

PURPOSE

To determine the effectiveness of mobile apps in improving patient health engagement (PHE) in Adults living with T2DM.

Digital technology (mobile app) is utilized as a tool to bring about lifestyle changes for selfcare management of Type 2 Diabetes.

BACKGROUND/SIGNIFICANCE

Diabetics lack the proper knowledge and adequate skills required for self management of their chronic illness.

The traditional approach is deficient in patient health engagement (PHE) .

The mobile app Glucose Buddy modifies behavior, motivates, and empowers Type 2 diabetics to participate in their care plan.



CONCEPTUAL FRAMEWORK

Is based on the Chronic care model (CCM): which centers on caring for individuals living with chronic conditions e.g., T2DM.

Building a good relationship is necessary to achieve desired outcomes for T2 diabetic patients.

PICOT

This project answers the question: Does the use of mobile app Intervention improve patient health engagement (PHE) in Adult patients living with Type 2 Diabetes?

- P - Adults with Type 2 Diabetes Mellitus
- I - Mobile App Usage
- C - Standard care (not using mobile app)
- O - Patient Health Engagement (PHE)
- T - Six weeks

METHOD

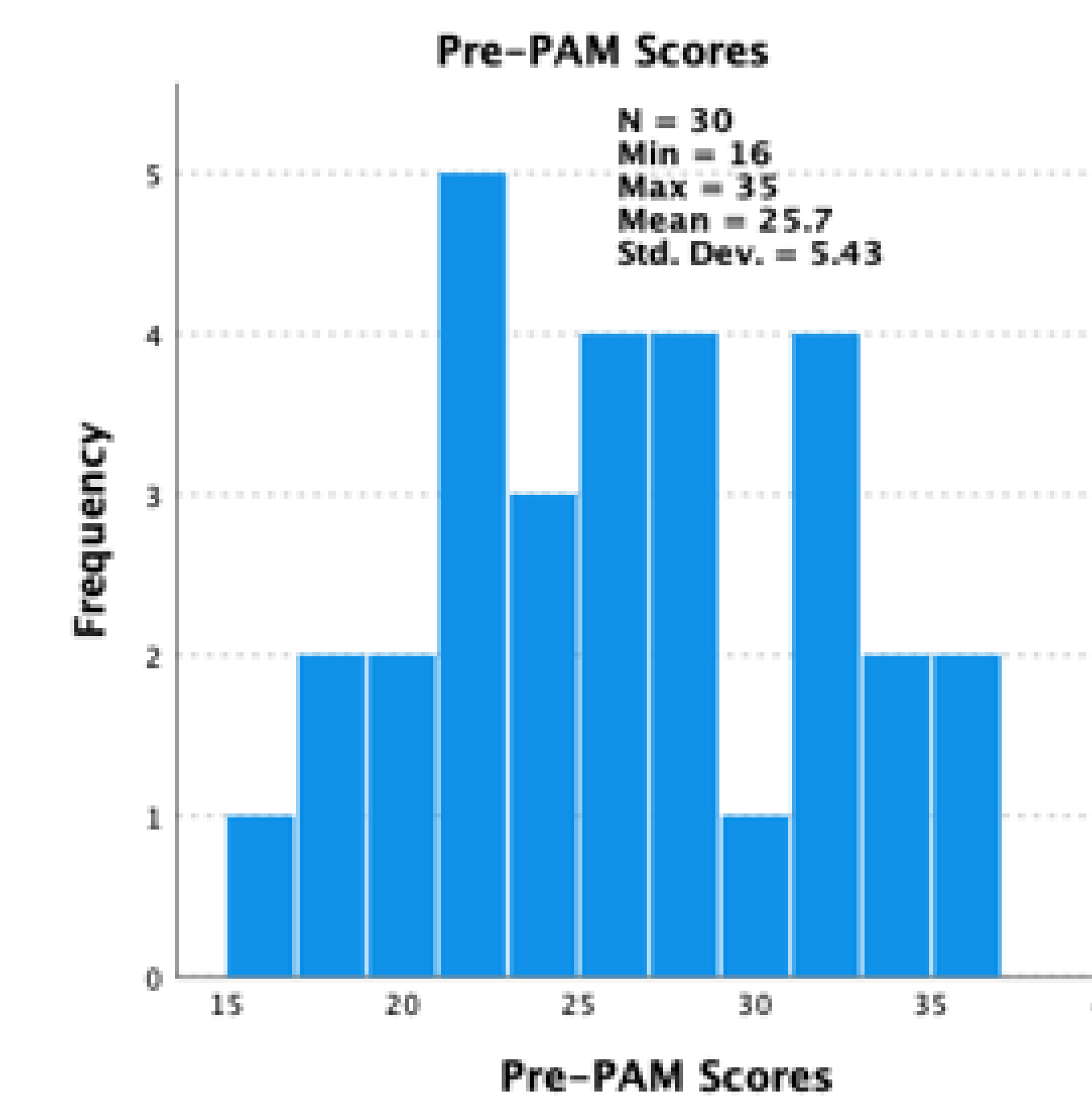
30 patients were selected for the project.

Pre and post PAM-13 score questionnaires were used to assess PHE; medication adherence, physical activity, dietary compliance and keeping to scheduled appointments.

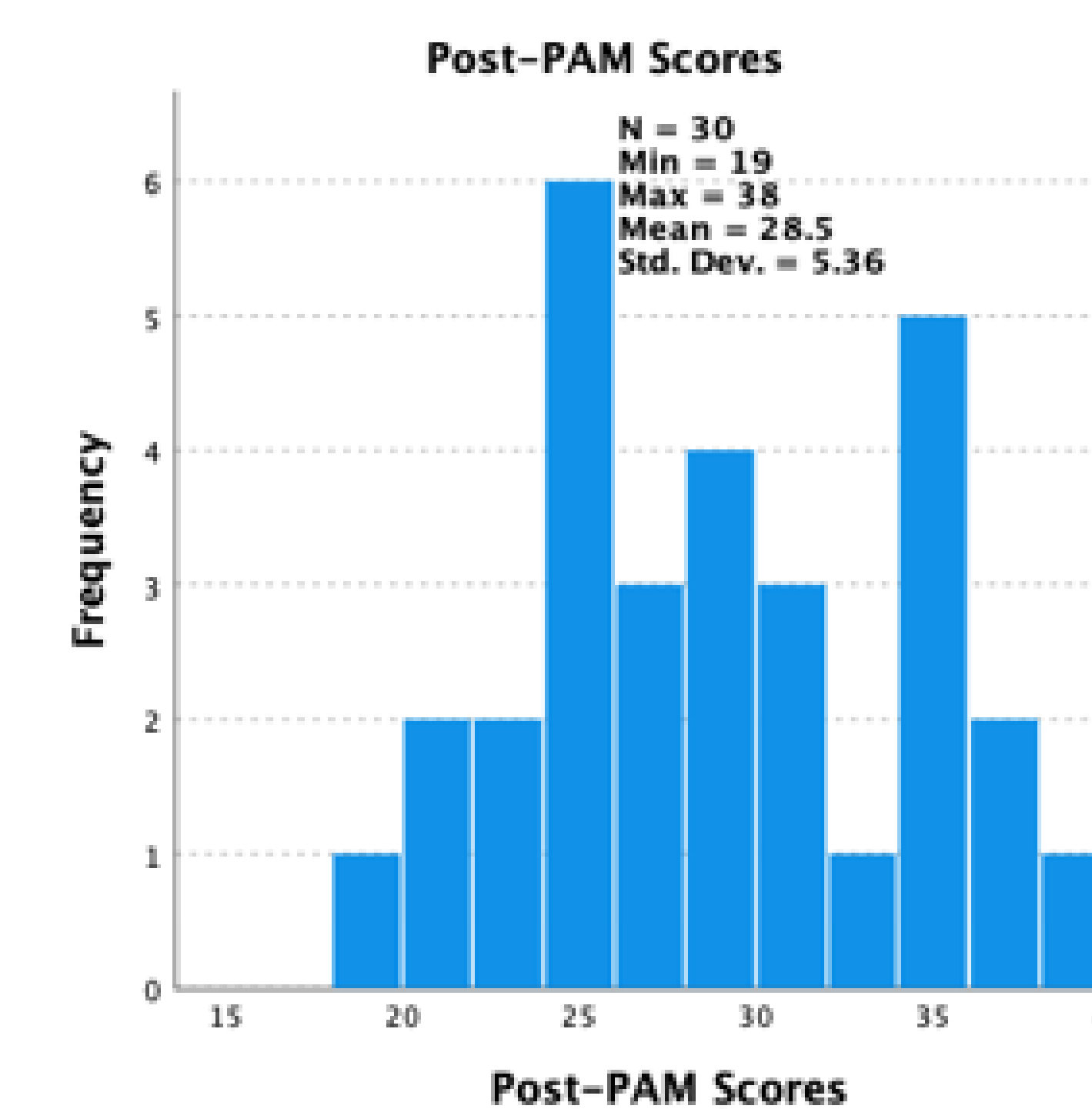
RESULTS

An increase in PAM -13 score showed use of Glucose Buddy by these patients promoted PHE, increased knowledge and selfcare skills.

Participants' Pre-intervention PAM-13 Scores



Participants' Post-intervention PAM-13 Scores



IMPLICATIONS for ADVANCED NURSING PRACTICE

The use of Glucose Buddy has increased the level and quality of care accessible to Type 2 diabetics.

It has promoted collaboration and delivery of care to patients in remote areas.

Glucose Buddy created a reduction in health care costs for patients, the practice and entire community.

CONCLUSION

The mobile app is a powerful tool that provides continuous care to patients outside the clinical setting.

App usage promotes a positive and proactive attitude for Type 2 diabetics.

