late right snacks	
	Why should we care about nutrition?	NUTRITION ADVICE	
	People suffering from Diabetes Type 1 or Type 2 only can use the food they eat for physical and mental	 I love sweets, but I know I have to cut them from my diet 	
	benefits if the blood glucose levels are correct.	Eating out at a restaurant	
			=
	In order to manage the disease effectively it is important to be well-informed about nutrition and its possible effects on the metabolism.		-
	For more information, click here		
	Ecit		
	Leave a Reply		
	Enter your comment here		
	NUTRITION INFORMATION SEARCH		
	Nutrition What can I est?	Search	
	 Daily Intake 		
	Calories		
	Fruits & Vegetables Carbohydrates		
	Carobyches Proteins		
	Fats & Olis		
	Sweets Herbs & Spices		
	Meros & Spices Drinks		-
•	m		•
			A CEO/ -

Figure 12: Overview of Nutrition Information Chapter. On the right Nutrition Management and Nutrition Advice links, below Nutrition Information Menu.

5.2 German Translation

http://empowerpatientde.wordpress.com

EMPO	. O Follow					New Po maddal
				EMPOWE	R (DE)	-
				EMPOWER PA	TIENTS	
	About	Diabetes	Versorgung	Leben mit Diabetes	Foren für Patienten	
		Was ist Diab	etes?			
		a. 200				
		Behandlung Was ist D	iahataa?			
		messurig			IHREN DIABETES RICHTIG MANAGEN	
				gemeine Informationen	 Wie wird Diabetes diagnostiziert? Bei wem besteht das Risiko, an 	
			seine Geschichte, sei	ine Ursachen und ie einige Informationen zur	Diabetes erkrankt zu sein?	
			iabetes und wer gefä			
				eht sich auf eine Gruppe		
			Erkrankungen, die Au			
			hr Körper die Glukose	e – den Blutzucker es leiden, bedeutet dies,		
			per nicht in der Lage			
				zellen nicht angemessen		
		auf Insulin re	eagieren können. Die	s führt zur Erhöhung des		
		Blutzuckersp	iegels über 126 mg%	im nüchternen Zustand.		
			ormon, durch das du			
		-		per zu Energie umgewandelt		
			The second s	g von Kohlenhydraten zu Blut durch das Insulin in die		
				biut durch das misuin in die		
<u> </u>		(di-h-t (m		► 100% -

Figure 13: Diabetes submenu with the three information chapters: Diabetes, Treatment, Measurement

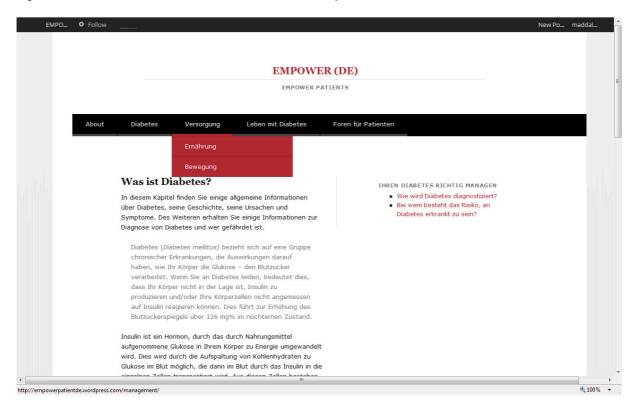


Figure 14: Management submenu with the two information chapters: Nutrition, Exercise

EMPO						New Po maddal
				EMPOWER PAT		E
				EMPOWER PAT	IENTS	
	About	Diabetes	Versorgung	Leben mit Diabetes	Foren für Patienten	
				Emotionen richtig manager	1	
				Das Leben mit Diabetes		
		Was ist Dia		Anzeichen für Probleme	IHREN DIABETES RICHTIG MANAGE	
				llgemeine Informationen	 Wie wird Diabetes diagnostizier Bei wem besteht das Risiko, an 	t?
				ine Urradiseinunid Diabetes Re einige Informationen zur	Diabetes erkrankt zu sein?	
			betes und wer gefä			
				ieht sich auf eine Gruppe		
			rkrankungen, die Au	-		
			r Körper die Glukose Venn Sie an Diabete	es leiden, bedeutet dies,		
			er nicht in der Lage			
			-	zellen nicht angemessen		
		auf Insulin rea	agieren können. Die	s führt zur Erhöhung des		
		Blutzuckerspie	egels über 126 mg%	im nüchternen Zustand.		
			rmon, durch das du			
		-		per zu Energie umgewandelt		
				g von Kohlenhydraten zu		
				Blut durch das Insulin in die		-
•						•
http://empowerpatie	entde.wordpress.co	om/experiencing-diabete	es/			🔍 100% 🔻

Figure 15: Experiencing diabetes submenu with the four information chapters: Emotions management, Daily life with Diabetes, Signs of Trouble, Being sick with Diabetes

EMPOWER (DI	E) O Follov	v			New Post maddaler	afiordelli 🙎
				EMPOWER	(DE)	
				EMPOWER PAT	IENTS	
	About	Diabetes	/ersorgung	Leben mit Diabetes	Foren für Patienten	
		Was ist Diabetes?		Ursachen für Diabetes		
		Behandlung		Symptome		
		Ziel für Diabetespatie ihre körperlichen Akti Einklang zu bringen. I in Kalorien und Nährw	enten besteht s vitäten und ihre Nachstehend fir verte, aber auch Essen außer Ha	Geschichte seistorung. Ein wichtiges omit darin, ihre Ernährung, e medizinische Therapie in iden Sie nützliche Einblicke n einige Ratschläge zu Ihrem uus und wie Sie leckere	IHRE ERNÄHRUNG RICHTIG MANAGEN Die richtige Ausgewogenheit in der Ernährung sit wichtig! Ernährungsplan Wie werden Nahrungsmitteletiketten gelesen? Beziehen Sie Süßigkeiten in Ihren Essensplan ein Spätabendlicher Snack	
		Diabetes mellitus ist	eine Stoffwechs die zu sich geno vers und Geistes		ERNÄHRUNGSRATGEBER Ich liebe Süßigkeiten, aber ich weiß, dass ich sie aus meiner Diät streichen muss Exercise & Meals Ich würde gern in einem Restaurant opsens ochen aber weil ich meinen	
		Ein wichtiges Ziel für ihrer Ernährung, ihrer medizinischen Therap	körperlichen A	aher die Ausgewogenheit ktivitäten und ihrer	essen gehen, aber weil ich meinen Ernährungsplan einhalten muss, weiß ich, dass ich das nicht kann…	
				III		100%

Figure 16: Submenu of the Diabetes Information chapter: Causes, Symptoms, History

	EMPO	• Follow			New Po	maddal	-
			EMPOV	VER (DE)			
			EMPOWER	R PATIENTS			Ξ
	1	About	Diabetes Versorgung Leben mit Diabetes	Foren für Patienten			
		About	Diabetes versorgung Leben mit Diabetes	Foren für Patienten			
			W '. D'l . 0				
			Was ist Diabetes?	IHREN DIABETES RICHTIG MANAGEN			
			In diesem Kapitel finden Sie einige allgemeine Informationen	 Wie wird Diabetes diagnostiziert? Bei wem besteht das Risiko, an 			
			über Diabetes, seine Geschichte, seine Ursachen und Symptome. Des Weiteren erhalten Sie einige Informationen z	Disk stee estrendt av seis2			
			Diagnose von Diabetes und wer gefährdet ist.	1			
			Diabetes (Diabetes mellitus) bezieht sich auf eine Gruppe				
			chronischer Erkrankungen, die Auswirkungen darauf				
			haben, wie Ihr Körper die Glukose – den Blutzucker				
			verarbeitet. Wenn Sie an Diabetes leiden, bedeutet dies, dass Ihr Körper nicht in der Lage ist, Insulin zu				
			produzieren und/oder Ihre Körperzellen nicht angemessen				
			auf Insulin reagieren können. Dies führt zur Erhöhung des				
			Blutzuckerspiegels über 126 mg% im nüchternen Zustand.				
			Insulin ist ein Hormon, durch das durch Nahrungsmittel				
			aufgenommene Glukose in Ihrem Körper zu Energie umgewand	lelt			
			wird. Dies wird durch die Aufspaltung von Kohlenhydraten zu				
			Glukose im Blut möglich, die dann im Blut durch das Insulin in				
•			ainzalnan Zallan transportiart wird. Aug diagon Zallan hastahi	<u></u>			•
						100%	-

Figure 17: First page of the Diabetes Information chapter: what is diabetes? On the right Diabetes Management links

EMPOWER (DE)	ш
EMPOWER PATIENTS	
About Diabetes Versorgung Leben mit Diabetes Foren für Patienten	
Wie wird Diabetes diagnostiziert? Es gibt mehrere Möglichkeiten, Diabetes zu diagnostizieren, die allerdings zur endgültigen Diabetesdiagnose alle nochmals wiederholt werden müssen. Eine Testung sollte in einer Gesundheitseinrichtung (wie z.B. einer Arztpraxis oder einem Labor) erfolgen. Wenn Ihr Arzt feststellt, dass Ihr Blutzuckers piegel sehr hoch ist, oder wenn Sie zusätzlich zu einem positiven Test klassische Symptome eines hohen Blutzuckers aufweisen, kann Ihr Arzt einen zweiten Test anordnen, um Diabetes zu diagnostizieren.	
A1C-Wert. Mit dem A1C-Test wird Ihr durchschnittlicher Blutzuckerspiegel während der vergangenen zwei bis drei Monate gemessen. Die Vorteile dieser Diagnose sind, dass Sie weder fasten noch etwas trinken müssen. • Diabetes wird bei einem A1C-Wert von über oder gleich 6,5 % diagnostiziert	•
€ Mi	

Figure 18: First page of the Diabetes Management chapter: How to diagnose diabetes. On the right Diabetes Information and Diabetes Management links

EM	IPO O Follo	w					New Po	maddal	Â
				EMPO'	WER				
	About	Diabetes	Management	Experiencing Diabetes	Patient Forums			I	E
		treatment opti monitoring, yo medication, ins and also about useful content	you will go through the ions. Starting from the c u will be able to find info sulin therapy, preventing t testing and other reme about how to inject am ons correctly, and how to	oncept of blood sugar ormation on diabetes o long term complications, dies. You will also find d store insulin, how to		MANAGING YOUR TREATMENT Injecting Insulin Insulin Safety Preparing for your next Doctor appointment How to correctly manage medication intake Preventing long-term conditions Foot Treatment Vaccinations			
		important: 1. Your qualit free from any	to treat diabetes two of ty of life should not sul diabetes-related sympto surprised by any acute :	f fer. The goal is to stay		 TREATMENT ADVICE I get lumps and bumps where I inject insulin. Is there something wrong? Since I have been taking insulin, I have the feeling that I am gaining weight. Is that possible? I found a blister on my foot, what should I do? 			
		2 Any form o	f long term complication	ons should be				100%	- -

Figure 19: First page of the Treatment Information chapter. On the right Treatment Management and Treatment Advice links

EMPO O Follow FI Reblo	gv	Ne	ew Po maddal
	EMPOWEI	R (DE)	
	EMPOWER PAT	IENTS	
About Diab	etes Versorgung Leben mit Diabetes	Foren für Patienten	
Insu	lin injizieren	DIABETESBEHANDLUNG	
Wie w	ird Insulin injiziert?	BehandlungÜberwachung Ihres Blutzuckers	
Insuline	izentration (Stärke) von Insulin wird in USP- einheiten und USP-Humaninsulineinheiten gemessen und Regel mit Begriffen wie U-100-Insulin ausgedrückt.	 Diabetesmedikamente Insulintherapie Spätfolgen Alternative Medizin 	
einer so	vichtig, sämtliche Anweisungen Ihres Arztes hinsichtlich orgfältigen Auswahl und eines Wechsels der ynsstellen an Ihrem Körper zu beachten.	BEHANDLUNGSRATGEBER Ich bekomme Knoten und Beulen an den Stellen, wo ich das Insulin	
Richtig	e Vorbereitung Ihrer Insulininjektion:	injiziere. Mache ich etwas falsch? Ich habe das Gefühl, dass ich an	
• V L	Waschen Sie Ihre Hände mit Wasser und Seife. /or jeder Injektion sollten Sie ein bis zwei Einheiten in die .uft spritzen, bis Sie einen Tropfen an der Nadelspitze sehen. So stellen Sie sicher, dass der Pen funktioniert.	Gewicht zunehme seit ich Insulin spritze. Ist das möglich? Ich habe eine Blase an meinem Fuß entdeckt. Was soll ich tun?	
e	Falls kein Insulin aus dem Pen austreten sollte, könnte entweder die Patrone leer, die Nadel verstopft oder die Desition des Kelbons falsch sein		
			• 100% -

Figure 20: First page of the Treatment Management chapter. On the right Treatment Information and Treatment Advice links

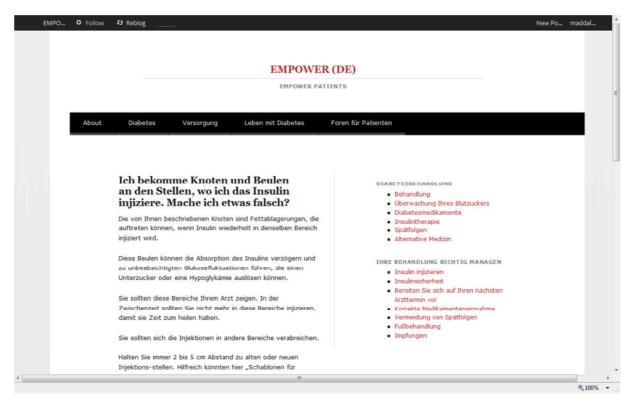


Figure 21: First piece of Treatment Advice. On the right Treatment Information and Treatment Management links.

EMPOWER (D	O Fellow	New Post maddalenafiordelli 📃 🧄
	EMPOWER (DE)	
	EN POWER PATIENTS	
	About Diabetes Versorgung Leben mit Diabetes Foren für Patienten	
	Ernährung	
		HRE ERNÄH RUNG RICHTIG MANAGEN
	Diabetes mellitus ist eine Stoffwechselstörung. Ein wichtiges Ziel für Diabetespatienten besteht somit darin, ihre Ernährung, ihre körperlichen Aktivitäten und ihre medizinische Therapie in Einklang zu	Die richtige Ausgewogenheit in der Britährung ist wichtigt Britährungsplan
	dann, me channoing, me korpensien waavaarn olia me medunarne rineingen ei candang zu bringen, Nachtschand finden Sie nützliche Einblicke in Kalorien und Nährwerte, aber auch einige	Wie werden Nahrungsmitteletiketten gelesen?
	, Ratschläge zu Ihrem Erhährungsplan, zum Essen außer Haus und wie Sie leckere Mahlzeiten zubereiten	Beziehen Sie Süßigkeiten in Ihren Basenspien ein
	können.	Spätabendlicher Snack
	Warum sollten wir uns Gedanken um Ernährung machen?	RN ÄH RUN GS RAT GEBER
		Ich liebe Süßigkeiten, aber ich weiß, dass ich sie aus meiner Diat
	Diabetes mellitus ist eine Stoffwechselstörung. Typ-1 oder Typ-2-Diabetiker können die zu sich	streichen muss
	genommene Nahrung nur dann zugunsten Ihres Körpers und Geistes nutzen, wenn ihr Blutzuckerspiegel	Schwürde gem in einem Restaurant essen gehen, aber weil ich meinen
	richtig eingestellt ist.	Ernährungsplan einhalten muss, welß ich, dass ich das nicht kann
	Ein wichtiges Ziel für Disbetiker ist daher die Ausgewogenheit ihrer Emährung, ihrer körperlichen	
	Aktivitäten und ihrer medizinischen Therapie.	
	Um mit dieser Erkrankung effektiv umgehen zu können, ist es wichtig, gut über Emährung und ihre	
	on me used containing whether the present of containing and the set include, got base charactery and the mologicities duratively whether all softwards all informient zu sain.	
	Für wetere Informationen, hier dicken.	
	rue wetere Informationen, nier dicken.	
	#earbeiten	
	Kommentar verfassen	
	Kommentar berjässen	
	Gib hier Deinen Kommentar ein	
	ERNÄH RUNG	
	Imatrung	
	Was darf ich essen?	
	Tagesbedarf Kalorian	
	Adorem Cost und Gemüse	
	Kohlentydrate	
	Proteine	· ·
•		• • • •

Figure 22: Overview of Nutrition Information Chapter. On the right Nutrition Management and Nutrition Advice links, below Nutrition Information Menu

5.3 Turkish Translation

http://empowerpatienttr.wordpress.com

EMPO	O Follow			EMPOW		w Po maddal
	About	Diyabet	Yönetim	Experiencing Diabetes	Patient Forums	- 1
		Diyabet Nedi				
		kontrolü Diyabet (disi şekeri kullanı atırta bulunn bedeninizin in hücrelerin ins gelir. Bu, kar	mə biçimini etkiley naktadır. Eğer diy nsülin üretemediğ süline doğru şekilı	voommizin glikoz, yani kan yen bir dizi kronik hastaliğa abet hastasiysanız, bu i ve/veya vücudunuzdaki de tepki veremediği anlamına nınayken %126 mg üzerinde	DİYABET YÖNETİMİ Diyabet tanısı nasıl koyulur Kimlerin diyabet hastası olması daha olasıdır?	
		dönüşmesini mü kandaki glikoza glikoz insülin tar kasları ve dokula	mkün kılan bir hor parçalanmasıyla r rafından münferit	glikozun vücudunuz için enerji mondur. Bu, karbonhidratların münkün olur: daha sonra bu hücrelere taşınır. Bu hücreler glikoz aynı zamanda beynin ı de önemlidir.		
		-		z veya üretemezse kandaki laysa hiperglisemi denir. Eğer l	bu	

Figure 23: Diabetes submenu with the three information chapters: Diabetes, Treatment, Measurement

EMPO • Follow	v f3 Reblog	New Po maddal 🄶
EMPO O Follow	Diyabet Yönetim Experiencing Diabetes Patient Forums Beslenme Egzersiz Diyabet tanısı nasıl koyulur Diyabet tanısı nasıl koyulur Diyabet tanısı nasıl koyulur Diyabet tanısı nasıl koyulur Diyabet tanısı nasıl koyulur Diyabet nası nasıl koyulur Diyabet tanısı nasıl koyulur Diyabet nası nasıl koyulur Diyabet tanısı nasıl koyulur Diyabet nedir Diyabet tanısı koymanın birçok yolu vardır. Her bir yöntem genelde ikinci gün tekrar edilmelidir. Tahiller bir sağık hizmeti ortamında yapılmabınır (ordışın bir doktor dası veya taboratuar). Diyabet nedirei Eğer hekiminiz kandaki gikoz seviyenizin çok yüksek olduğuna Diyabet yönetimi	New Po maddal
	 de yüksek kan glikozunun klasik belirtilerine sahip iseniz, doktorun diyabet tanısı koymak için ikinci bir tahlil yapmasına gerek olmayabilir. A1C. A1C testi son 2-3 ay içindeki ortalama kan glikozunuzu ölçer. Bu sekilde tanı almanızın avantajlan aç kalmanıza veya bir şey içmenize gerek olmamasıdır. %6.5 veya üstü bir A1C seviyesinde diyabet tanısı konulur. Açlık Plazma Glikozu (FPG). Bu test açlık kan glikoz seviyelerinizi 	
<	III	€ 100% -
http://empowerpatienttr.wordpress.	s.com/management/	4 100%

Figure 24: Management submenu with the two information chapters: Nutrition, Exercise

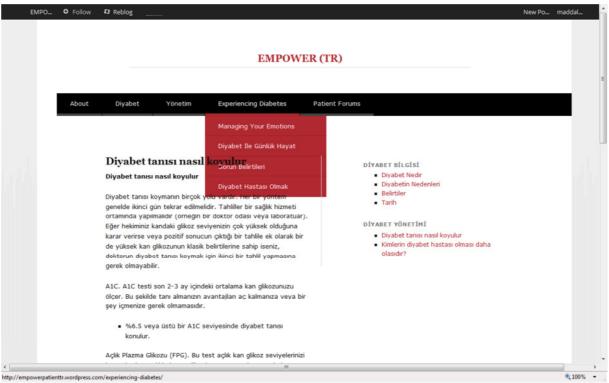


Figure 25: Experiencing diabetes submenu with the four information chapters: Emotions management, Daily life with Diabetes, Signs of Trouble, Being sick with Diabetes

		EMPOWI	ER (TR)	
About	: Diyabet Yönetim	Experiencing Diabetes	Patient Forums	
	Diyabet Nedir	Diyabetin Nedenleri		
	Tedavi	Belirtiler		
şub 07	İnsiilin enjekte etti öpä kluklar ve yuni Yuuksobir şey mi ve Tarif ettiğiniz yumular insülin alana enjekte edilginde ortaya Bu yumular insülinin emilmesini şekerini veya hipoglisemiyi teti dalgalanmalarına yol açabilir. Bu alanları doktorunuza belirtmi iyileşmesi için bu alanlara enjek kaçınmalisınız. Enjeksiyon yerlerini başka alanları	ekrarlanan şekilde aynı genel çıkan yağ birikintileridir. geciktirebilir ve düşük kan deyen istenmeyen glikoz elisiniz. Bu arada, bu alanların siyon yapılmasından	TEDAVİ BİLGİSİ - Tedavi - Kan şekeri - Diyabet ilaçları - Insülin tedavisi - Kompilkaşvonlar - Alternatif tıp TEDAVİNİZİN YÖNETİNİ - Injecting Insulin - Insülin Güvenliği - Bir Sonraki Randevunuza Hazırlanmak - Ilaç alımı nasıl doğru şekilde yönetilir? - Uzun vadeli hastalıkların - engellenmesi - Ayak tedavisi - Vacinations	
		asında her zaman 2-5 cm mesafe şey "enjeksiyon yeri şablonları"dı		
	Enjeksiyon yerlerini dönüşümlü			
		ăle insülin icin sağ tarafa (kolun		

Figure 26: Submenu of the Diabetes Information chapter: Causes, Symptoms, History

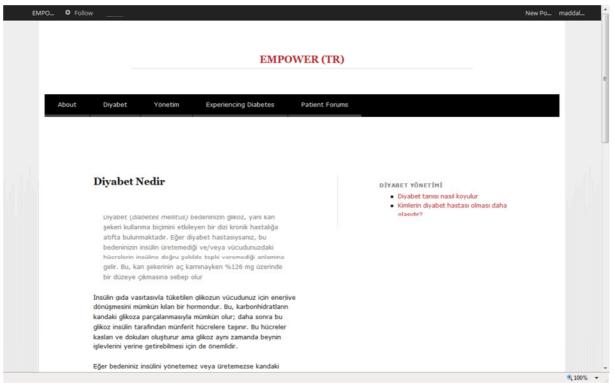


Figure 27: First page of the Diabetes Information chapter: what is diabetes? On the right Diabetes Management links

_	EMPOW	ER (TR)	
About Diyabet	Yönetim Experiencing Diabetes P	Patient Forums	•
Diyabet tanısı genelde ikinci ortamında yap Eğer hekiminiz karar veriree v de yüksek kar	tamısı nasıl koyulur sı nasıl koyulur koymanın birçok yolu vardır. Her bir yontem gün tekrar edilmelidir. Tahliller bir sağlık hizmeti ilmahdır (örneğin bir doktor odası veya laboratuar), kandaki gilkoz seviyenizin çok yüksek olduğuna reya pozitif sonucun şıktığı bir tahlile ek olarak bir gilkozunun klasik belirtilene sahipi seriz, bet tanısı koymak için ikinci bir tahlil yapmasına alır.	DİYABET BİLGİSİ Diyabetin Nedenleri Balirtilar Tarih DİYABET YÖNETİMİ DİYABET YÖNETİMİ Diyabət tanısı nasıl koyulur Kimlerin diyabet hastası olması daha olasıdır?	
ölçer. Bu şekil şey içmenize (i son 2-3 ay içindeki ortalama kan glikozunuzu de tanı almanızın avantajları aç kalmanıza veya bir gerek olmamasıdır. aya üstü bir A1C seviyesinde diyabet tanısı		

Figure 28: First page of the Diabetes Management chapter: How to diagnose diabetes. On the right Diabetes Information and Diabetes Management links

EMPO O Follow	ЕМРО	NWER (TR)	ew Po maddal 🔶
About Diyabet	Yonetim Experiencing Diabetes	Patient Forums	
geçeceğiz. K ilaçları, insuli önlenmesi v hakkında bilg etmeniz ve n gerektiği ve gerektiği kon Dyiabet teda derecede on 1. Yaşam kı ilişkili belirtile	en yaygın diyabet tedavi seçeneklerinin üzerinden ian şekeri izleme kavramından başlavarak. diyabet in tedavisi, uzun vadeli komplikasyonların ve aynı zamanda test ve diğer tedavi yöntemleri i edineceksiniz. Aynı zamanda insülni nasıl enjekt nuhafaza etmeniz gerektiği, ilaçlarınızı nasıl almanı diğer olası komplikasyonlarla nasıl başa çıkılması usunda yararlı bilgiler bulacaksınız. ıvi edilmeye başlandığında şu iki hedef eşit emlidir: aliteniz azalmamalıdır. Hedef herhangi diyabetk ırden mümkün mertebe uzak durmak ve herhangi r erteye çıktığında şaşırmamaktır (örn. düşük kan	z Misain Kontangevunuza Hazirlanmak Bi Sonraki Bandevunuza Hazirlanmak Bi Bi Sonraki Bandevunuza Hazirlanmak Uzun vadei hastaliklann engellenmesi z Ayak tedavisi Vaccinations TEDAVÍ ÖNERÍSÍ I Insülin enjekte ettiğim yerlerde topaktikar ve yumrular oluşuyor. Yanlış bir şey mi var?	
2 Horhanni	uzun vadoli komnlikasvonlar_ongellenmoli		€ 100% -

Figure 29: First page of the Treatment Information chapter. On the right Treatment Management and Treatment Advice links

EMPO	• Follow	F1 Reblog	***			New Po	maddal	^
				EMPOWI	ER			Е
	About	Diabetes	Management	Experiencing Diabetes	Patient Forums			
		Injecting I How to inject in			TREATMENT INFORMATION Treatment			
	The concentration (strength) of insulin is measured in USP Insulin Units and USP Insulin Human Units and is usually expressed in terms such as U-100 insulin.			Blood Sugar Monitoring Medications Insulin Therapy Complications Alternative Medicine				
		the careful selec body.		ons from your doctor about njection sites on your prrectly:	TREATMENT ADVICE • I get lumps and bumps where I inject insulin. Is there something wrong? • Since I have been taking insulin, I have the feeling that I am gaining			
		 Before even the air unt way you n there is no 	il you see a drop on make sure that the p insulin coming out o	Ild shoot 1 to 2 units into the tip of the needle. This en is functioning. In case f the pen, it might be that	weight. Is that possible? I found a blister on my foot, what should I do?			
•			ge is empty, the nee ition is not correct.	dle is clogged or that the			€ 100%	, . ,

Figure 30: First page of the Treatment Management chapter. On the right Treatment Information and Treatment Advice links



Figure 31: First piece of Treatment Advice. On the right Treatment Information and Treatment Management links.

EMPOWER (TR) O Follow		Nex	Post maddalenafiordelli 📃 🔺
liest.	EMPOWER (TR) Dyabe: Yoretim Experiencing Datates Patient Forums		
	Basebaremellik Distribution structure for the structure	EXERCISE TRANSPORTUNE DE LA COMPARISACIÓN D	E
	RESILENCE BILLISS Basenne Na kasnylyssionn Arosol Koski Koski Koski Koski Arosol Para 6 Ols Second	8	
4	III.		+

Figure 32: Overview of Nutrition Information Chapter. On the right Nutrition Management and Nutrition Advice links, below Nutrition Information Menu.

6 Validation of Patient Information Material

Patient information material will be validated during phase I of the validation. Diabetes patients (5-10) and physicians (2-3) will be recruited for each of the Pilot Applications in Ingolstadt and Ankara. The main goals of the evaluation will be to receive a first feedback on EMPOWER features, after participants having interacted with the prototype. Participants' feedback will be collected mainly in terms of: Usability, Usefulness/Perceived Usefulness, and Acceptance and Barriers. Among the modules assessed by the patients there will be the Patient Information Material. The results will be integrated in the software developments for the final prototype.