Technology as a Tool to Support Diabetes Self-Management

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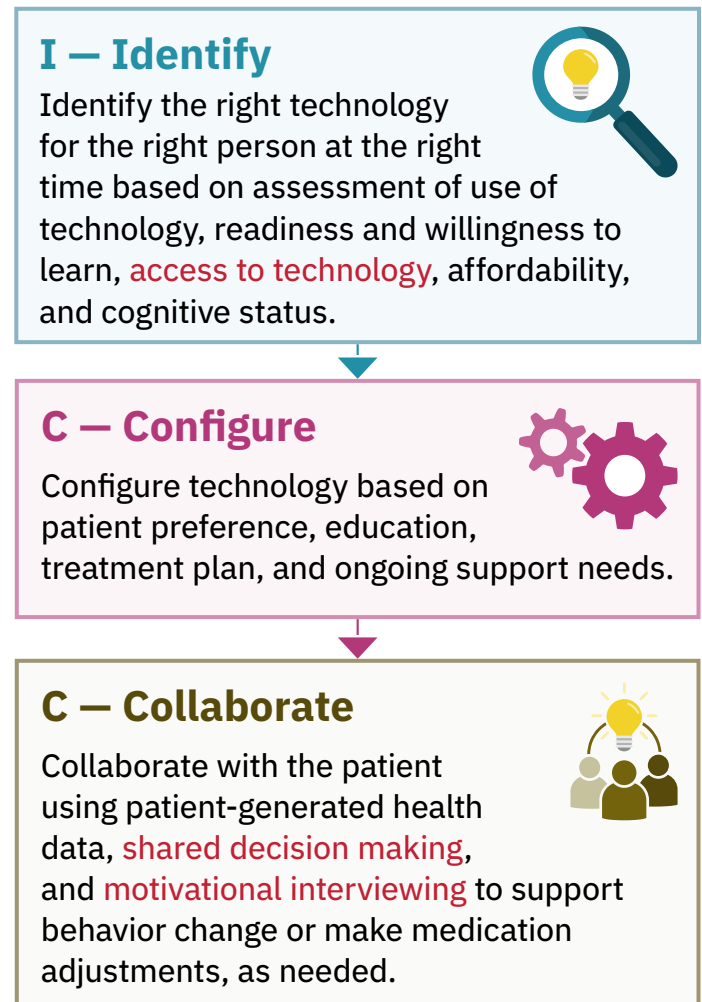
CAPSULE

Nearly half of all medications are not taken as prescribed.[1] Though high-quality evidence is limited, digital devices and mobile health applications have the potential to improve medication adherence, prevent the need for treatment escalation, improve health status, and reduce health care costs.[2]

Certain populations, such as older adults, those with financial barriers or low health literacy, or those with limited access to health care may be less likely to use adherence-enhancing devices and applications.[3,4] The Identify, Configure, Collaborate (ICC) framework can be a useful guide for recommending and supporting patients' use of technologies as a part of diabetes management, such as smart pill bottles/dispensers, smart insulin pens, glucose measuring devices, smart blood pressure monitors, and mobile apps, when indicated.

Figure 1. Identify, Configure, Collaborate (ICC) Framework[5]

I — Identify
Identify the right technology for the right person at the right time based on assessment of use of technology, readiness and willingness to learn, access to technology, affordability, and cognitive status.

C — Configure
Configure technology based on patient preference, education, treatment plan, and ongoing support needs.

C — Collaborate
Collaborate with the patient using patient-generated health data, shared decision making, and motivational interviewing to support behavior change or make medication adjustments, as needed.

Adapted from *A Framework for Optimizing Technology-Enabled Diabetes and Cardiometabolic Care and Education: The Role of the Diabetes Care and Education Specialist.*

For more information, access Cardi-OH's expanded resources on technology and medication adherence.

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