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ADOPTION AND EFFECTIVENESS OF A DIGITAL INTERVENTION FOR LIFESTYLE MODIFICATION IN PATIENTS WITH TYPE-2 DIABETES - Results from a real world pilot.

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AIMS

The aims of this study were

- To test adoption of a digital intervention for Lifestyle Modification amongst Indian patients with Type-2 Diabetes
- To test the clinical effectiveness of the digital intervention in improving blood sugar control.

MATERIALS AND METHODS

42

Participants Started with the Program



The intervention consisted of a **120-day structured coaching program** delivered by **health coaches** using pre-scripted **interactive digital media tools** through a smartphone chat application.

Digital Intervention focused on supporting **skills development** relating to

- Healthy eating,
- Being physically active,
- Self-monitoring,
- Medication adherence,
- Problem-solving, and
- healthy coping

Patients were coached to share information on their meals, SMBG values, and weight with the Health Coach.

Health Coaches provided **personalized feedback for each interaction** along with **weekly and monthly summaries** to patients on their performance.

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Participants Completed the Program

RESULTS

Program Completion

76.2%

42 Patients Started
32 Patients Completed

Participants Completed the program

HbA1c Reduction

↓ 0.59%

Mean HbA1c at Baseline: 8.95%
Mean HbA1c at Completion: 8.36%

Mean HbA1c Reduction in Participants completing the program

Patient Engagement

78%

Average Daily Active Participants

↓ 1.09%

Mean HbA1c at Baseline: 8.95%
Mean HbA1c at Completion: 7.89%

Mean HbA1c Reduction in Participants who completed the program and showed drop in HbA1c

CONCLUSION

