Objectives

Optimal management of people with type 2 diabetes who are using complicated pharmacologic regimens often requires collaboration among healthcare providers and educators. Treatment plans specifically utilizing fast-acting insulin regimens, require attention to a person's behaviors related to self-monitoring, food choices, exercise, and medication taking. These patient data are frequently not available to the healthcare team, thus making coaching the patient and adjusting the treatment plan difficult. The purpose of this poster is to illustrate how the viewing of the patient-generated health data enhances the clinician’s ability to modify the treatment plan.

Methods

Four SMART Visit™ reports were reviewed by a single clinician in patients with type 2 diabetes using BlueStar® Diabetes (Welldoc, Inc., Columbia, MD) during live or remote patient encounters. The reports were transmitted within app to the clinician’s office electronically or via FAX. The reports were de-identified according to the Welldoc’s data policies. Salient information from the reports were extracted and treatment changes were reviewed for this poster.

Conclusions

This poster reviews four reports created by a digital health tool from patient-generated health data. The reports contained medication information, standard of care measures, BG data summarized graphically by time and by modal day, as well as a projected A1C. In addition, this report uniquely summarized self-management behavior such as self-monitoring, healthy-eating, medication taking, and activity. Finally, a detailed log book view can be useful for trouble-shooting self-management problems by examining cause and effect relationships. As can be seen from these four examples, the information extracted from the reports can guide diabetes clinicians and educators into optimization of the users’ treatment plans.

References

Quinn C et al. Cluster-Randomized Trial of a Mobile Phone Personalized Behavioral Intervention for Blood Glucose Control Diabetes Care September 2011; vol. 34 no. 9: 1934-1942.