REMOTE PATIENT MONITORING AND GLYCEMIC CONTROL TRENDS DURING THE COVID-19 PANDEMIC

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BACKGROUND

Background

- COVID-19 created challenges to diabetes care and accelerated the need to optimize healthcare delivery outside of traditional settings.
- Due to stay-at-home orders, many clinicians sought remote patient monitoring (RPM) solutions to remain engaged with their patients with diabetes (PWD) and to provide care.

Objective

- To examine RPM uptake and diabetes-related outcomes during the COVID-19 pandemic for PWD using an RPM solution.

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METHODS

Study Design

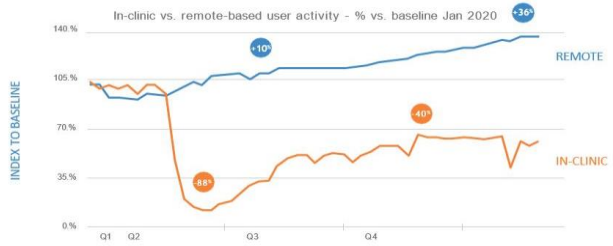
- The Glooko platform is used globally by millions of PWD and populates a real-world data repository of 100+ billion data points.

Statistical Analysis

- The analysis included diabetes device syncs from 100,000+ Glooko patient users during 2020. Descriptive statistics were used to evaluate trends in RPM usage and diabetes outcomes.

RESULTS

RPM uploads increased by 36% during the “lockdown” and remained high even as clinics reopened.

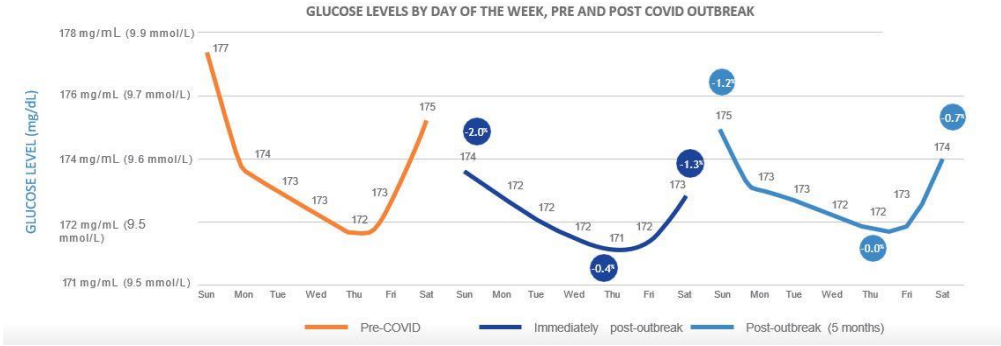


Index of total active in-clinic and remote Glooko users by week. Baseline = week 1 2020.

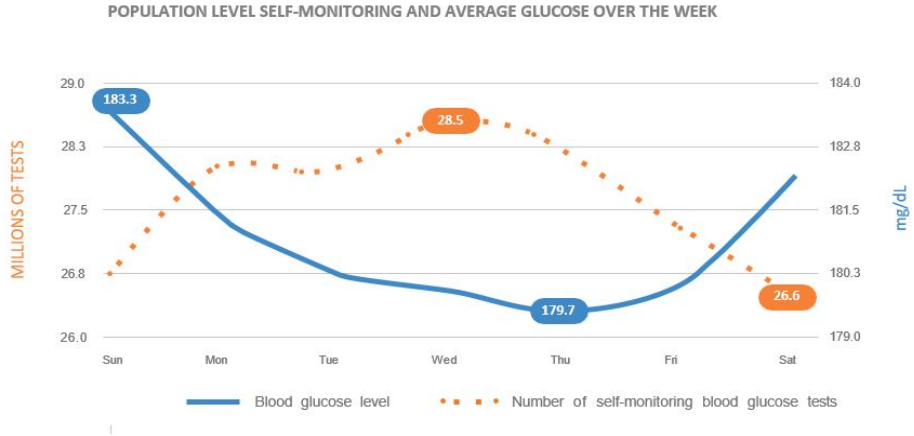
CONCLUSIONS

- The RPM platform offered an important clinical tool to providers and patients during the pandemic which resulted in increased engagement, improved glucose trends, and increased self monitoring.

Five months into the pandemic, peak glucose levels on weekends increased, but remained lower than pre-pandemic levels (-1.2% and -0.7%, respectively).



Self-monitoring of blood glucose (SMBG) readings were within recommended range over 50% of the time and the average number of daily SMBG checks exceeded established clinical guidelines.



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