

Using text messaging to extend diabetes self-management support outside the clinic environment

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 - Mr Tim Wood, Professor Ralph Maddison, Dr Matt Shepherd, Dr Rick Cutfield, Dr Catherine McNamara, Dr Rinki Murphy, Dr Yannan Jiang
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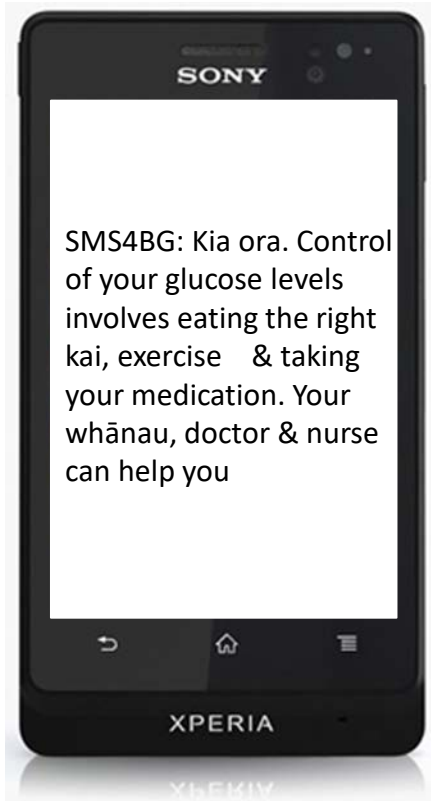


SMS4BG

A theoretically based and individually tailored text message self-management support programme for adults with poorly controlled diabetes.



SMS4BG Content Development



- Evidence from the literature
- Review of existing tools and patient resources
- Māori Advisory Group and Pacific advisor
- Reviewed by clinical experts
- Pre-tested with patients

SMS4BG

- **Tailoring variables:**
 - Choice of modules
 - Length of programme (3 – 9 months)
 - Timing of messages
- **Personalisation variables:**
 - Name
 - Cultural version
 - Names of 2x support people
 - Motivations for good diabetes control i.e. grandchildren, career



Self Management Support
for Blood Glucose.

SMS4BG Structure

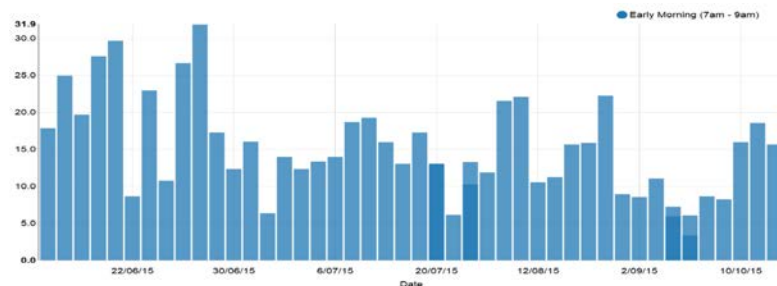
1. Core modules	<ul style="list-style-type: none"> → Māori → Pacific → Non-Māori/ Non-Pacific
2. Insulin module	
3. Young adult module	
4. Smoking cessation module	
5. Lifestyle behaviour modules	<ul style="list-style-type: none"> → Exercise → Healthy eating → Stress and mood
6. Blood glucose monitoring	
7. Foot care module	
8. Cardiovascular check reminder	

SMS4BG: Kia ora [name]. Your diabetes can be controlled, reducing the impact on your health & your life! Do it for your [motivation1] & [motivation2]

SMS4BG: Don't let your diabetes get in the way of your social life or study/work. Taking the time to manage your diabetes now means more time for fun & friends

SMS4BG: Self-care is key to feeling good & managing stress. Good self-care involves eating well, regular exercise, good sleep & relaxation time

SMS4BG: Hi [name]. Good management of your diabetes & your future health includes not smoking. Call Quitline on 0800 778 778 for support



Feasibility of SMS4BG: Pilot study

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Dobson et al

Original Paper

Diabetes Text-Message Self-Management Support Program (SMS4BG): A Pilot Study

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Effectiveness of SMS4BG: RCT

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Trials

STUDY PROTOCOL

Open Access

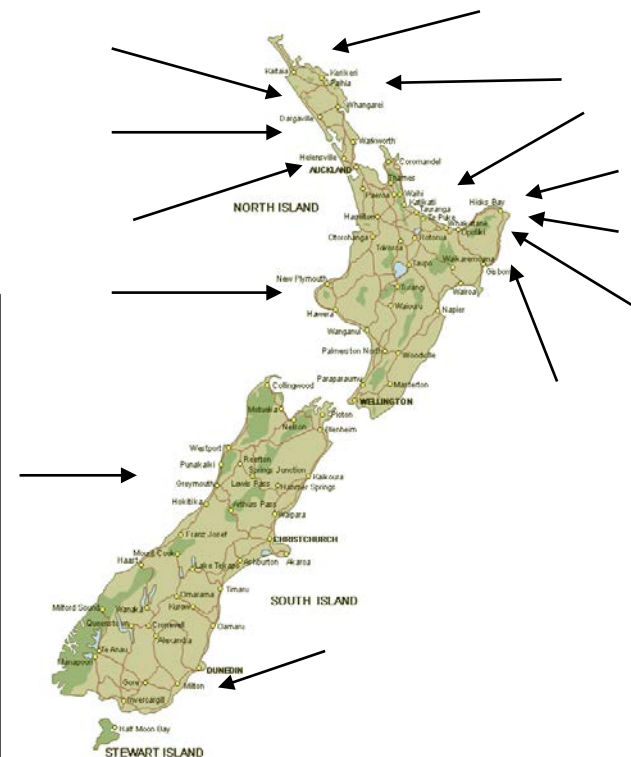


Text message-based diabetes self-management support (SMS4BG): study protocol for a randomised controlled trial

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Abstract

Background: Addressing the increasing prevalence, and associated disease burden, of diabetes is a priority of health



Results

SMS4BG was found to be effective at improving glycaemic control in adults with poorly controlled diabetes

With the graph I was able to take it to my doctor and have a discussion about patterns, I could actually contribute and be a part of the conversation rather than just being told what to do.

(Female, 25-30yrs, Maori/Pacific, Urban, Type 2)

A great way of getting to people with diabetes, text is personal and comes to you, it gives you a better a chance to do well having someone there for you, you weren't on your own with it

(Male, 40-60yrs, non-Maori/Pacific, Urban, Type 2)

Stoked I could be a part of the programme, especially for someone my age, a lot of the diabetes support is aimed at older type 2's rather than young people

(Female, <25, non-Maori/Pacific, Urban, Type 1)

Loved it. It really made you know where your levels are at. I became very lazy after having diabetes for 10 years and I wouldn't test, I just didn't pay attention to myself, the messages made me more aware of what you should be doing and whether you're doing it or not.

(Female, 60+, non-Maori/Pacific, Rural, Type 2)

[I liked the] empowerment I have felt by the constant text messages...my HbA1c is the lowest it's been in 12 years, I'm more active, can spend more time with my kids, and I will live a longer life because of it.

(Male, 40-60yrs, Maori/Pacific, Urban, Type 2)

Making SMS4BG Available

- Economic analysis
- Implementation focus
 - Funded through HRC Research Partnerships for New Zealand Health Delivery and MOH
- Implementation options
 - Embedded into clinical pathways
 - Independent of health system
 - Both?



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