

Why I Can't Live Without 
Stories From The Wild



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 - Crystal Broj, No COI/Financial Relationship to disclose
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 - 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.

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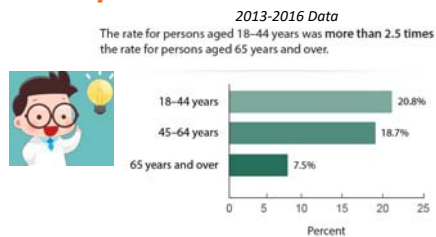
The Confounding Variables of Balancing Diabetes Management & Life

Physical Activity Change in type, frequency, duration, or intensity		Eating Effect of type, amount, frequency, timing of food and alcohol on glucose, special situations
Coping Skills Stress, depression, cognition, social isolation		Medication Change in timing, amount, delivery, dose accuracy, lipodystrophy, polypharmacy
Complication Risks Visual impairment, gastroparesis, renal function, physical impairments, pregnancy		Acute Problems Illness, stress or acute complications, co-morbid conditions

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



Data source: National Health and Nutrition Examination Survey (NHANES), CDC/NCHS available at <https://www.healthypeople.gov/node/3814/state-details>

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How Can Technology Help?



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“Smart” Pens & BG Monitors

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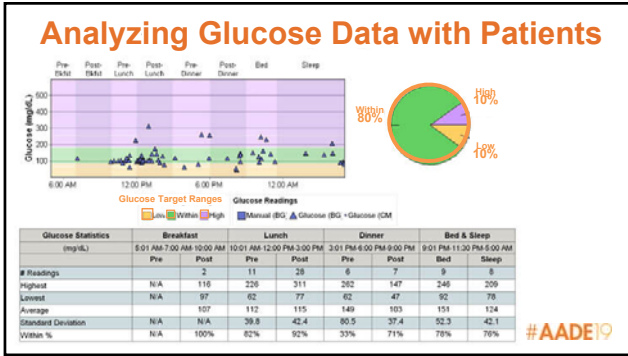
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“Smarter” Wearable Diabetes Devices that:

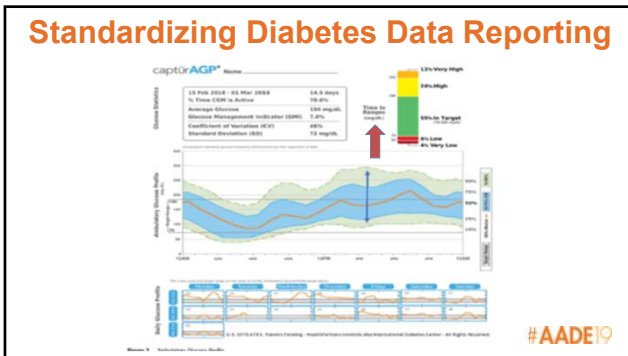
Monitor sensor glucose levels, deliver insulin & provide artificial intelligence (A.I.)

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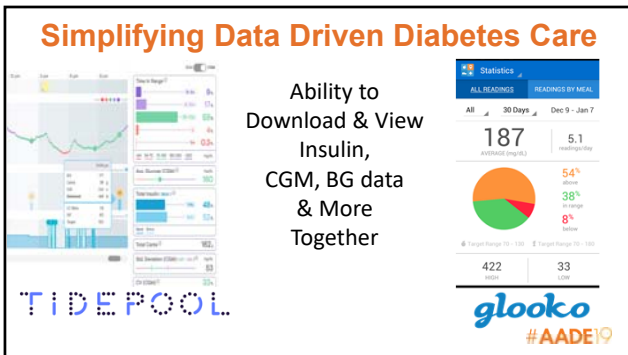
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How Can Diabetes Educators Be Ready For New Technology

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

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Crystal Broj

Chief Technology & Innovation Officer
AADE, Chicago, IL

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Test Drive : Products Section

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

Featured Products

Check out a few of the latest devices that have people talking.

ICM 3000	ICM 3000	ICM 3000
ICM 3000	ICM 3000	ICM 3000
<p>Full website, including information on ICM 3000, ICM 3000, and ICM 3000, is available at www.danatech.org. You can also find more information on the test message system. You can also find more information on the test message system.</p>	<p>The only (ICM) device that can be used as part of the (ICM) (ICM) and (ICM) (ICM) system.</p>	<p>The (ICM) device that can be used as part of the (ICM) (ICM) and (ICM) (ICM) system.</p>
Learn More	Learn More	Learn More

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dana Test Drive : Education Section


- **New CGM Course**
5 CEU's
Free to Members
- **New SMBG Course**
6 CEU's
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.

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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



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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



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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.diabetestechology.org/dtsec.shtml>

DTMoSt: Diabetes Technology Society
Mobile Platform Controlling a
Diabetes Device Security and Safety
Standard

<https://www.diabetestechology.org/dtmost.shtml>

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What does DANA tell me about Apps?

Functionality	Artificial Intelligence	AADE7 Self-Care Behaviors
Reduce Diabetes Burnout	Data Sharing	Privacy & Security

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App Reviews & Ratings:

-Uses rigorous criteria and methodology to assess apps

-Provides Certification “trust score” for quantitative assessment:




Calorie Counter - MyFitnessPal

Consumer App
EXCEPTIONAL

Enhanced Review

App Performance Label - Enhanced

Experience Review

Usability	EXCEPTIONAL
Health	EXCEPTIONAL
Behavioral Science	EXCEPTIONAL
Usability	GOOD
Privacy & Security	GOOD
Multi-Languages	English
iOS Available	NA
Cost	Free

AADE Custom Review

Information Sharing	Yes
Primary Function	Behavior Science
Library Level	Intermediate
Primary AADE Behavior	Healthy Aging
Interactivity Level	Intermediate
Local Memory	Advanced
User Profiles	Intermediate

Privacy & Security Details

Access Hardware Functions	Yes
Access External Storage or Cloud St.	No
Access Location Services	Yes
Access Network State	Yes
Access Notification Services	No
Access System Settings	No
Access USB Connections	Yes
Access Wi-Fi Connections	No
Access Bluetooth	No
Access NFC	No
Access Camera	No
Access Microphone	No
Access Motion	No
Access Proximity	No
Access Vibration	No
Access Accelerometer	No
Access Gyroscope	No
Access Magnetometer	No
Access Barometer	No
Access Ambient Light	No
Access Bluetooth LE	No
Access NFC	No
Access Proximity	No
Access Vibration	No
Access Accelerometer	No
Access Gyroscope	No
Access Magnetometer	No
Access Barometer	No
Access Ambient Light	No

Data Management

Access Health Data	Yes
Access Health Data on Other Devices	Yes
Data Encryption Sensitive Data	No
Push Notifications	Yes
Version	Version 4.10.0
Review Date	Dec 16, 2017
Available on	Available on the App Store

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Clinical Applications



Dexcom CLARITY

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5 Tips for Recommending Diabetes Apps

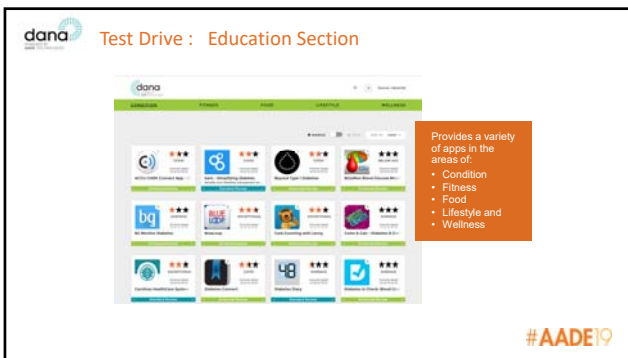
1. Experiment first-hand with app before recommending
2. Individualize app selection
3. Address barriers to use
4. Consider data sharing capabilities
5. Offer onboarding to promote engagement

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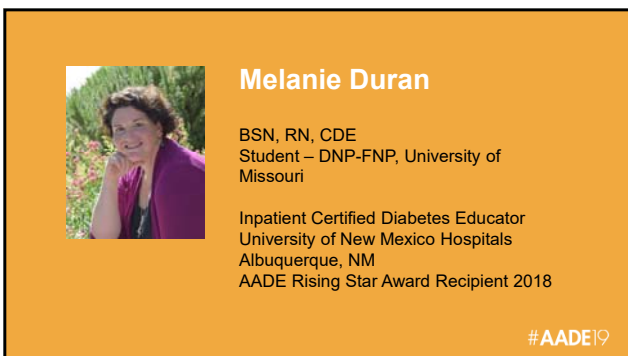
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DANA: Resources

Guidelines and Position Statements	Tools and Resources for People with Diabetes	Peer Reviewed Publications
Peer Support and Social Media Communities	News	All Resources

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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

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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

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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?

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Guidelines/Position Statements

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

Software as a Medical Device (SAMD): Clinical Evaluation

Sponsored By: [Novartis](#) | [Software as a Medical Device](#) | [GMDN Clinical Evaluation](#) | Created: 12/01/2017



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Software as a Medical Device (SAMD): Clinical Evaluation
Guidance for Industry and Food and Drug Administration Staff

Approved on October 6, 2017
Replaces the guidance on software as a medical device (SAMDF) dated October 2013.

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A Few Peer Reviewed Publications

What is Offered on Mobile Applications in Spanish About Diabetes Mellitus?
Letter written by Paul Jesús Tejada-Lluch, MD, Stalin Yanco-Contreras, MD, Lindy Machuca-Felipe, RN, and Carlos A. Corbosa-Casta, MD
03/01/2018

Peer Reviewed Publications
Paul Jesús Tejada-Lluch, MD, Stalin Yanco-Contreras, MD, Lindy Machuca-Felipe, RN, and Carlos A. Corbosa-Casta, MD

Why Apps for Managing Chronic Diseases haven't Been Widely Used, and How to Fix It
Why Apps for Managing Chronic Diseases haven't Been Widely Used, and How to Fix it
04/01/2018

Peer Reviewed Publications
Robert S. Huckman, Ariel D. Stern

Using Mobile Health to Improve Social Support for Low-Income Latino Patients with Diabetes: A Mixed-Methods Analysis of the Feasibility Trial of Text-MED + FANS
Social support interventions can improve diabetes self-care, particularly for Latinos, but are time and resource intensive. mHealth is a feasible, cost

Peer Reviewed Publications
Burner, E.

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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

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Shaping the Project

- What barriers do I need to anticipate?
[DiabetesMine: People with Diabetes Talk Apps They Actually Use](#)
- Use DANA to identify resources as well as variables previously not assessed

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DANA: Possibilities for use

- What it is
- What it isn't
- What it could be...

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dana Test Drive : Resources Section

Peer Support & Social Media Communities

Guidelines & Position Statements

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**Why I Can't Live Without AADE's DANA:
Stories From The Wild**

Questions?

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