

2014 Research Forum – Saturday, March 8 HealthPartners in Bloomington

Title of Research Technology Interfacing with Diabetic Patients to Improve Outcomes

“In Progress”

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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

IRB Approval- February 2013

HIPAA Compliance X

Mentor (s) Marc Matthews MD

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