



THE FUTURE OF CARE:

An Engaged Practice in India Achieves High Patient Retention and Large Decreases in Mean BG Results using Gather Health

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Background

- In India over **70% of diabetics** have an **HbA1c greater than** the international guideline of **7%**.¹
- Uncontrolled diabetes is associated with increased complications including **heart disease, blindness, amputation and early death**.²
- Most Indians are comfortable receiving health information by phone, **especially for chronic disease management**.³
- Early research has shown **SMS programs can be effective in preventing diabetes onset in India**.⁴ There is limited evidence on the impact of smartphone apps on diabetes care.
- Gather Health's web and mobile tools **facilitate patient and provider communication and data sharing** between regular in-person visits.

Methods

- Routinely collected data from **one endocrinology clinic in Ahmedabad, India**.
- All patients enrolled in Gather Health **from Jan 1, 2014 to May 1, 2015**.
- Patient characteristics and behavior during their **first 8 weeks** on the platform were analyzed.

Results

- **164 diabetics** enrolled in Gather Health for at least 8 weeks, demographics in Table 1.
- At 8 weeks, **123 (75%)** were still using the smartphone app [Chart 1]. Neither gender, age nor diabetes type was associated with continued use.

Table 1. Demographics of 164 diabetics enrolled on Gather Health

Gender	
Female	45%
Male	55%
Age (years)	
<20	11%
20-29	16%
30-39	17%
40-49	23%
50-59	24%
60+	9%
Diabetes Type	
Type 1	35%
Type 2	58%
Other	7%
Medication Type	
Both Insulin & Pills	65%
Pills Only	22%
Insulin Only	13%

- There was an average **27 mg/dL drop in mean BG** from week 1 (179 mg/dL) to week 8 (152 mg/dL) [Chart 2]. Decreases were similar across diabetes types.
- Percent of BG readings in ADA range increased 18% from week 1 (39%) to week 8 (57%) [data not shown].
- Most out-of-range BG readings were high (83%) and related to either food (64%) or feelings (16%) [Chart 3].
- On average, the practice sent each patient about **1 message per week**.

Discussion

- A variety of **patients are interested in communicating with their healthcare team and managing their diabetes through a smartphone app** between regular visits.
- An **engaged healthcare team can achieve strong patient retention** on Gather Health and help diabetics **improve BG control and reduce mean BG**.
- A 29 mg/dL decrease in mean BG is equivalent to a **1 point decrease in HbA1c**. In this analysis, patients achieved an average 27mg/dL decrease in mean BG over 8 weeks.

Chart 1: At 8 weeks, most patients continue to actively use the Gather Health app, all enrolled patients

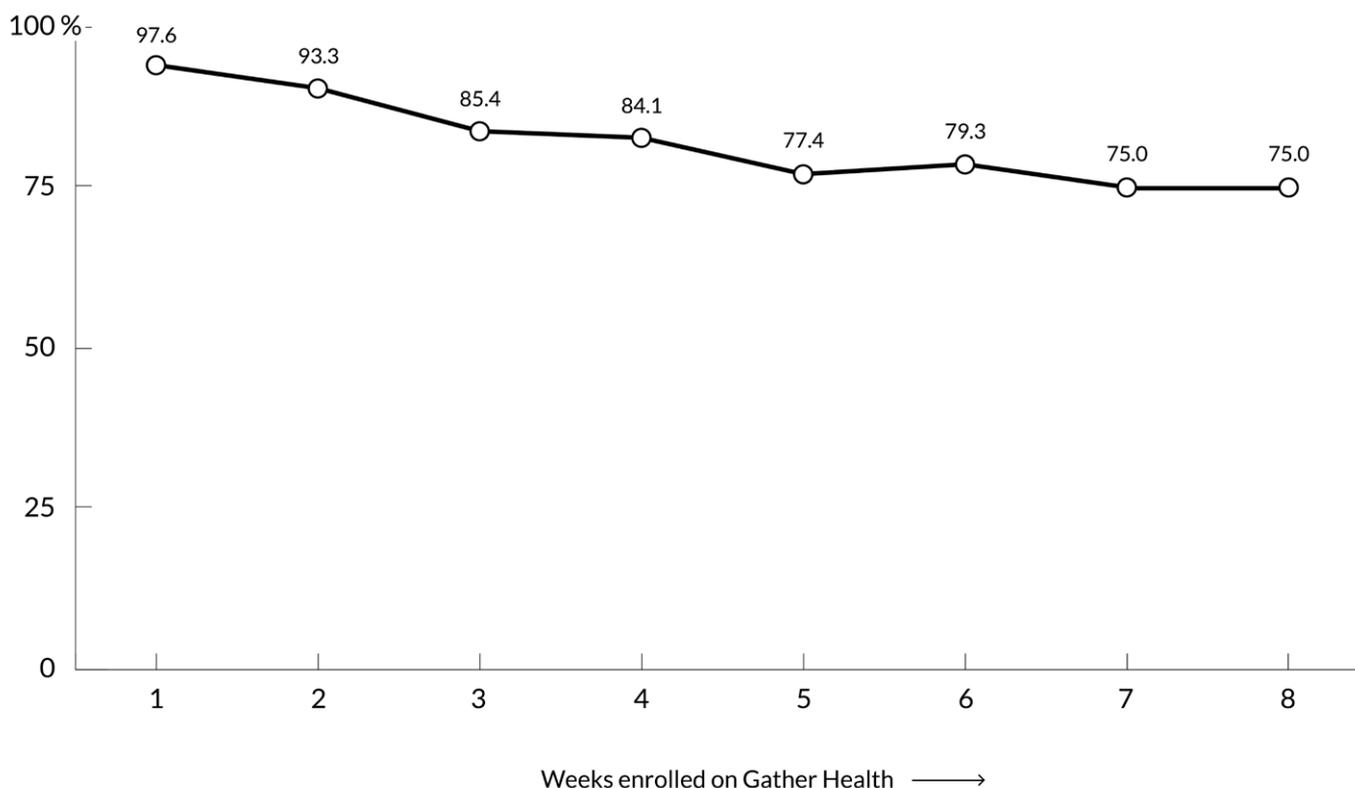
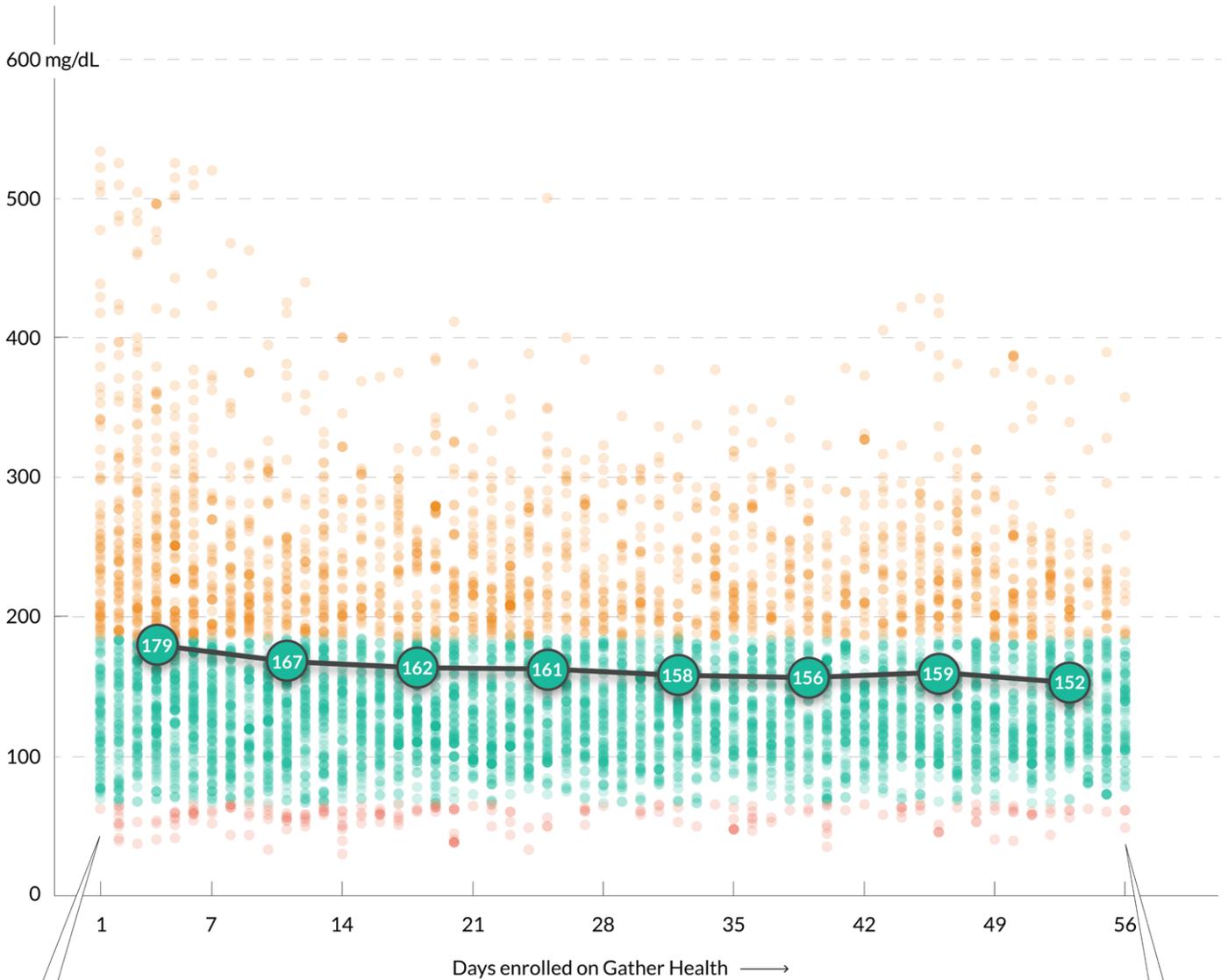
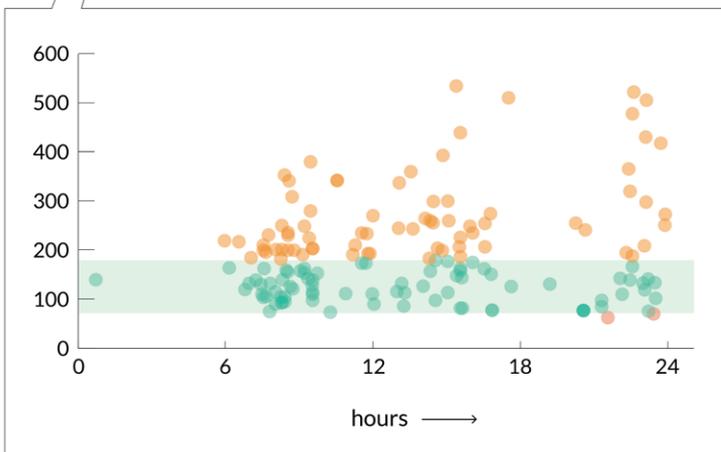


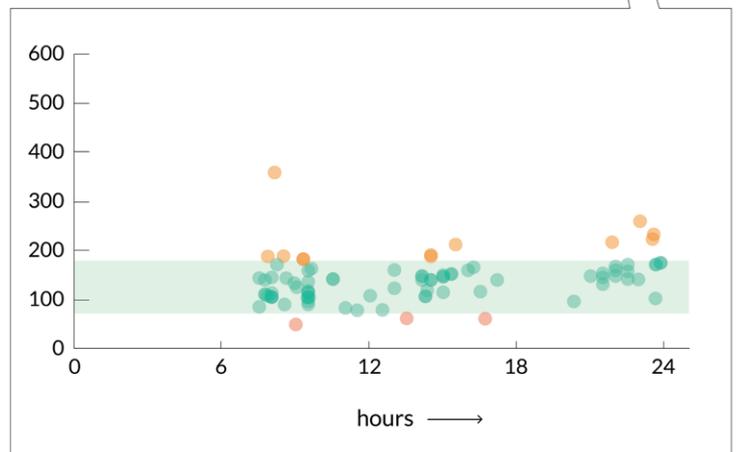
Chart 2: Clinically significant decrease in mean blood glucose achieved in 8 weeks, all blood glucose readings



In-range readings markedly increase from first day to last day

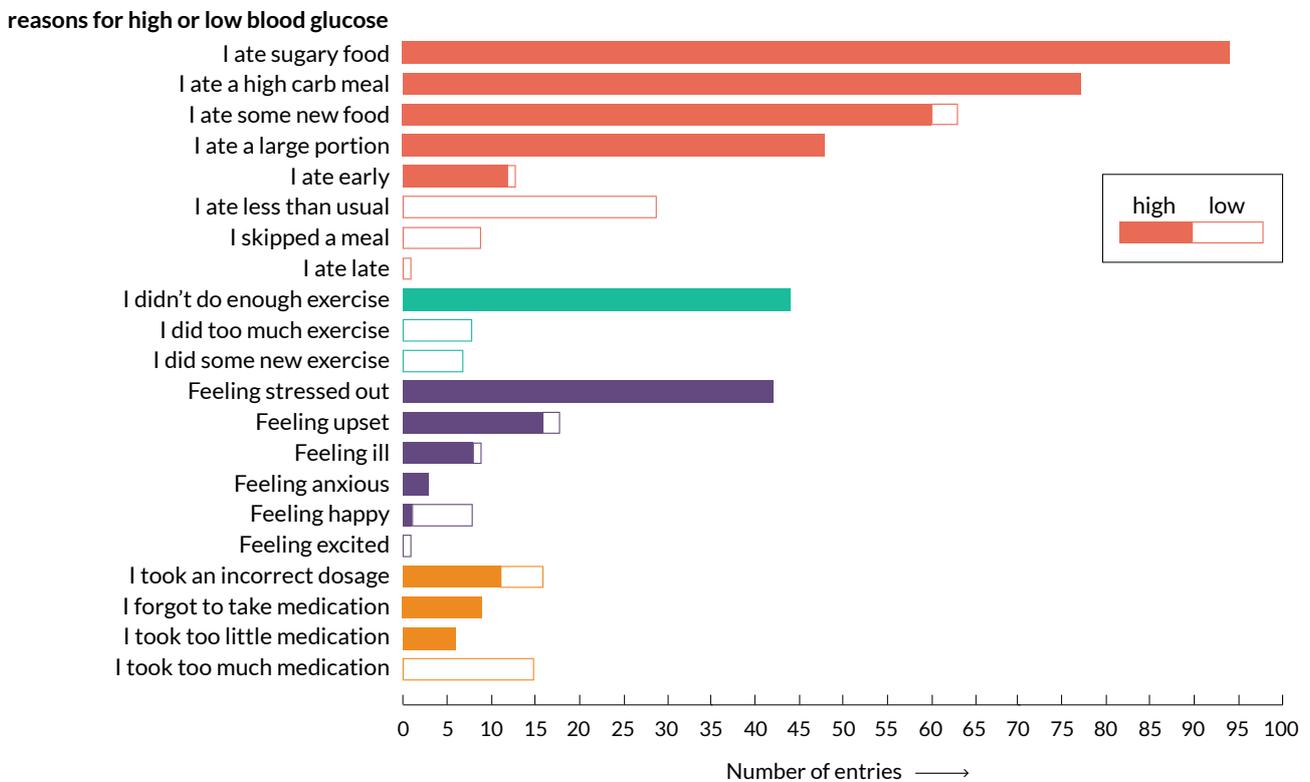


First day



Last day

Chart 3: Most out-of-range readings related to high blood sugar and food, all blood glucose notes



References

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4. Ramachandran A, Snehalatha C, Ram J, Selvam S, Simon M, Nanditha A, et al. Effectiveness of mobile phone messaging in prevention of type 2 diabetes by lifestyle modification in men in India: a prospective, parallel-group, randomised controlled trial. *The Lancet Diabetes & Endocrinology.* 2013 Nov;1(3):191-8.

more info: www.gatherhealth.com