

DTM Abstract

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Title: Two Center Real-World Evaluation of Spotlight-AQ Improves Glycaemic Control and Reduces Diabetes-Related Distress

Objective: To determine the impact of specific tailored, patient-centred onboarding of rtCGM on physical and mental health outcomes for adults with type 2 diabetes (T2D). The Spotlight-AQ platform consists of biopsychosocial pre-clinic assessment, immediate graphic results presentation and mapped care pathways for unmet needs.

Method: two-center real-world evaluation of Spotlight-AQ platform in primary care practices with adults with T2D. Participants completed Spotlight-AQ tool at baseline and wore Dexcom One rtCGM systems for three months. Primary outcome: HbA1c change; secondary outcomes: diabetes distress score (DDS) and glucose monitoring satisfaction.

Results: Twenty-three participants were recruited across two primary care centres in Manchester, UK. Of the 21 who completed, eight were female, mean age was 64 (range, 48-86) years, 20 were white, and all used injectable therapy. The mean HbA1c fell by 14.95 mmol/mol (range, 4-71 mmol/mol) ($p < 0.001$). Baseline diabetes-related distress was moderate, reducing significantly at follow-up for total score and all subscales. Women reported greater total distress, emotional burden, physician related burden and regimen-related distress at baseline than men ($p = ns$). Men reported significantly greater interpersonal distress at baseline. At follow-up, no significant differences between total distress score, emotional distress, or regimen distress were observed across genders. Women reported lower physician burden and interpersonal distress at follow-up than men (both $p < 0.001$). Women reported significantly greater improvements across total DDS score, emotional & physician burden and regimen distress (all $p < 0.0001$), whereas men reported significantly greater improvement in interpersonal distress ($p < 0.001$). GMSS scores did not improve overall or within worthwhileness or openness subscales. Emotional and behavioral burden fell significantly ($p < 0.0001$).

Conclusion: Spotlight-AQ was associated with significant HbA1c reductions and mental health improvements for adults with T2D. These benefits conferred a cumulative improvement with use of Dexcom One rtCGM.