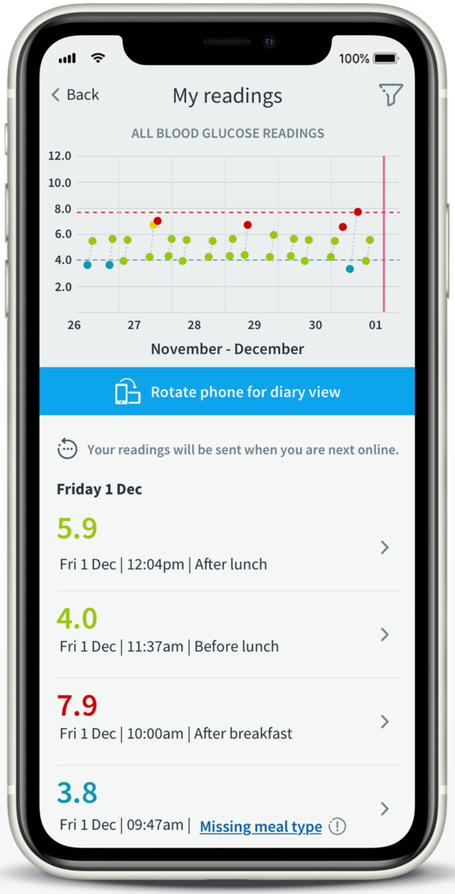
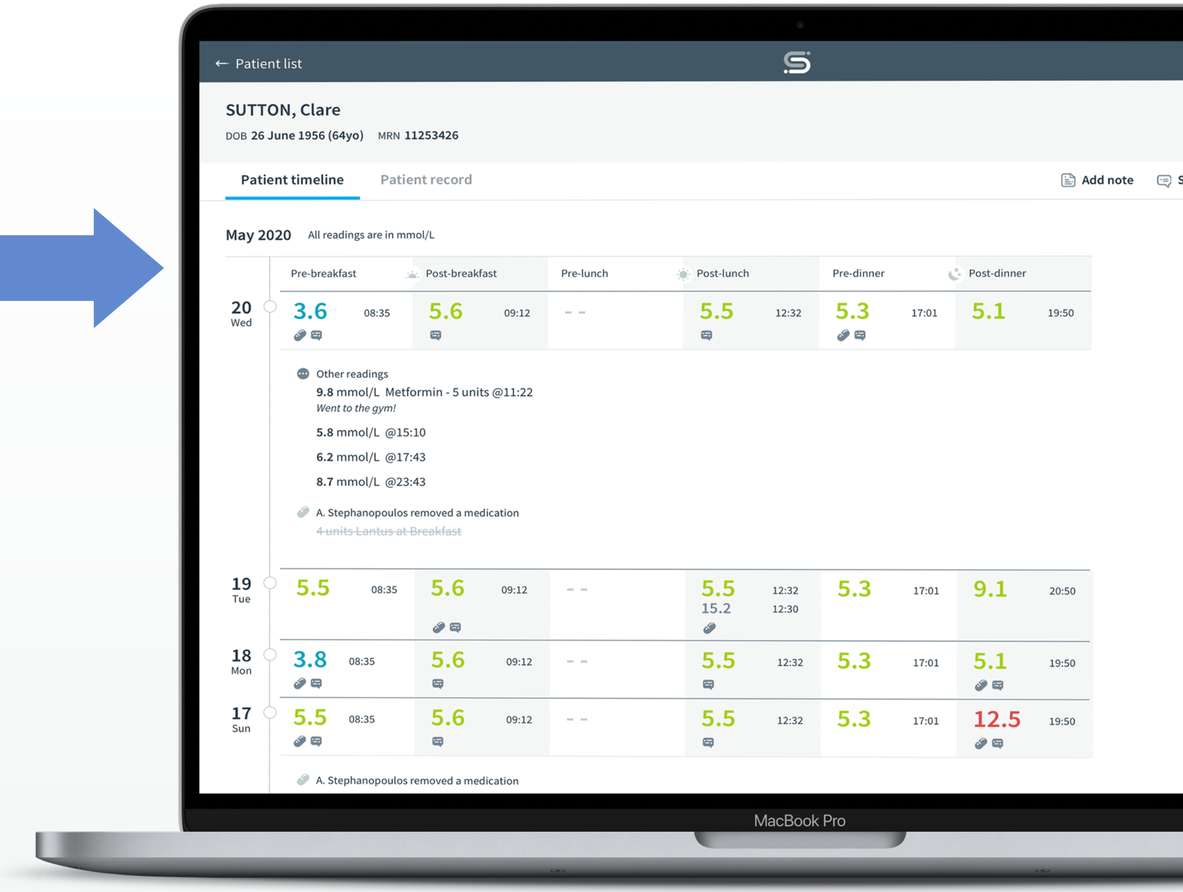
DBm-Health™

DBm-Health Introduction

Overview of DBm-Health





App (Patient)

BG Meter

Website (Physician dashboard)

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Potential benefits

Patient communication

Frequent monitoring of readings and in-app messaging can facilitate improved communication and oversight

Increased service capacity

Complex cases can be managed more efficiently, freeing up capacity for more patients without increasing resources

Improved adherence

Easy-to-use apps can lead to more comprehensive reporting of blood glucose levels

Improved reliability

Replaces paper-based processes which can be associated with poor data reliability

Faster audit

System reports replace time-consuming manual audit processes

Support for self-monitoring

User-friendly displays of historical readings and self-help guides empower patients to self-manage their condition

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Digital interventions in diabetes management – supporting evidence

NICE review of the available literature reported telemedicine interventions such as remote monitoring devices linked to clinicians for review, online education platforms and teleconference sessions were all associated with significantly reduced HbA1c levels.

Evidence was also identified to support the use of a smartphone application to enhance self-monitoring[1]

A 2018 meta-analysis of 23 randomised control trials comparing the effects of digital interventions with usual care concluded:

'that participation in digital interventions, particularly web-based interventions, favourably influences HbA1c levels among patients with poorly controlled Type 2 diabetes'[2]

1. 2019 surveillance of 4 diabetes guidelines – Consultation document. NICE https://www.nice.org.uk/guidance/ng28/update/ng28-update-1/documents/surveillance-review-proposal
2. Kebede MM, Zeeb H, Peters M, Heise TL, Pischke CR. Effectiveness of Digital Interventions for Improving Glycemic Control in Persons with Poorly Controlled Type 2 Diabetes: A Systematic Review, Meta-analysis, and Meta-regression Analysis. Diabetes Technol Ther. 2018;20(11):767-782. doi:10.1089/dia.2018.0216

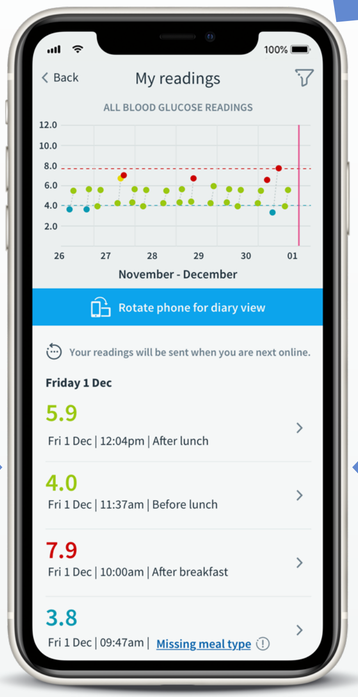
Overview of the clinician site

Healthcare professionals use the dashboard to:

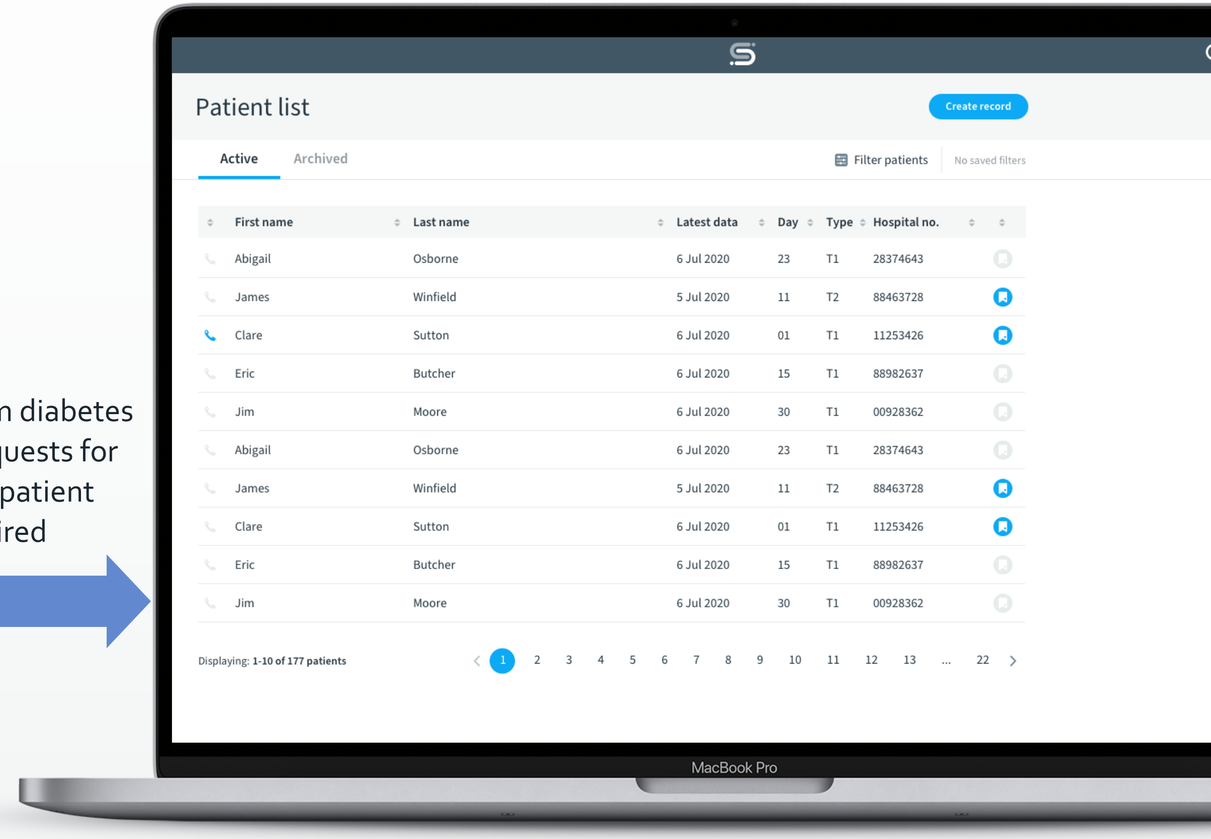
- Review submitted data
- Filter patient lists
- Filter by time in target glycaemic range
- Feedback via text messages

Secure cloud environment

Clinician reviews blood glucose readings



Feedback from diabetes clinic and requests for contact by patient as required



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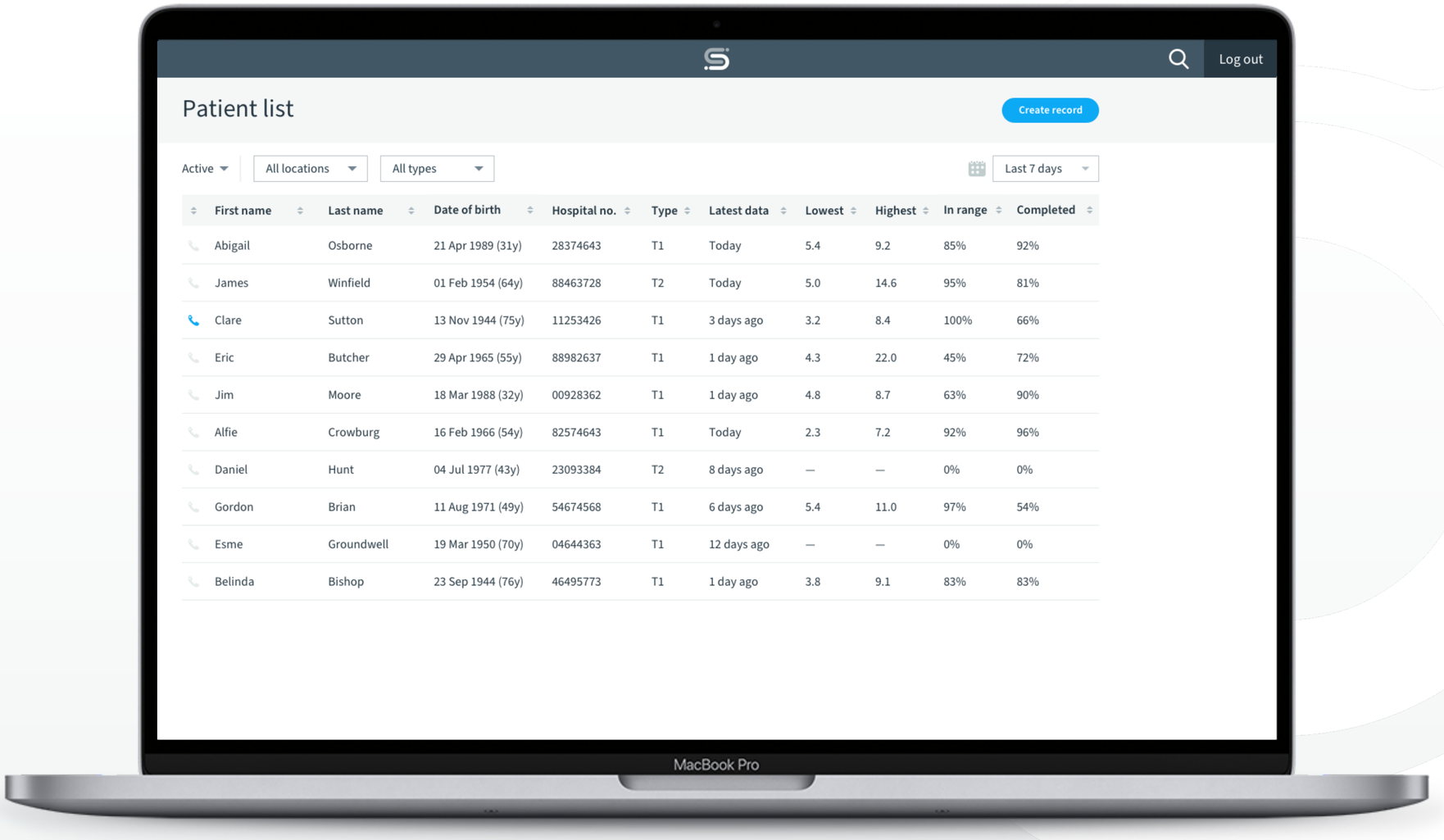
Patient list



First name	Last name	Date of birth	Hospital no.	Type	Latest data	Lowest	Highest	In range	Completed
Abigail	Osborne	21 Apr 1989 (31y)	28374643	T1	Today	5.4	9.2	85%	92%
James	Winfield	01 Feb 1954 (64y)	88463728	T2	Today	5.0	14.6	95%	81%
Clare	Sutton	13 Nov 1944 (75y)	11253426	T1	3 days ago	3.2	8.4	100%	66%
Eric	Butcher	29 Apr 1965 (55y)	88982637	T1	1 day ago	4.3	22.0	45%	72%
Jim	Moore	18 Mar 1988 (32y)	00928362	T1	1 day ago	4.8	8.7	63%	90%
Alfie	Crowburg	16 Feb 1966 (54y)	82574643	T1	Today	2.3	7.2	92%	96%
Daniel	Hunt	04 Jul 1977 (43y)	23093384	T2	8 days ago	—	—	0%	0%
Gordon	Brian	11 Aug 1971 (49y)	54674568	T1	6 days ago	5.4	11.0	97%	54%
Esme	Groundwell	19 Mar 1950 (70y)	04644363	T1	12 days ago	—	—	0%	0%
Belinda	Bishop	23 Sep 1944 (76y)	46495773	T1	1 day ago	3.8	9.1	83%	83%

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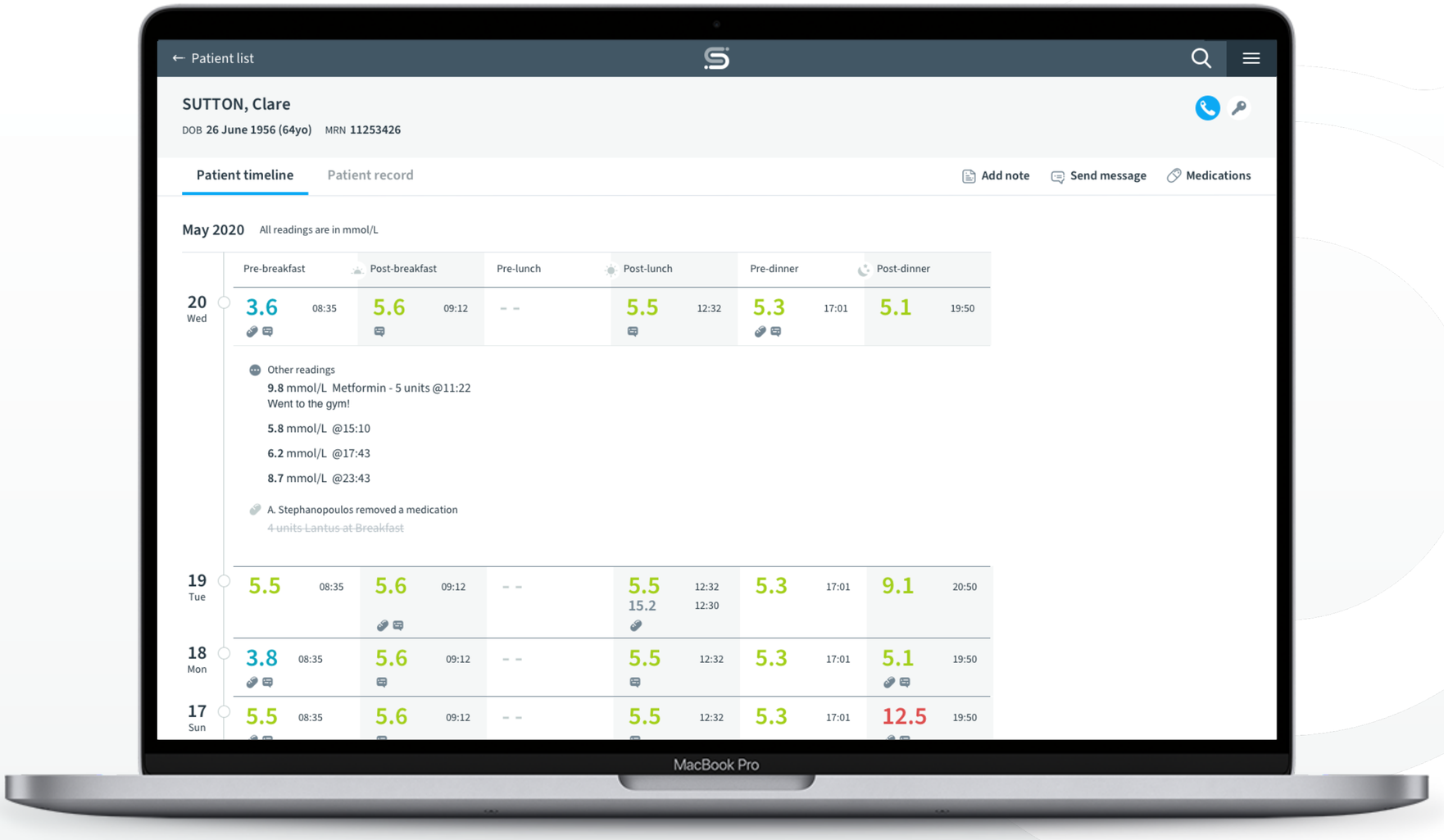
Patient readings view



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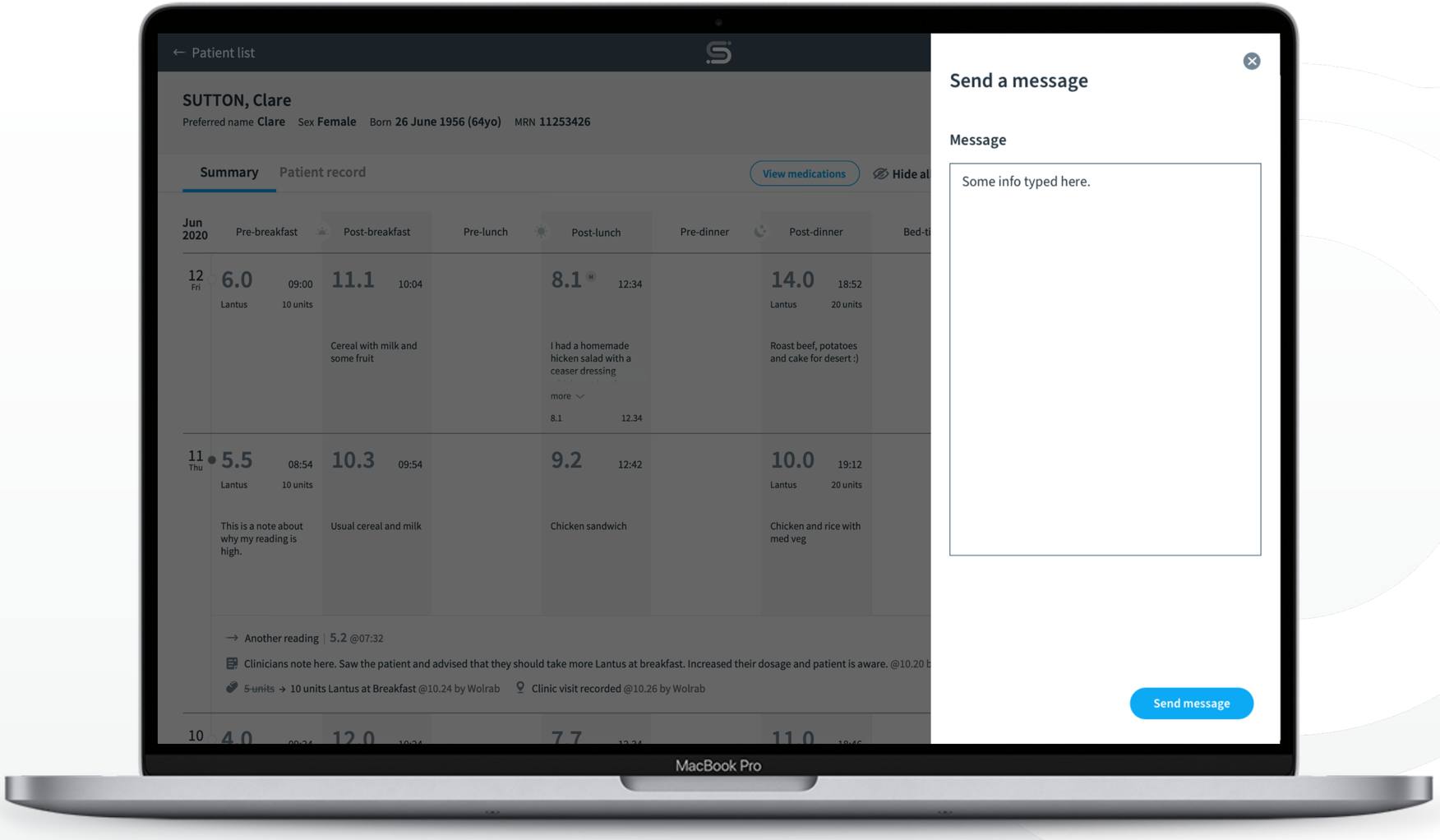
Send in-app text message



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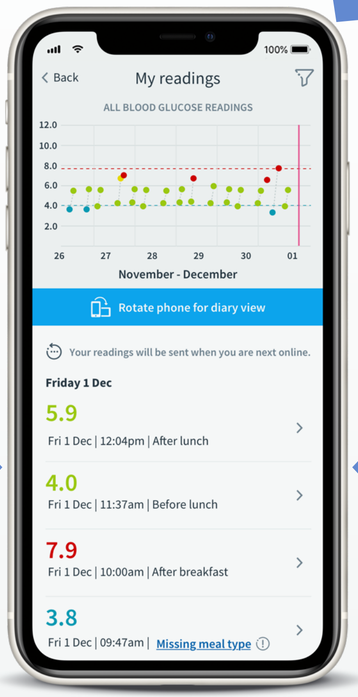
Overview of patient app

Patients use the phone app to:

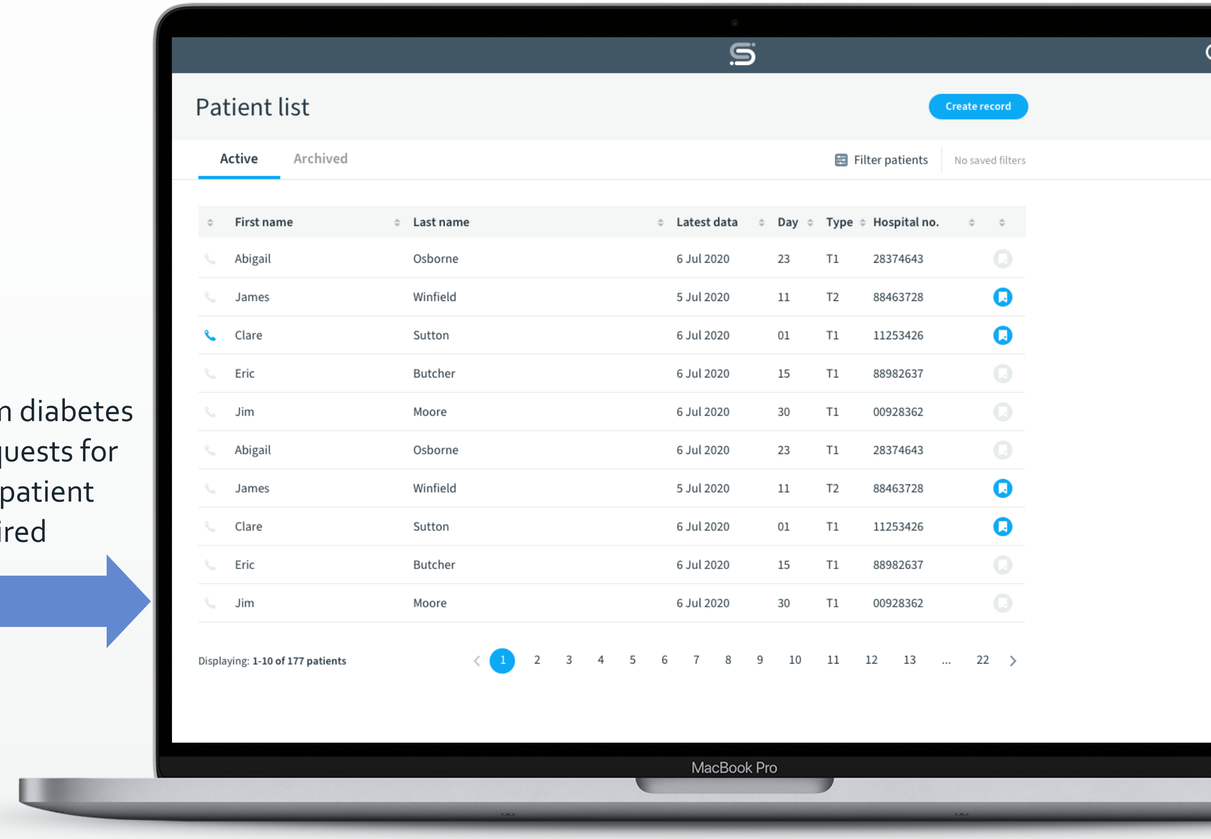
- Annotate BG data with meal tags, medication doses and other comments
- Review previous data graphically
- Request a call back from the diabetes care team



Feedback from diabetes clinic and requests for contact by patient as required

Secure cloud environment

Clinician reviews blood glucose readings



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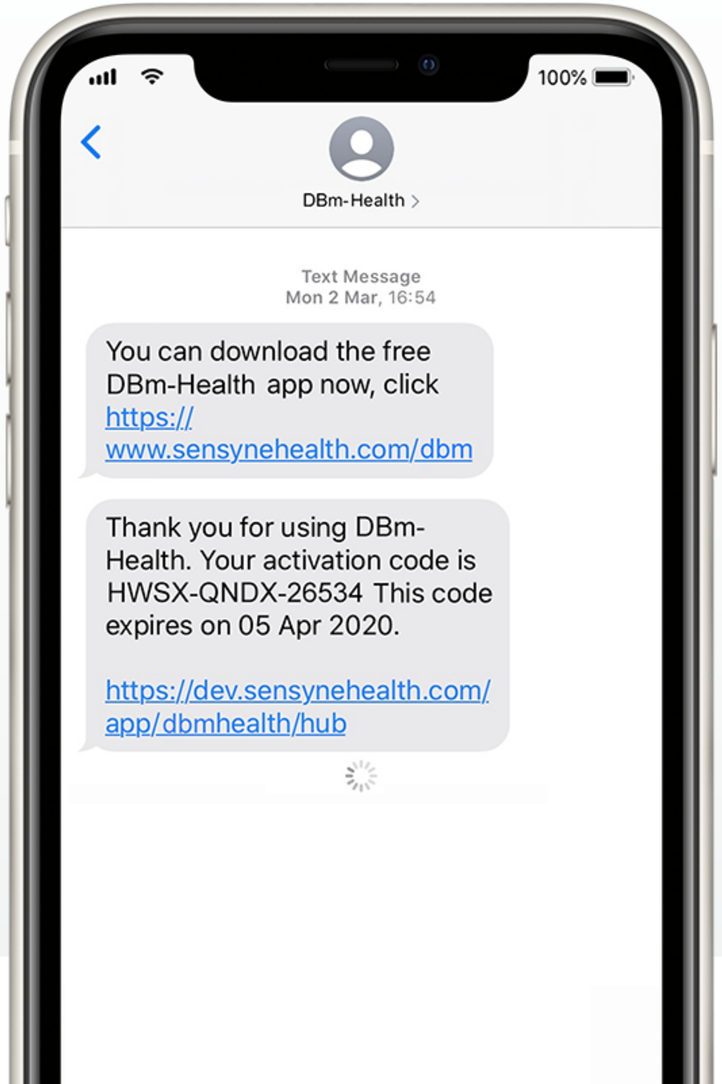
Activation

Patient receives a text to download the app

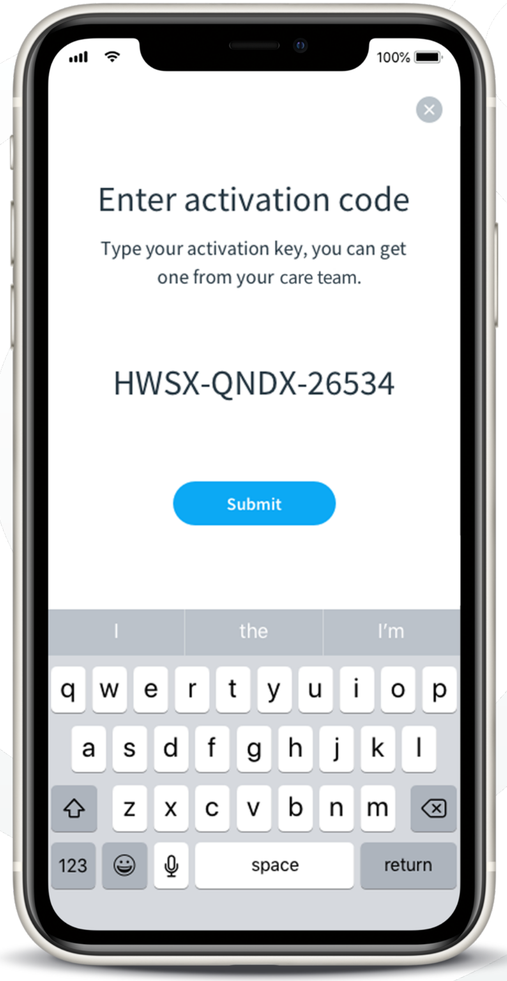


Patient downloads app

App Store

Google Play

Patient enters activation code



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Information Hub

- Information about diabetes
- Food and diet
- Weight management
- Activity and fitness

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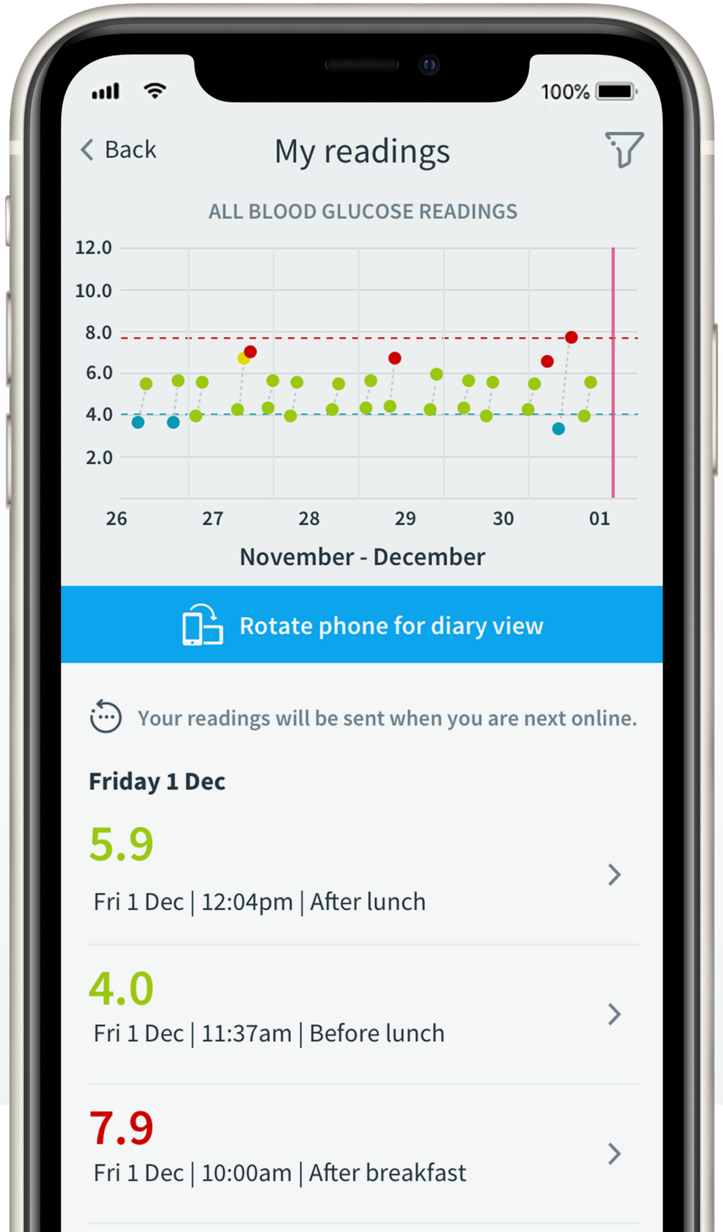
Patient view of readings



Landscape diary view

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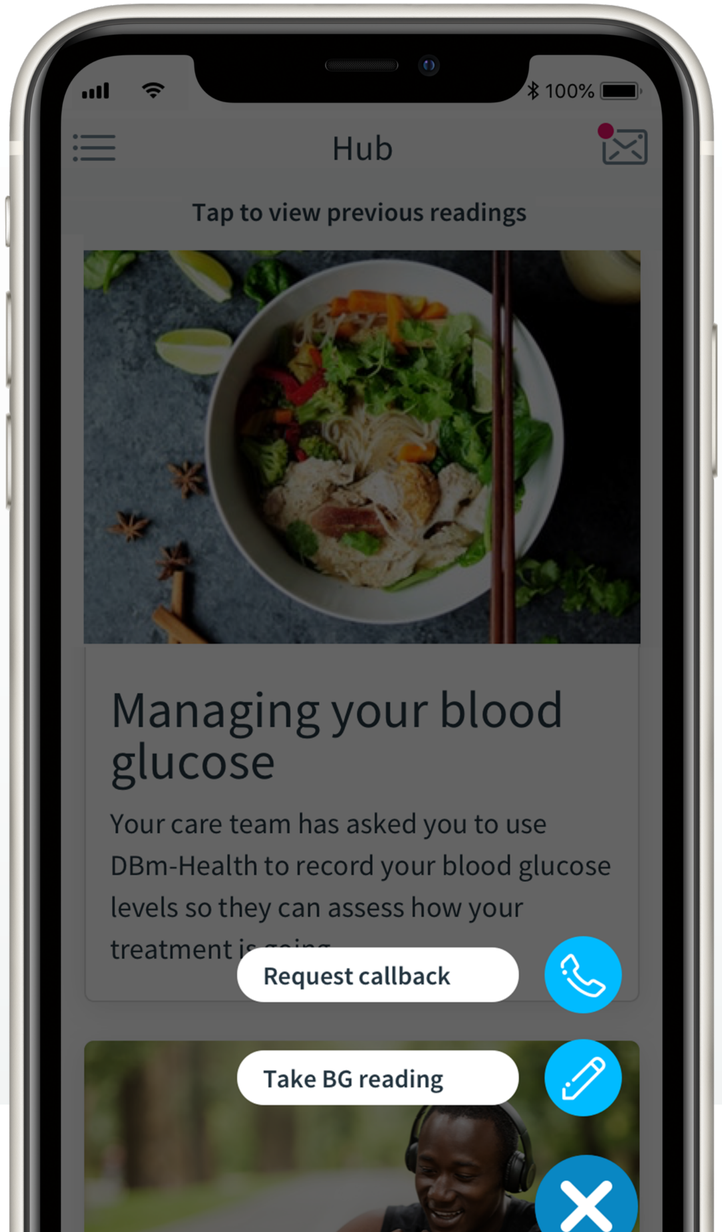
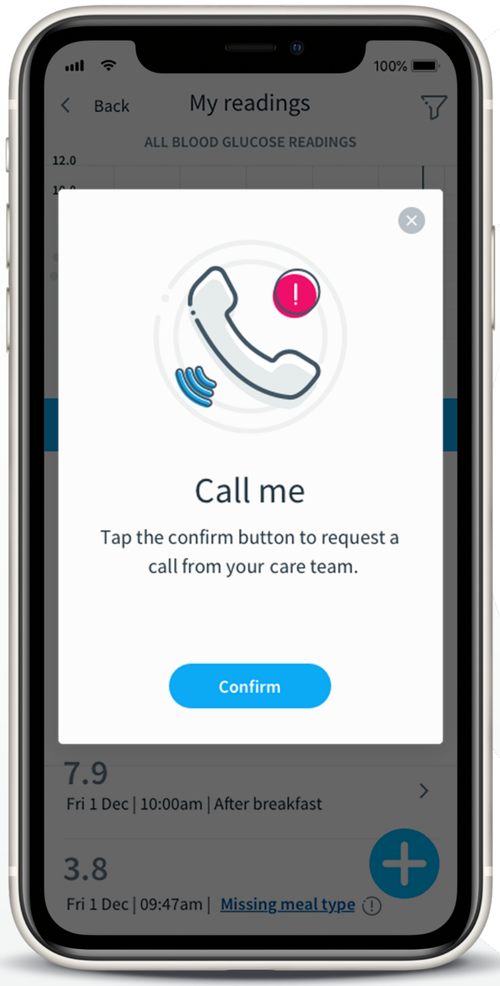
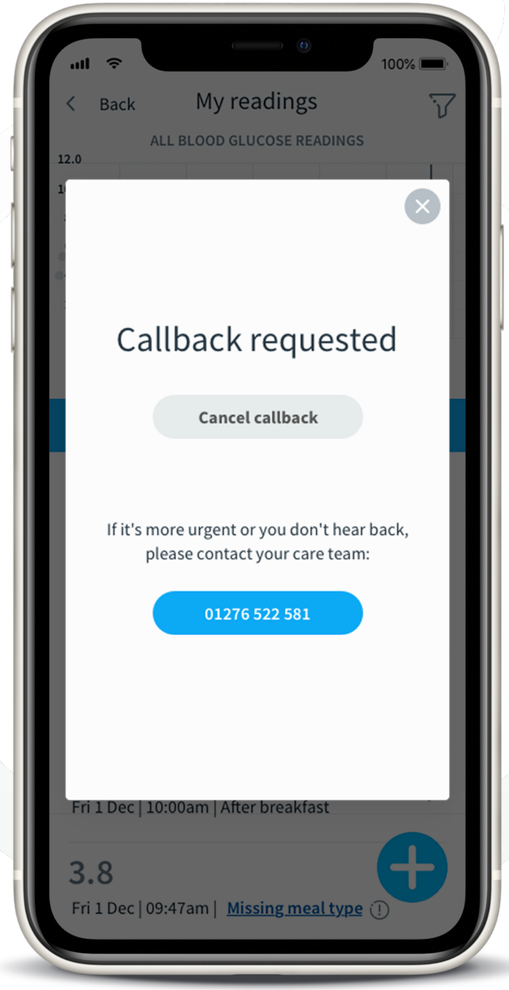
Request callback







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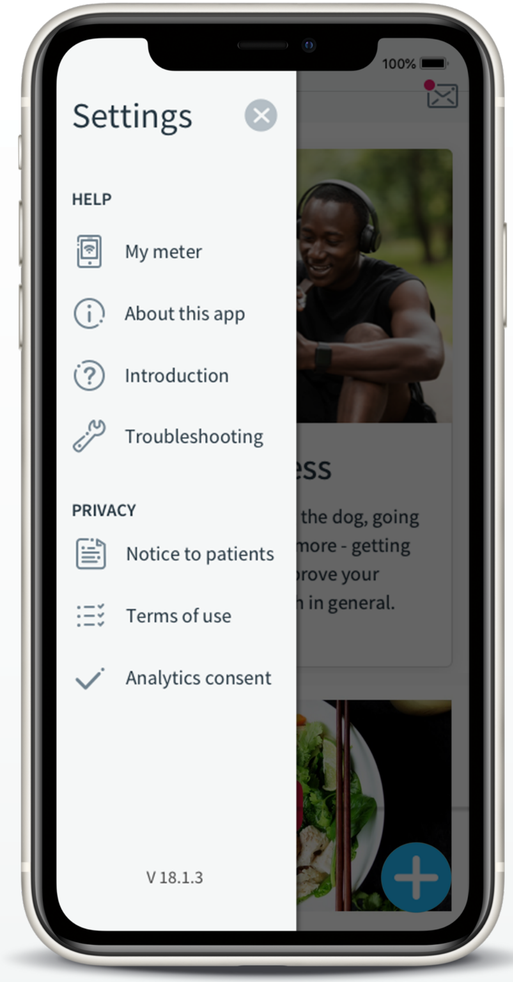
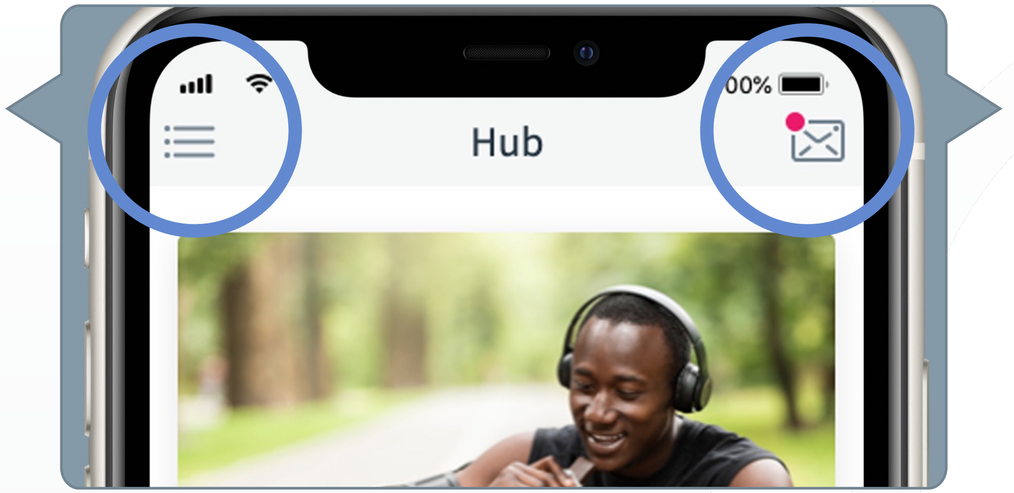
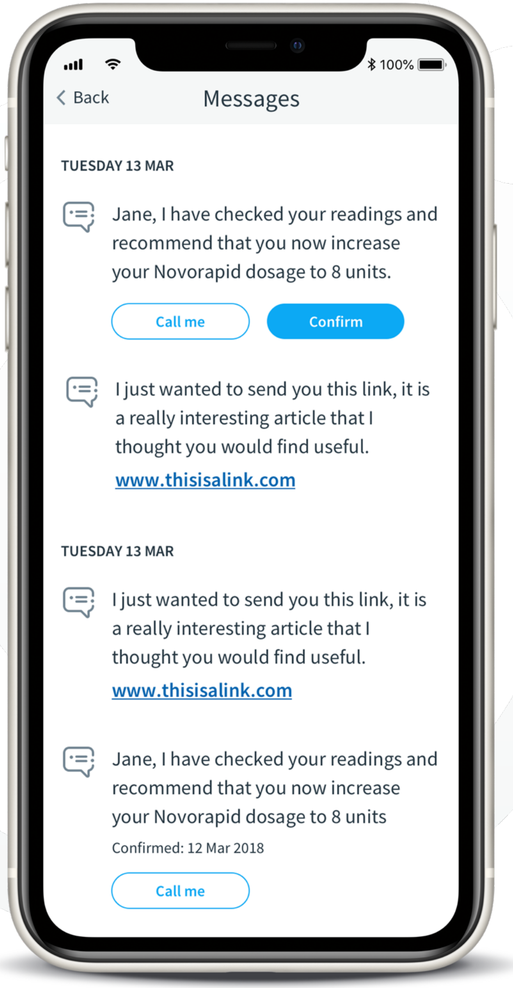
Hamburger menu and messages



Hamburger menu

Messages icon





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