

PDB55 SPANISH PATIENT'S PERSPECTIVE AND PREFERENCES FOR TELEMEDICINE RESOURCES IN TYPE 2 DIABETES MANAGEMENT

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Background

- Telemedicine (TM) could help to monitor type 2 diabetes mellitus (T2DM) ensuring the sustainability of health care systems¹. However, some patients do not feel confident on TM and this can hinder its implementation².
- Knowing the perceptions and preferences of T2DM patients regarding the use of TM is key for its correct implementation.

Objective

- **To describe T2DM patients' perceptions about TM, and to identify preferences of use.**

Methods

- An observational, cross-sectional study was conducted in Spanish T2DM patients from April to August, 2016. A questionnaire was specifically designed for the study to describe patients' perception and preferences about TM resources (containing dichotomous, multi-choice and 5-likert scale options). A Scientific Committee composed by 2 expert physicians was involved in the design of the questionnaire.
- TM was defined as the exchange of medical information to healthcare professionals via electronic communication.
- The size of the population was estimated assuming maximum indetermination. Based on the current adult Spanish population³ and T2DM prevalence⁴, the resulted sample size was of 1,036 patients.

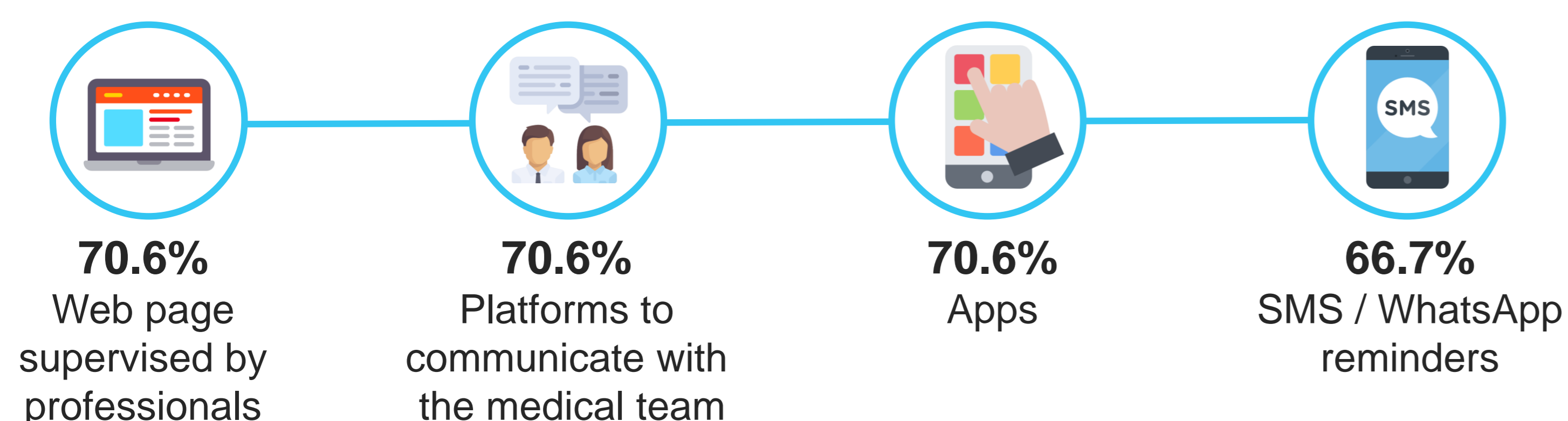
Results

Respondents' characteristics

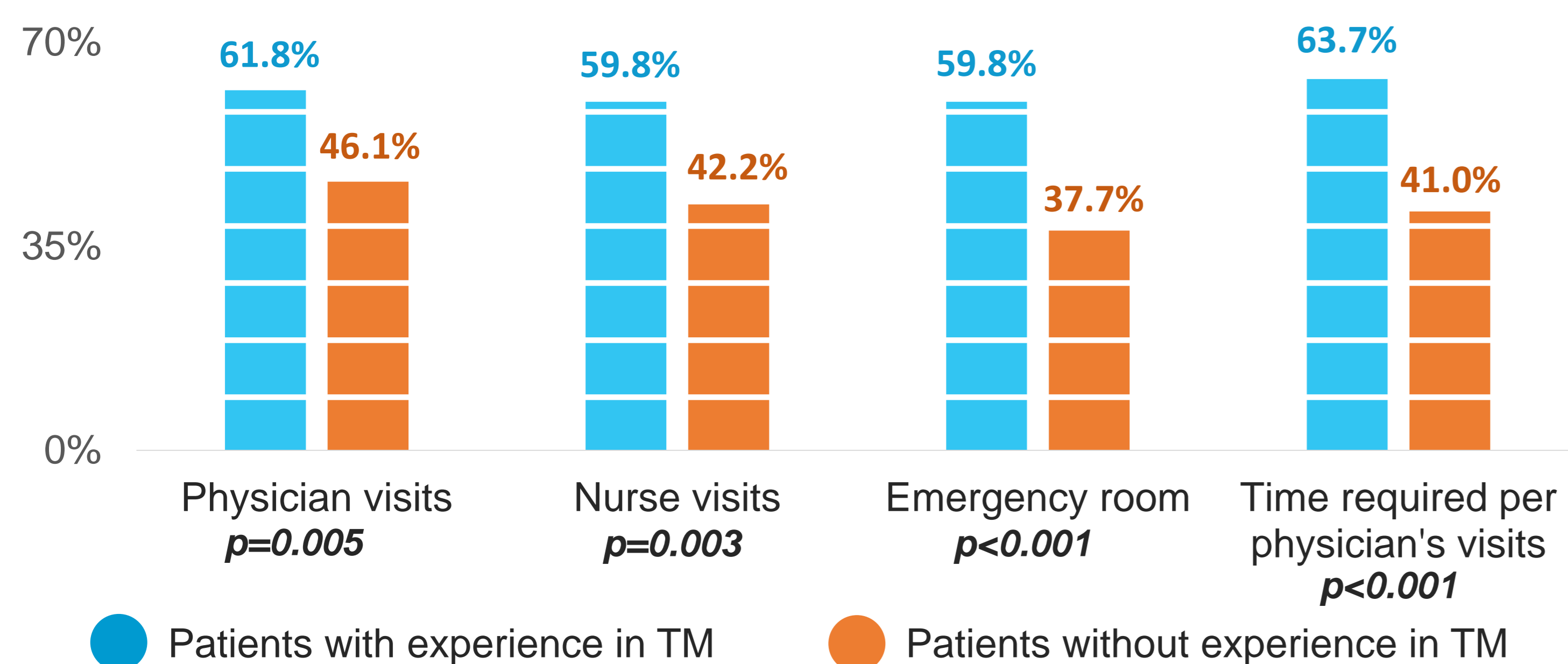
- A total of 1,036 patients participated in the study. Their sociodemographic characteristics are described in the table below.

Gender, men	60.5%
Average age, years, mean	60.3
Location, Rural area	23.4%
Presence of co-morbidities	79.4%
Presence of T2DM-related health conditions	38.5%
Use of TM resources	9.8%
↳ Satisfied with TM	70.5%

Preferred TM resources for patients with experience in TM use

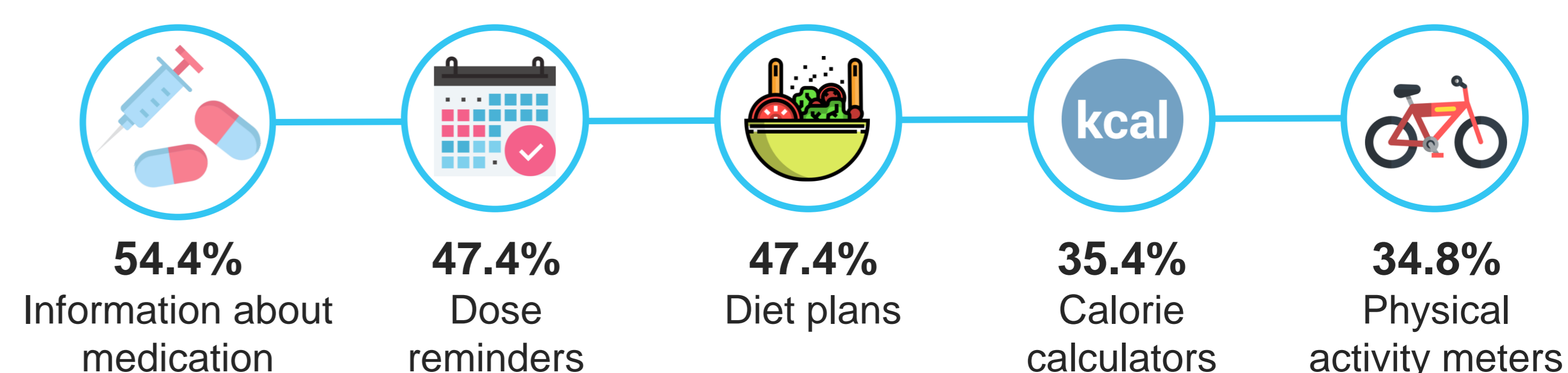


Percentage of patients who believed that TM optimizes the use of healthcare resources

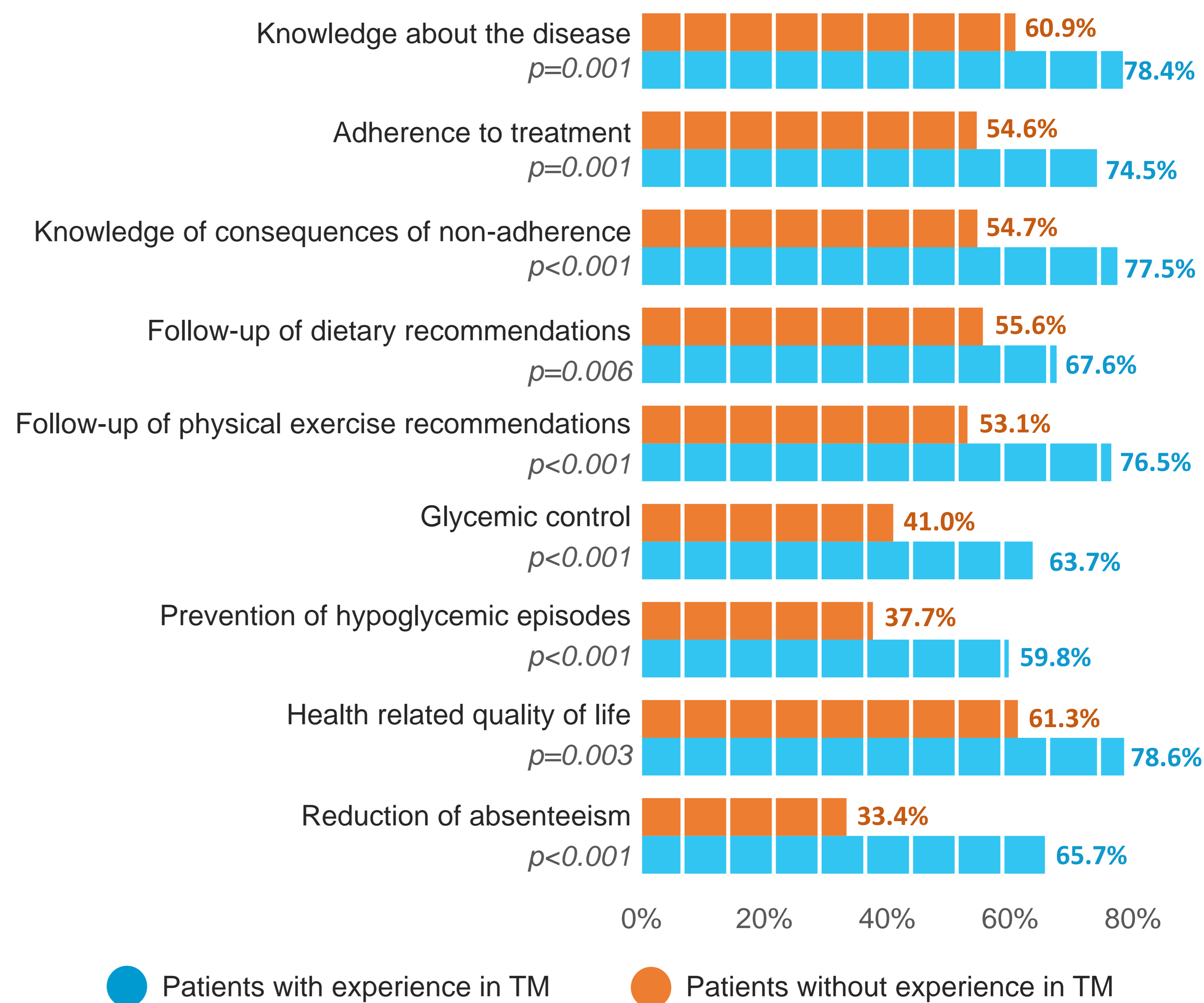


Patients with experience in TM had better perception than naïve patients on how TM helps to reduce the use of healthcare resources.

Preferences about App contents



Percentage of patients who believed that TM improves aspects related to T2DM management



Patients with experience in TM had better perception than naïve patients on how TM could improve the management of their T2DM.

Conclusions

TM is well accepted by patients, and it is perceived as a useful tool to improve T2DM management reducing healthcare resources use. TM resources that allow information exchange within the medical team regarding to treatment and lifestyle habits, are the most preferred.

References: 1. Bashshur RL, Shannon GW, Smith BR, Woodward MA. The Empirical Evidence for the Telemedicine Intervention in Diabetes Management. *Telemed e-Health*. 2015;21(5):321-354. 2. Klonoff DC. Telemedicine for Diabetes. *J Diabetes Sci Technol*. 2016;10(1):3-5. 3. National Statistical Institute. Spanish population >18 yr. <http://www.ine.es/> [20/01/2016]. 4. Soriguer F, Goday A, Bosch-Comas A, et al. Prevalence of diabetes mellitus and impaired glucose regulation in Spain: the Di@bet.es Study. *Diabetologia*. 2012;55(1):88-93.

