Tsunami of Connected Devices
Best Practices to Leverage Pens, CGMs and Pumps

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- Notice of Requirements For Successful Completion
  - Please refer to learning goals and objectives
  - Learners must attend the full activity and complete the evaluation in order to claim continuing education credit/hours

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  - Presenter: David Weingard – No COI/Financial Relationship to disclose
  - Presenter: Teresa McArthur, MS, RD, CDE – No COI/Financial Relationship to disclose
  - Presenter: Korey Hood, PhD – Research support for investigator-initiated study from Dexcom and consulting fees from Lifescan Diabetes Institute, Lilly Innovation Center, and Roche.

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Session Learning Objectives

• Describe new devices available on the market and how to leverage them to improve the health of individuals with diabetes.

• Explain leveraging technology and data to amplify the positive impact of CDEs.

• Analyze data for optimizing health and self-management through connected devices

Challenges

• What are we seeing in our practice settings today?
• Are we ready to embrace?
• Connected devices are not well integrated into care
• Limited/lacking interoperability
• Concerns about volume of data and how data are used

Survey on Individuals with Diabetes TIR Adoption

• A Peds Endo: “Kids yes, parents no way”
• An RN/CDE: “For newbie patients sure, for those with long duration of diabetes will be hard”
• A RD/CDE: “It will take years to educate them”
• An IM Endo: “Yes, unless they are seeing a primary care provider for their diabetes”

Source: Hirsch, MD University of Washington
Survey on Non-Endo TIR Adoption

- RD/CDE: "Maybe in a decade or two"
- A Peds Endo: "Unrealistic"
- PCP: "Internists are too lazy"
- An IM Endo: "Too complicated, not a digestible metric"

Source: Hirsch, MD University of Washington

Survey on Endo TIR Adoption

- An RD: "Yes for the academics; no for those in private practice"
- An RN/CDE: "Hell yes"
- A PCP: "It would depend if they were in jail"
- An IM Endo: "No, because most don't like diabetes"

Source: Hirsch, MD University of Washington

CASE STUDIES
(LEARNINGS FROM JAEB REMOTE CGM PROGRAM PILOT)
Cecelia Health/Jaeb/Heimsley
A1c Alone Doesn't Tell Whole Story

Need to Coach Individuals with Diabetes Holistically

Magic of the Light Bulb Moment
Key Takeaways

- Low/high touch
- Personalized approach
- Behavior change is key
- Motivation
- Connecting the dots
- Tech made simple
- Trusting the numbers
- Value of video
- Convenient time/location

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Ideal Future State

- CGMs
- Remote Data Monitoring
- Onboarding
- Prescribing
- Data Interpretation
- Care Teams
- Decision Support
- Algorithm
- Dosage Adjustment

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Connected Device Landscape

- CGMs & Meters
- "Smart" Data-Driven Guidance
- Portals / Apps
- Provider Dashboards
- Population Management
- Analytics & Benchmarking
- Clinical, Fitness And Wellness Apps
- Blood Pressure and ECG

- Other Connected Devices
Raising Awareness

- Timing is key – assessing readiness and capability
- Where do people with diabetes get their information from?
- How can people getting care for diabetes benefit from technology?
- Value of technology
- Where are people with diabetes getting information now?
- Impact of social media
- Value of the voice of their provider
- Trust

CDEs

Individuals with Diabetes

PCPs

- Data
- Outcomes
- Value
- Time

Strategies for Reaching Individuals with Diabetes

- Identify & address barriers
- View holistically
- Leverage data, dashboards and portals
- Identify support and define role
- Empower individuals
- Partner with PCP/Endo

CDEs are a Critical Success Factor
**Ideal CDE Profile**
- Expert at building trusted relationships with individuals with diabetes virtually
- Drives behavior change
- Results-based (e.g. Initiation and persistency, A1c)
- Clinical background (RD, RN, PharmD)
- Technology fluent
- Flexible schedule

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**Call to Action**
- Increase knowledge and skills in CGMs and other forms of technology
- Easy ways to get started
  - AADE Professional CGM Playbook (August 2019)
  - CGM practice paper for the diabetes educator (The Role of the Diabetes Educator in CGM)
  - Free courses and webinars available now and another three activities (6 free hours total) on CGM launching in June – Dec 2019
  - New online course Continuous Glucose Monitoring: Real World Case Studies in Pattern Management

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**Thank you!**
- Questions?
Contact Cecelia Health For More Information

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