

Phase 2 of mHIC's Diabetic Home Monitoring Study Opens Enrollment

In early July 2017, the Diabetic Home Monitoring Study based out of Madigan Army Medical Center (MAMC) and Nellis Air Force Base (AFB), began patient enrollment. This represents the start of phase 2 of a research partnership between TATRC's Mobile Health Innovation Center (mHIC), MAMC, Nellis AFB and Clemson University School of Public Health. The study will follow 120 patients over the course of 9 months using the mCare mobile application developed by TATRC's mHIC, and a suite of Bluetooth-enabled home monitoring devices, including fitness trackers, weight scales, blood pressure monitors and glucometers. Health information obtained from these devices is synced to the mCare app, as well as the MHCE-R provider portal, enabling the patients' case-managers and physicians to have nearly-instant visibility to these health stats, as well as triggering medical alerts at pre-determined thresholds, when applicable. Patients will receive weekly "health tips" which are designed to "activate" the

patient's awareness and involvement in their self-care (based on medically accepted activation measurement tools). Patient and provider enthusiasm has been even greater than anticipated by the researchers. In less than two months' time, surprisingly, nearly 1/2 of all the patients targeted for this randomized controlled trial, had already been recruited and enrolled in the study (as of press). This research is novel as it focuses on the impact of patient activation for their clinical condition by leveraging remote home monitoring and mHealth education as part of a case management approach.

Mr. Ron Yeaw, Deputy Lab Manager for mHIC stated, "Preliminary mCare research testing feedback is already showing significant benefits to chronic diabetic patients and the lessons learned from the Phase 1 testing, have allowed the mHIC team to provide the most effective solutions. After a year of usability testing and preparation, the mHIC team is excited to have entered the clinical trials phase of this research." 