

Developing a targeted, mobile-health technology (e-book) to promote self-care during diabetes transition

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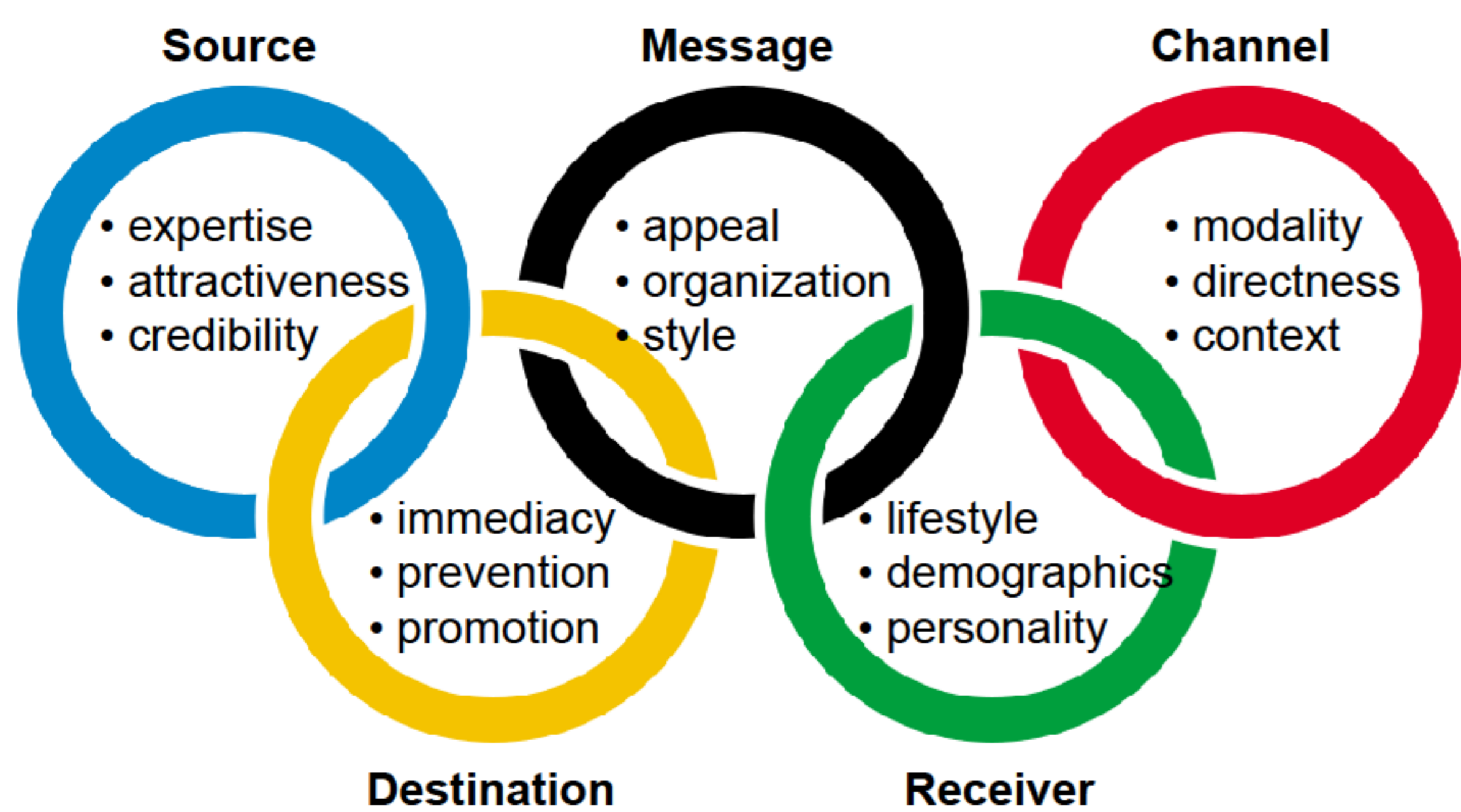
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Background

- For young adults with type 1 diabetes, transition from a pediatric to an adult care setting is a vulnerable period with risks for gaps in care.
- These emerging adults need to develop skills for managing their diabetes yet it is often challenging to cover all anticipatory guidance topics related to type 1 diabetes when they need it.
- Mobile health technologies such as smart-phones and tablets could potentially be an effective means for extending the reach of care for adolescents and young adults

Methods

- Development of the e-book was loosely structured on McGuire's communication-persuasion matrix → factors that impact consumer behavior in response to messages.



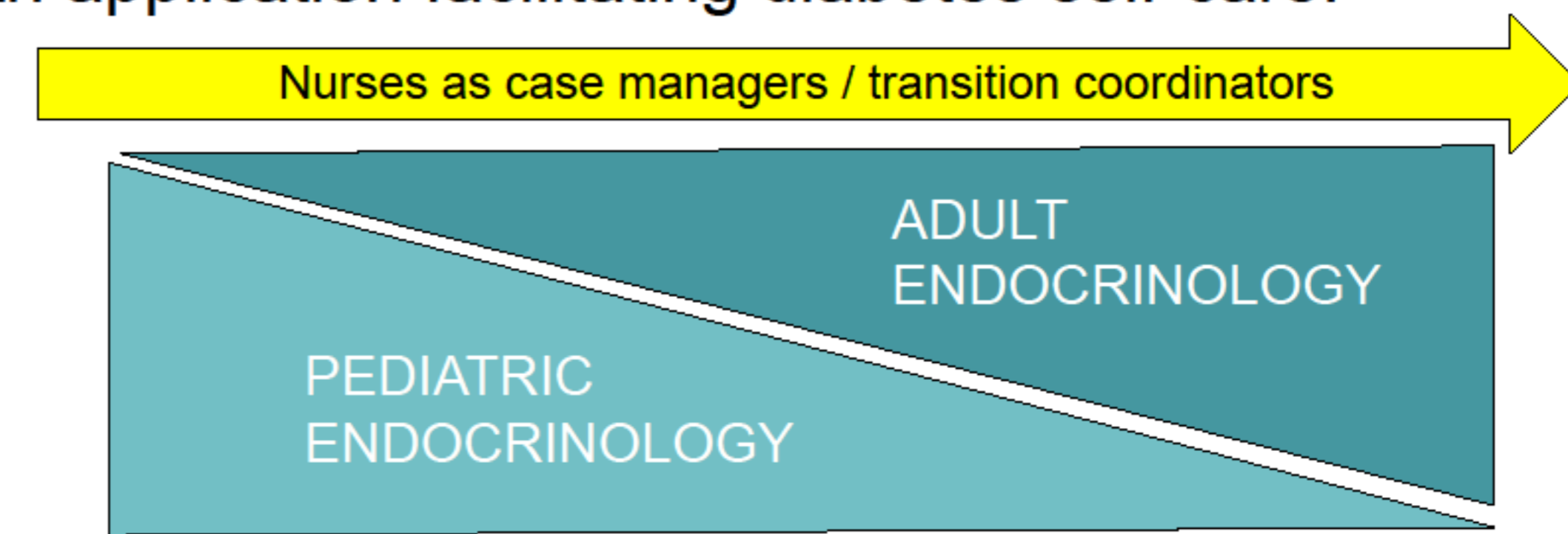
- Chapters (i.e. 1-2 page lay texts) were developed by a interdisciplinary team (both pediatric/adult) focusing on young adult and self-care topics (not intended for the period of initial diagnosis) related to type 1 diabetes.
- A design team was involved to develop graphics and branding.
- Healthcare providers and transition patients were surveyed on acceptability.

Summary & next steps

- ✓ We successfully developed a novel e-book specifically targeted to the needs of young adults with type 1 diabetes.
- ✓ This project underscores the utility of a mobile health intervention that can be used privately as a real-time health promotion resource for facilitating self-care as well as an interactive tool to facilitate discussions with the health-care team.
- ✓ Formal patient acceptability study is ongoing

Aims & Objectives

In the context of a structured transition clinic, we hypothesized that by leveraging emerging adults' facility with technology and marketing/design we could develop a user-friendly mobile health application facilitating diabetes self-care.



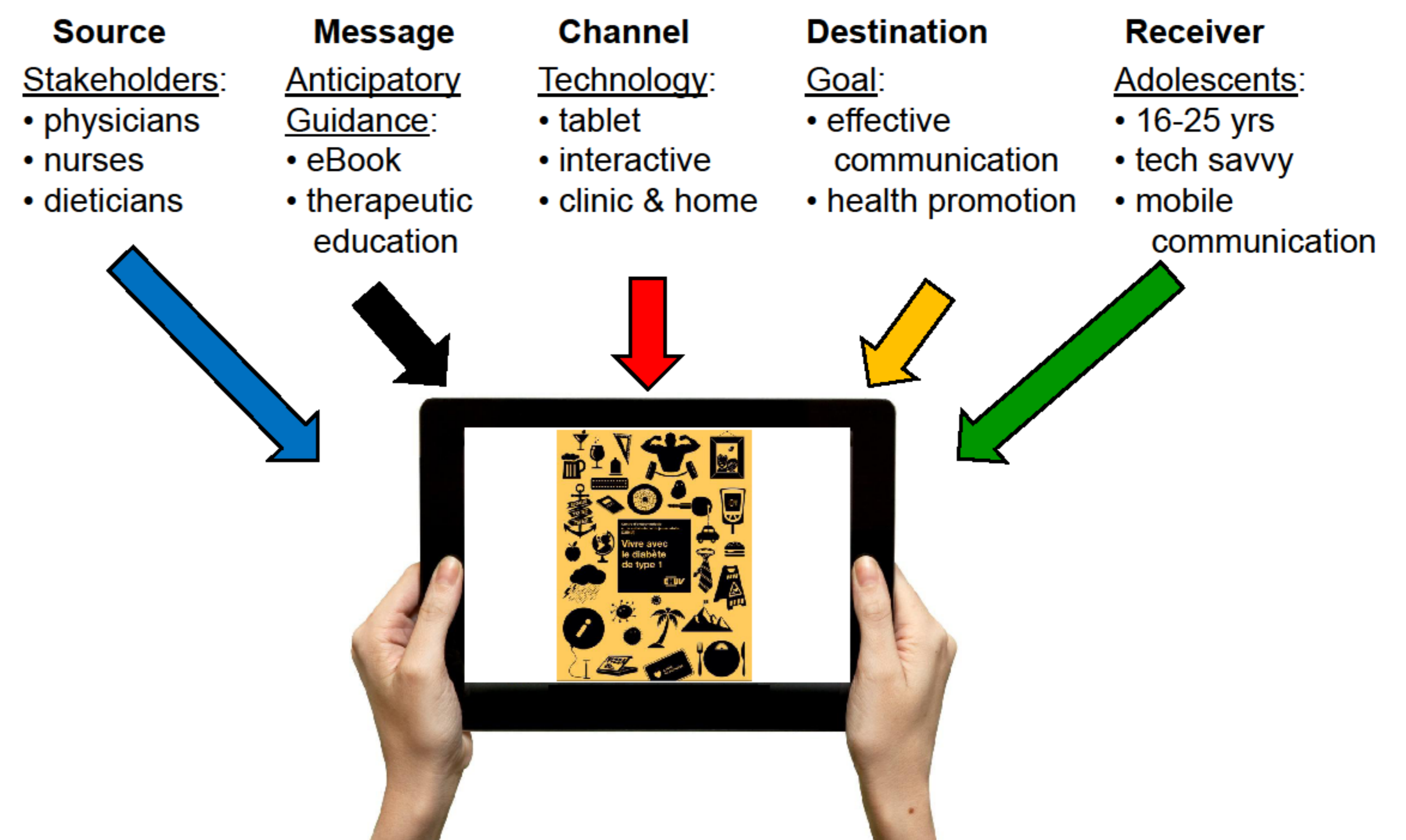
Aim: to develop a mobile health application (e-book) to promote self-care for emerging adults with type 1 diabetes and assess its acceptability.

Results

- We identified 28 topics (e-book chapters) spanning type 1 diabetes knowledge, self-management, nutrition & sport, and anticipatory guidance for young adults.



- The persuading factors include: source (expert stakeholders), message (diabetes education via stylized e-book), channel (private, tablet/smart-phone), and destination (effective health promotion communication), receiver (16-25 years, tech savvy).



- ↑ initial acceptability ratings from providers (interdisciplinary team)
- Informal patient feedback → overwhelmingly positive during development

