Why I Can't Live Without Stories From The Wild

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  - 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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  - Jane Jeffrie Seley, DNP MPH GNP: No COI/Financial Relationship to disclose.
  - Crystal Broj, No COI/Financial Relationship to disclose.
  - Rachel Stahl, MS, RD, CDN, CDE: No COI/Financial Relationship to disclose.
  - Melanie Duran, BSN, RN, CDE: Trainer: Tandem Diabetes

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Agenda

• Role of technology in the management of diabetes and why diabetes educators are well positioned to be leaders.
• Recommending apps to patients using DANA
• DANA to help provide guidance/support as inpatient diabetes educator
• DANA peer reviewed papers for researching and writing papers.
• Open mike for audience participation.

The Confounding Variables of Balancing Diabetes Management & Life

- Physical Activity
  Change in type, frequency, duration, or intensity

- Coping Skills
  Stress, depression, cognition, social function

- Complication Risk
  Visual impairment, gastroparesis, renal function, physical impairments, pregnancy

- Eating
  Effect of type, amount, frequency, timing of food and surgery on glucose, weight control

- Medication
  Change in timing, amount, delivery, dose accuracy, lipodystrophy, polypharmacy

Acute Problems
Illness, stress, or acute complications, co-morbid conditions

There is Room for Improvement:
% People with Diabetes with A1c > 9%

2013-2016 Data
The rate for persons aged 18-44 years was more than 2.5 times the rate for persons aged 65 years and over.


2013-2016 Data

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-44 years</td>
<td>20.8%</td>
</tr>
<tr>
<td>45-64 years</td>
<td>10.7%</td>
</tr>
<tr>
<td>65 years and over</td>
<td>2.3%</td>
</tr>
</tbody>
</table>

% People with Diabetes with A1c > 9%
How Can Technology Help?

“Smart” Pens & BG Monitors

“Smarter” Wearable Diabetes Devices that:
Monitor sensor glucose levels, deliver insulin & provide artificial intelligence (A.I.)
Analyzing Glucose Data with Patients

Standardizing Diabetes Data Reporting

Simplifying Data Driven Diabetes Care

Ability to Download & View Insulin, CGM, BG data & More Together
How Can Diabetes Educators Be Ready For New Technology
Meet DANA
Diabetes Advanced Network Access

A robust, reliable resource to connect you with the latest products, expertise and innovations in diabetes care technology.

Available from American Association of Diabetes Educators (AADE) at www.danatech.org

Crystal Broj
Chief Technology & Innovation Officer
AADE, Chicago, IL

Educators can:
• See featured products
• Search for specific products to find out all information about the product, including:
  - Information links back to the manufacturer’s website
Exclusive to DANA

- New CGM Course
  5 CEUs
  Free to Members
- New SMBG Course
  6 CEUs
  Free to Members

Check the Education page each month for newly featured courses.

DANA also has the ability for you to filter courses to find FREE courses.

Test Drive: Education Section

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MS, RD, CDN, CDE
Senior Clinical Dietitian
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Why use mobile apps for diabetes self-management?

- Accurate transfer of diabetes data
- Advanced functionality
- Easily share reports via email, fax, cloud-based web portals or directly from smartphone
- Convenient & cost effective
Diabetes Apps:
Privacy, Security & Safety

• Not all apps are regulated by a governing body
• Concerns about quality & accuracy of educational content – including online communities & support

Diabetes Technology Society’s Role in Cybersecurity

• Collaborators include: AADE, ADA, ES, FDA, DHS, FBI, NIH, NASA and DoD
• Goal to create industry standards to ensure safety and security in the development of new diabetes technology

DTSec: Diabetes Technology Society Cybersecurity Standard for Connected Diabetes Devices
https://www.diabetestechnology.org/dtsec.shtml

DTMdst: Diabetes Technology Society Mobile Platform Controlling a Diabetes Device Security and Safety Standard
https://www.diabetestechnology.org/dtmstd.shtml

What does DANA tell me about Apps?

Functionality  Artificial Intelligence  AADE7 Self-Care Behaviors
Reduce Diabetes Burnout  Data Sharing  Privacy & Security
**App Reviews & Ratings:**
- Uses rigorous criteria and methodology to assess apps
- Provides Certification “trust score” for quantitative assessment:

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Average | Good | Exceptional
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**Clinical Applications**

**Dexcom CLARITY**

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**5 Tips for Recommending Diabetes Apps**

1. Experiment first-hand with app before recommending
2. Individualize app selection
3. Address barriers to use
4. Consider data sharing capabilities
5. Offer onboarding to promote engagement
Test Drive: Education Section

Provides a variety of apps in the areas of:
• Condition
• Fitness
• Food
• Lifestyle and Wellness

Melanie Duran
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Student – DNP-FNP, University of Missouri
Inpatient Certified Diabetes Educator
University of New Mexico Hospitals
Albuquerque, NM
AADE Rising Star Award Recipient 2018
DANA: Resources

Using DANA in the Inpatient Setting

- Educational resources for pumps and CGMs to assist nurses caring for patients
  - Quick links to manufacturer pages
  - Common questions: Disconnecting infusion sets, MRI compatibility, and temporary basal rates
- Quick reference and links for less commonly seen devices

Inpatient Resources

- Can be great resources for patients as well as staff:
  - Resources for Spanish speakers
  - Type 1 Diabetes Self-Care Manual
  - AADE infusion device tip sheets
**DANA: A Great Tool for Research**

- **Topic:** Use of mobile applications for diabetes management
  - **Research:** Standard method provided variety of published articles on use of mobile applications, impact, and application quality
- **What else could DANA offer?**

**Guidelines/Position Statements**

- **May provide launching point for further exploration**
- **Not always identified through traditional search methods**

**A Few Peer Reviewed Publications**
Implementing Research

• Recurrent theme: what features have greatest impact on outcomes
• Research on specific apps via DANA:
  – Mobile app review
  – App news
  – Innovation – latest news

Shaping the Project

• What barriers do I need to anticipate?
• Use DANA to identify resources as well as variables previously not assessed

DANA: Possibilities for use

• What it is
• What it isn’t
• What it could be…
Why I Can't Live Without AADE's DANA:
Stories From The Wild

Questions?