

Using Mobile Phone as a Diabetes “Coach”

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By Paul Pisklak

It seems intuitive (at least to Medgadgeteers) that mobile technology can be used to improve health outcomes, but we still need studies to actually put data behind this idea. A recent study of the DiabetesManager mobile health platform from WellDoc is a step in this direction. We [last reported](#) about WellDoc’s mobile diabetes application in 2010, and since that time it has been tested in a clinical trial and was shown to reduce HgbA1c by 1.9%.

The DiabetesManager is a behavioral coaching and clinical decision support system. Patients enter details about blood glucose values, medications, and behaviors via mobile phone, and health care providers receive quarterly summaries based on this information.



“We studied the impact of combining web and mobile-based patient coaching with clinical decision support for community primary care providers, and compared this approach with standard diabetes management or usual care alone,” said Charlene C. Quinn, R.N., Ph.D., University of Maryland School of Medicine, lead investigator of the study. “The trial results indicate that doctors and patients can engage more effectively using mobile health tools like the WellDoc system to enhance patients’ diabetes care and their blood glucose.”

It is gratifying to see some tangible results – we look forward to more studies showing how all the whiz-bang technology that we are seeing can actually benefit our patients.

