

# TIM

Tim is a person with type 2 diabetes, currently taking basal insulin. Tim's endocrinologist, Dr. Patel, wants to add bolus insulin to his treatment regimen.

Age: **61 years**  
Weight: **242 lbs (110 kg)**  
Height: **5'9" (180 cm)**  
BMI: **35.7 kg/m<sup>2</sup>**  
HbA<sub>1c</sub>: **8.3%**

*Medical history*  
Type 2 Diabetes: **15 years**  
Obesity

*Current treatment*  
**Daily basal insulin 40 units**

*Recent life events*

- Currently works 18-hour days including midnights
- Increased difficulty remembering insulin doses

*Dr. Patel starts Tim on bolus insulin at mealtimes and as needed*

*Dr. Patel faces barriers to initiation of Tim's bolus insulin regimen*

*Dr. Patel uses technology to support Tim's diabetes self-management*

*Check-in*

BMI, body mass index; cm, centimeter; DMP, diabetes management platform; HbA<sub>1c</sub>, glycated hemoglobin; kg, kilogram; lb, pound, PCP, primary care provider.

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# Dr. Patel starts Tim on bolus insulin



## Dr. Patel notices that Tim is prone to fasting and postprandial hyperglycemia

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Despite many attempts to titrate his basal insulin and treatment with various GLP-1 agonists, Tim still experiences sub-optimal diabetes management.

Specifically:

- 1. Fasting: within target of 70–180 mg/dL but averaging 170 mg/dL
- 2. 2-hour postprandial blood glucose >230 mg/dL
- 3. Bedtime: exceeding the target range of 70–180 mg/dL, averaging 195 mg/dL

Dr. Patel wants to control Tim’s postprandial hyperglycemia and starts Tim on bolus insulin.<sup>1</sup>

Dr. Patel wants to ensure that Tim is able to adhere to his new insulin regimen

Dr. Patel starts Tim on bolus insulin at mealtimes and as needed



Dr. Patel faces barriers to initiation of Tim’s bolus insulin regimen



Dr. Patel uses technology to support Tim’s diabetes self-management



Check-in

DMP, diabetes management platform  
1. Peters KR, Paulsen T. *Clin Diabetes*. 2017 Apr;35(2):108-111.





# Dr. Patel faces barriers to initiation of Tim's bolus insulin regimen



## Tim expresses reluctance to adjust his insulin therapy

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Tim is overwhelmed with the prospect of adding bolus insulin to his treatment regimen. He finds it difficult remembering to dose at the correct times, and often ends up double-dosing or missing doses altogether.

*Appropriate management of mealtime insulin*

## Dr. Patel looks to a platform to help Tim remember his insulin doses

## Dr. Patel talks to Tim about a Diabetes Management Platform (DMP)

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Dr. Patel suggests that Tim try a DMP to help improve his diabetes self-management, support adherence and facilitate shared decision-making. The DMP automatically logs Tim's blood sugar and insulin dosing information, which can be monitored by Dr. Patel.

*What are the components of a DMP for people with diabetes who receive basal bolus insulin?*

*Dr. Patel starts Tim on bolus insulin at mealtimes and as needed*



*Dr. Patel faces barriers to initiation of Tim's bolus insulin regimen*



*Dr. Patel uses technology to support Tim's diabetes self-management*



*Check-in*





# Dr. Patel uses technology to support Tim's diabetes self-management



## Dr. Patel notices that Tim has become more proactive about his diabetes care

.....

Tim finds the system **easy to use** and especially likes the **automatic features** such as tracking and logging his blood glucose and insulin dosing related data. Customizable schedules prompt Tim to inject his insulin at the correct time and dosages, resulting in substantially fewer missed basal and bolus injections.<sup>1</sup>

### Study of user experience of DMPs by basal-bolus insulin users like Tim

## Dr. Patel notices that the DMP helps him to better manage people with diabetes like Tim

.....

The DMP:

- Provides him with information about Tim's blood glucose and insulin dosing patterns
- Supports **continued adherence** to prescribed insulin regimens
- Provides information that **facilitates shared decision-making**

Diabetes technology, when coupled with education and follow-up, can improve the lives and health of people with diabetes.<sup>2</sup>

\*Informed by results from the IOQY study, was a 6-month single-arm study to assess user experience of a diabetes management platform in participants with diabetes in an outpatient environment. Results reflect the experience of people with type 2 diabetes receiving basal-bolus insulin.<sup>1</sup>

DMP, diabetes management platform; T2DM, type 2 diabetes mellitus

1. Taylor, A., et al, User experiences with an insulin pen platform. 2021 Diabetes Technology Meeting Poster. *Journal of Diabetes Science and Technology*. 2022;16(2):516-571; 2. Mariani HS. et al. *Clin Diabetes*. 2017 Jan;35(1):60-65

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*Check-in*





# Check-in



## 1 For which kind of patients may a DMP be especially beneficial? .....

- Patients who always remember their insulin doses
- Patients who are uncomfortable with insulin in social situations
- Patients who enjoy monitoring their blood glucose manually
- Patients who are consistently within the ideal range

## 2 Which of the features of a DMP do you think may be the most useful to HCPs when managing a patient with diabetes who is on a basal-bolus insulin regimen? .....

- The insulin and blood sugar data is automatically captured
- The blood glucose and insulin data is collected in one place
- The automatic reminders that enable patients to dose insulin and test blood sugar at the right times
- The analytics that monitor trends in blood sugar levels and insulin dosing patterns

*As you consider DMPs for appropriate patients, consider which of these features would most resonate with different individuals*

[Click for answers >](#)

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Check-in





# Check-in



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*Each of these answers is a useful feature of diabetes management platforms, and may be prioritized differently by individual HCPs depending on their practice*

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Check-in





# Dr. Patel uses technology to support Tim's diabetes self-management



## A Diabetes Management Platform may contain\*<sup>1</sup>

.....

**1**  
Delivery of insulin

Syringe, pen, or pump



**2**  
Assessment of blood glucose

Blood glucose monitoring (BGM) and/or continuous glucose monitoring (CGM)



Information transferred to

**3**  
Software or medical device that provides diabetes self-management support

Applications that provide lifestyle and clinical support

\*The type(s) and selection of devices should be individualized based on a person with diabetes' specific needs, desires, skill level, and availability of devices.  
1. American Diabetes Association Professional Practice Committee; 7. Diabetes Technology: Standards of Medical Care in Diabetes—2022. Diabetes Care 1 January 2022; 45 (Supplement\_1): S97–S112

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# Dr. Patel uses technology to support Tim's diabetes self-management

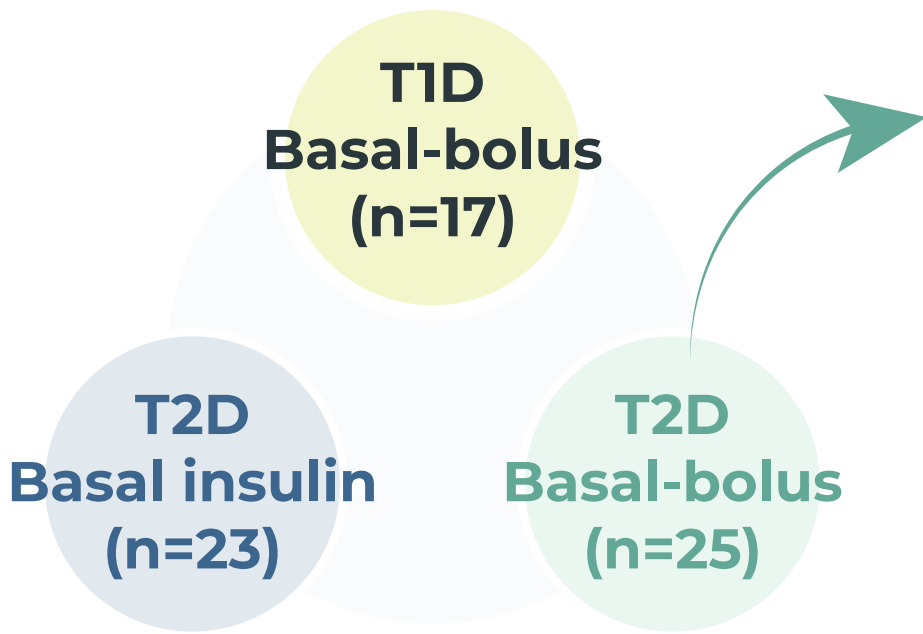
Dr. Patel starts Tim on insulin at 10:00 AM and checks his blood sugar at 10:00 AM and 10:00 PM

## Study methods

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A 6-month single-arm study assessed user experience of a DMP in people with type 1 or type 2 diabetes mellitus in an outpatient environment.

25 people with diabetes had T2D and were receiving **basal-bolus insulin**



- Characteristics of people with diabetes receiving **basal-bolus insulin**:
- Median age: 59 years
  - 60% Female
  - 24% Hispanic or Latino
  - Mean duration of diabetes: 16.7 years

How do basal-bolus insulin users like Tim like their DMPs?

CGM, continuous glucose monitoring; DMP, diabetes management platform; T2D, type 2 diabetes  
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# Dr. Patel uses technology to support Tim's diabetes self-management

Dr. Patel starts Tim on insulin at 10:00 AM and checks his blood sugar levels



## Study results

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### User experience (basal-bolus)

People with diabetes on basal insulin who used the DMP reported positive scores for:

- Ease of use
- Interface and satisfaction
- Usefulness

### Satisfaction

**79.7%**

of people with diabetes found the logbook automatic dose tracking feature helpful

**78.1%**

were 'highly' or 'somewhat likely' to include the DMP in their diabetes management routine

**79%**

of people with diabetes strongly preferred or preferred the DMP to their previous management method

DMP, diabetes management system  
1. Taylor, A., et al, User experiences with an insulin pen platform. 2021 Diabetes Technology Meeting Poster. *Journal of Diabetes Science and Technology*. 2022;16(2):516-571.

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Check-in

