

Leveraging Mobile Apps

TO SUPPORT DIABETES SELF-MANAGEMENT IN YOUR PRACTICE

The incorporation of technology into the diabetes landscape has moved beyond basic devices to include personal health, telehealth, digital education, artificial intelligence (AI), machine learning and mobile apps. This resource from ADCES is designed to help you choose from the growing number of digital health tools available.

SUPPORTING THE DIGITALLY CONNECTED PERSON WITH DIABETES

Diabetes care and education specialists can leverage existing knowledge of technology by facilitating the adoption of apps. Data generated by the person with diabetes through apps can provide valuable insights for DSMES. This strategy fosters personalized diabetes self-management education and support (DSMES) while promoting healthy changes.

TYPES OF MOBILE APPS

Some mobile apps require FDA approval when they are an accessory to a medical device or if they provide treatment such as an insulin dose calculator. There are a multitude of health apps available, providing the opportunity to track food intake, physical activity, diabetes medications, glucose monitoring data and more.



Leveraging Mobile Apps to Support DSMES in Your Practice

PROVIDE ONGOING SUPPORT

STEP 1: VIEW THE DATA TOGETHER

Determine if the app has a healthcare provider portal that allows data sharing (many data management apps do) and create an account. Invite the person, or request they invite you, so the data automatically populates in your portal and you can view it at will. If not, and the app can create reports, ask the person to share the report with the healthcare team either virtually or on paper. For in-person visits, view the data on a screen and identify trends together.

STEP 2: EVALUATE THE DATA AS IT RELATES TO THEIR GOALS

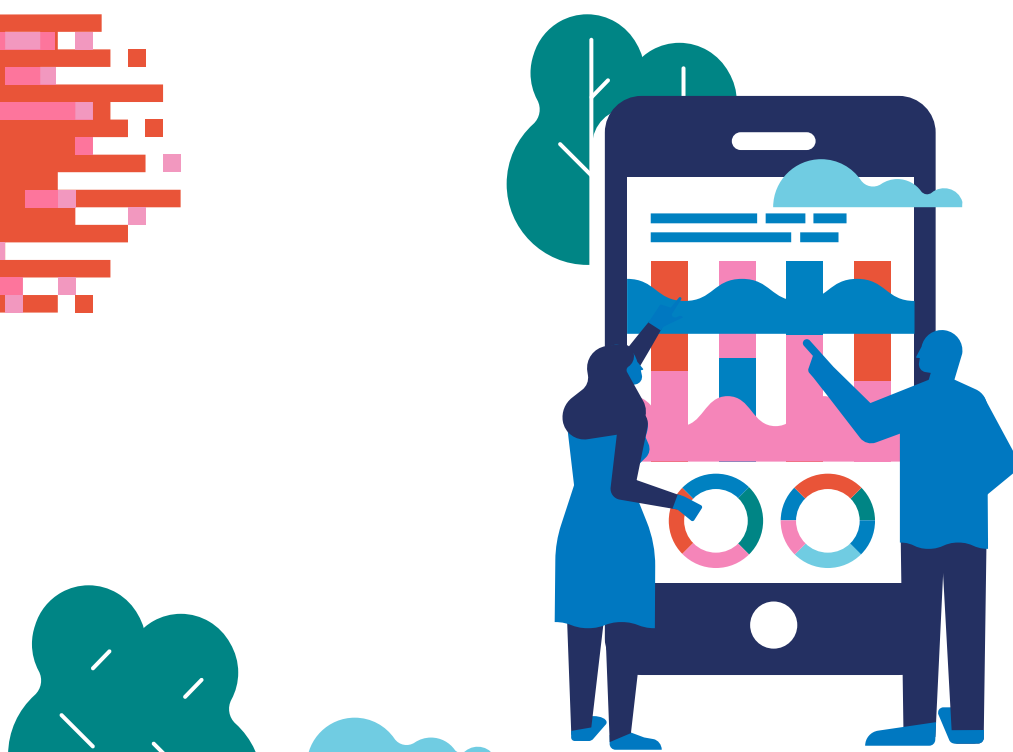
Is the app helping them to engage with their diabetes self-management plan? Acknowledge successes and review how continued use of the app can guide positive changes.

STEP 3: COMMUNICATE

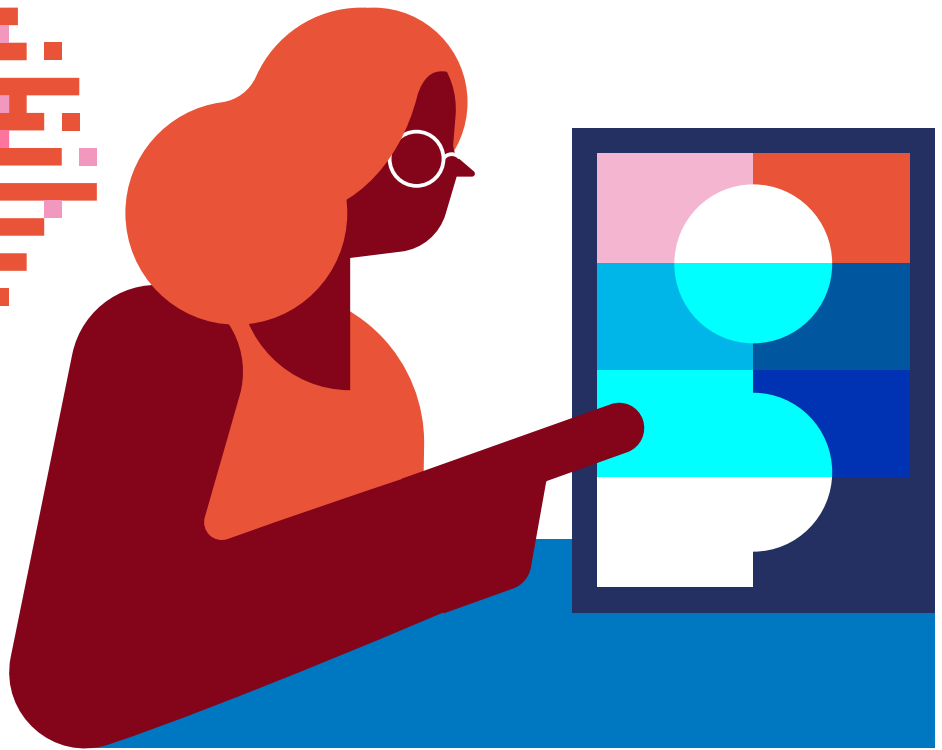
Connect either virtually or face-to-face to provide feedback. Congratulate them for using the app over time.

GROWING YOUR TECHNOLOGY-ENABLED PRACTICE

1. Visit danatech.org to access educational materials, resources and product information about apps and other diabetes technology.
2. Create a list of your favorites to facilitate your discussions.
3. Download a few apps that your participants are using and get familiar with them by using them yourself.
4. Integrate a technology assessment into every visit.
5. Reinforce utilization of the app at every encounter.
6. Explore user-generated data to provide feedback and new insights during your conversations.



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MOBILE APP SUCCESS PLAN

STEP 1:

In your assessment, ask:
Do you use mobile apps?

If the answer is yes, go to step 2.

If the answer is no but they own a smartphone, ask them if they are interested in learning more about apps to support diabetes care.

If they don't own a smartphone, keep in mind that many apps can also be used on a computer or tablet which may work well for some individuals.

STEP 2:

Work together to identify the best app to address their biggest challenges in daily diabetes management.

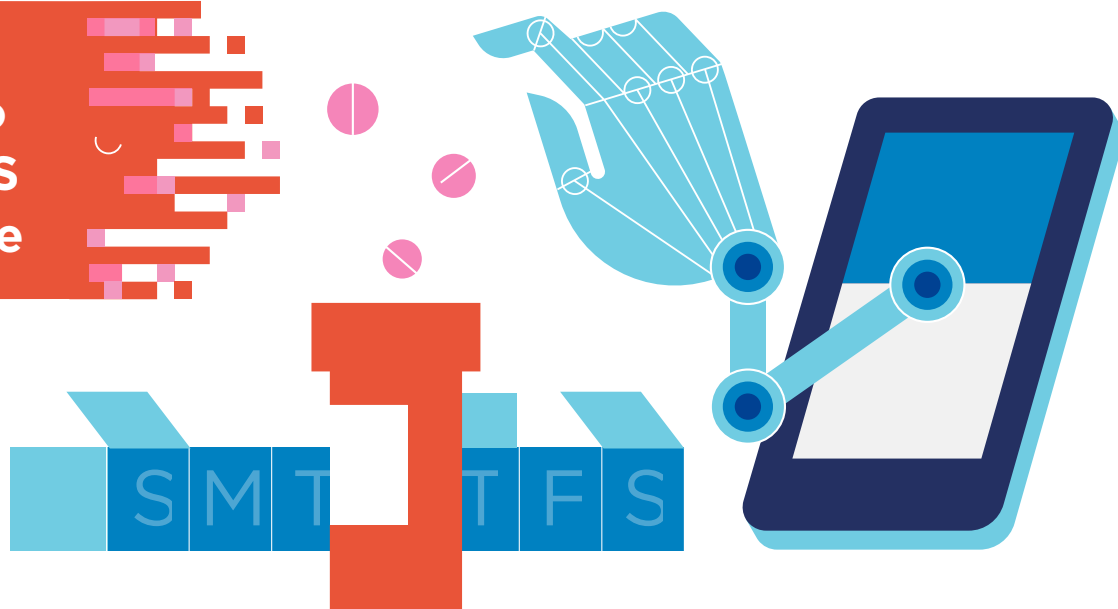
STEP 3:

Assist them in downloading, registering and customizing the app. They may need help adding information related to their diabetes regimen.

STEP 4:

Utilize shared decision making to discuss an action plan and timeline for follow up.

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MOBILE APP WORKSHEET

Steps for the diabetes care and education specialist to initiate the use of an app

1. Be aware of the time commitment. You may need to dedicate the entire visit to mobile app training. Once an app has been selected, help them download the app to their mobile device.
2. Assist with programming personalized settings such as target glucose range and insulin-to-carbohydrate ratio as applicable.
3. Have the person test drive the app while you are together to try out the app and initiate engagement.
4. Discuss app data sharing capabilities and compatibilities with other generated data.
5. Discuss setting alerts and reminders to perform self-management behaviors.
6. Using shared decision making, formulate an action plan for incorporating the app into their current regimen.
7. Establish a follow-up plan for sharing data and discussing personal experiences with the app.
8. Ask the person to be prepared to discuss successes and challenges at every visit.
9. Explore pivoting to a different app if they are not satisfied with the one they're using.