

The mHealth strategy that was effective in controlling blood glucose in type 2 diabetes patients was a multimodal intervention comprising treatment advice/education, treatment adherence/reminder methods, and patient monitoring (SCOPING REVIEW)

Introduction

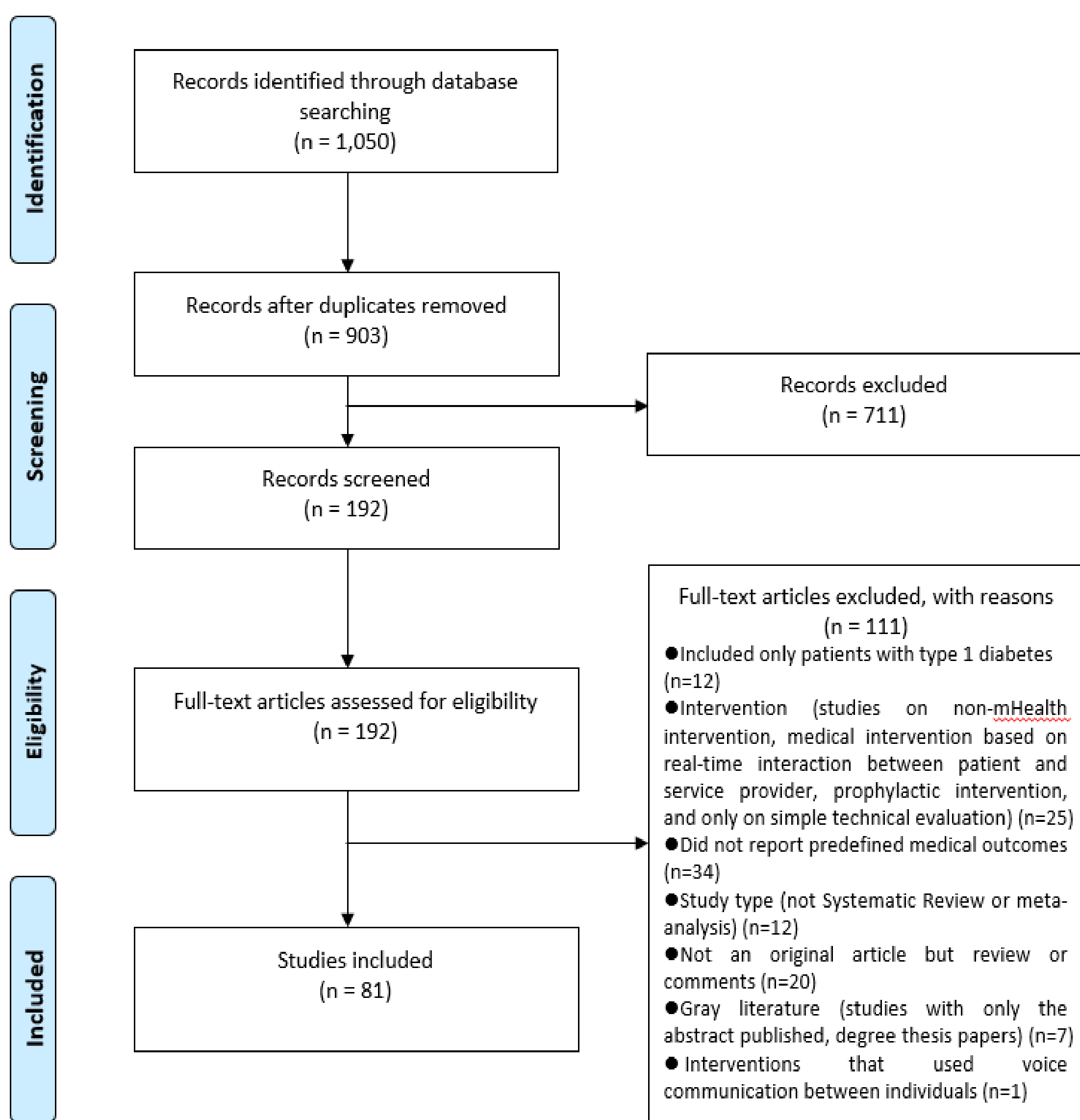
Because type 2 diabetes mellitus is a critical health problem with increasing incidence, prevalence, and complications worldwide, mobile health (mHealth) has been widely utilized for management in type 2 diabetes.

Methods

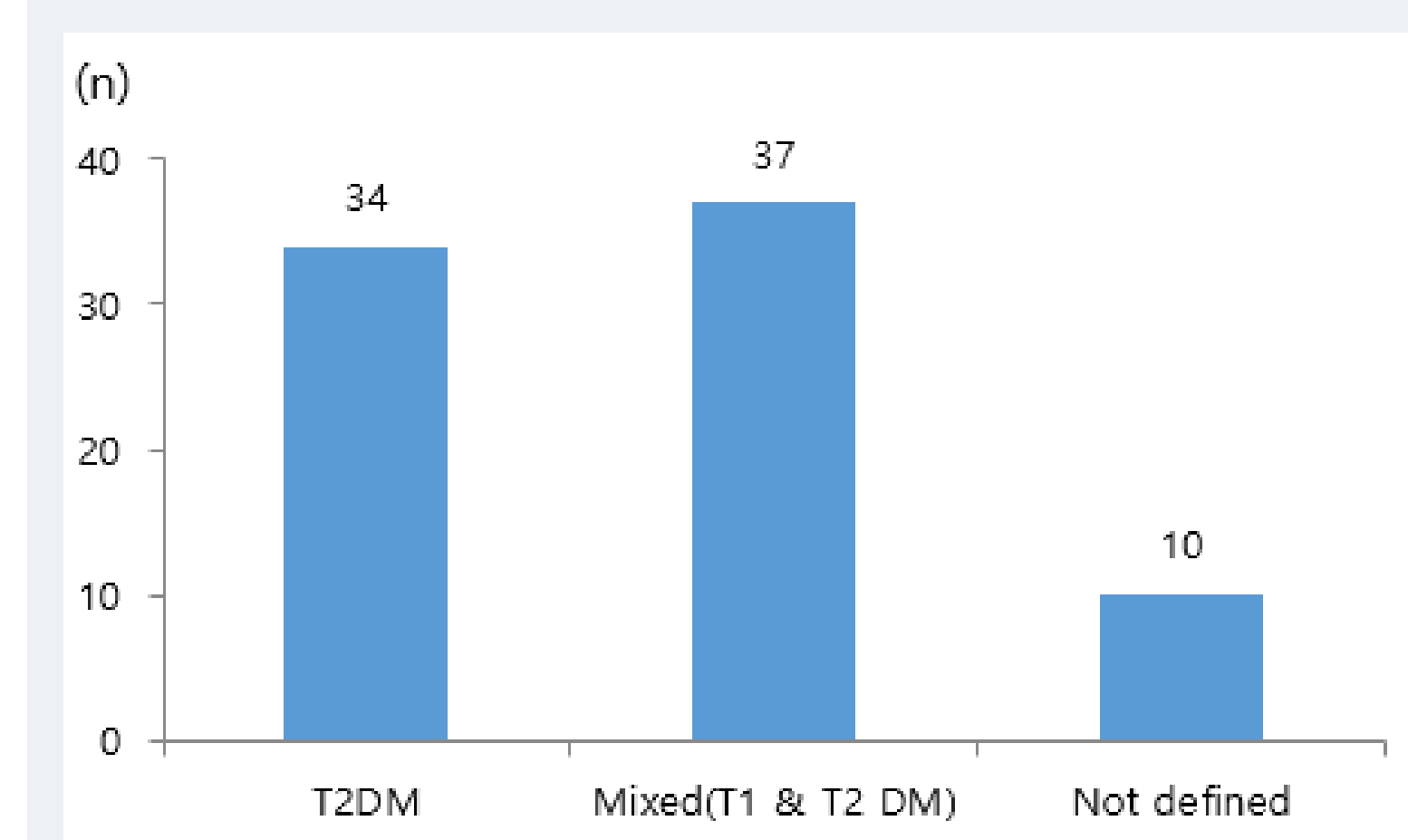
1. Arksey and O`Malley`s method was adopted for this review.
2. Ovid MEDLINE and Ovid EMBASE database were searched from inception until April 2018.
3. Two reviewers independently screened, selected, and charted studies using a piloted charting form.
4. Discrepancies were resolved by consensus, and results were collated, summarized, and thematically analyzed.

Key Results

- The final studies (N=81) related to mHealth interventions included systematic reviews/meta-analyses on clinical effectiveness (n=64), usability (n=14), and behavioral outcomes (n=47).
- The commonest mHealth intervention subtypes for type 2 diabetes care were patient monitoring (53/163, 32.5%), treatment adherence (50/163, 30.7%), and diabetes-related advice/education (34/163, 20.9%).
- The mHealth strategy that was effective in controlling blood glucose in type 2 diabetes patients was a multimodal intervention comprising treatment advice/education, treatment adherence/reminder methods, and patient monitoring.
- Treatment adherence/reminder methods and/or patient monitoring showed behavioral effects, but the usability of mHealth interventions was controversial.



All studies included were published after 2008, and the number of articles published increased gradually over the years. As the search was conducted in April 2018, there were fewer published articles used from that year.



Thirty-two reviews involved only type 2 diabetes patients, whereas 37 included ICT interventions applied to type 1 or 2 diabetes patients.



Effectiveness of mHealth Intervention for Patients with T2D: a Scoping Review

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