Title of Research: Technology Interfacing with Diabetic Patients to Improve Outcomes

“In Progress”

Presenter: Kristina Sinnott MD, Resident, PGY 4, Mayo Clinic Family Medicine Residency Program
Other Authors/Investigators: Marc Matthews MD, Consultant, Mayo Clinic Department of Family Medicine
Assistant Professor of Family Medicine, Mayo Clinic College of Medicine; Julie Maxon, BA, Associate Clinical Research Coordinator for the Department of Family Medicine; Stephanie Quigg MS Mayo Clinic Department of Internal Medicine and Family Medicine

Abstract

Objective: Evaluate diabetic patient’s quality of life and biometric outcomes before and after using a physical fitness electronic coaching model intervention

Population: Family Medicine Diabetic patients at four Mayo Clinic Rochester Sites.

Methods: This study is a prospective unblinded randomized controlled trial. Patients who enroll are randomized to either the control (regular care) arm or the intervention arm consisting of a technology based motivational program provided by Join Sessions, Inc. This program entails electronically issued messages using email or text messages to personalize diabetic patients’ plans to increase their activity or dietary changes. The program tracks their goals electronically and provides encouragement and trouble shooting if applicable. Their philosophy is to inspire habit change through positive reinforcement and accountability. Data is being collected via retrospective and prospective labs and biometric results as well as quality of life survey (the intervention arm only for the quality of life survey). These outcomes will be analyzed for statistical significance between the intervention arm versus the control (regular care) arm.

Main Results: Pending, active enrollment ongoing

Conclusions: Pending

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HIPAA Compliance X

Mentor (s) Marc Matthews MD

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