

# PATIENTS' AND HEALTH PROFESSIONALS' VIEWS ON DIGITAL INTERVENTIONS FOR DIABETES CARE: A SYSTEMATIC REVIEW

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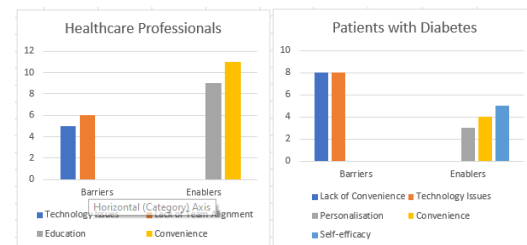
**Introduction:** Diabetes is one of the biggest global public health concerns affecting an estimated 425 million adults worldwide, and this number is expected to rise to 629 million by 2045. Digital interventions are increasingly used in educating health professionals and patients on diabetes management and care. This is important as good diabetes control includes the self-monitoring of blood glucose levels, diet, and physical activity to support behavioural change.

**Objective:** This study aimed to systematically review current information on stakeholder views on using digital interventions for diabetes management.

**Methods:** We included qualitative studies that investigated healthcare professional or patient views on a digital health intervention for diabetes management. A total of 1,670 publications from 2010 to 2020 were found and a total of 12 papers were finally included for review.

**Results:** Results conclude that digital interventions show significant improvements in the self-management of diabetes. Technical issues were the

most common barrier and compounded by user-friendliness for older patients. The increased workload and time constraints for providers were major limitations.



**Fig 1. Diagram of findings by stakeholder.**

**Conclusion:** Our findings demonstrated approval from patients for digital interventions, bolstered by improved health outcomes. However, we found mixed reviews from healthcare professionals. The majority were concerned about the increased workload technology created, particularly due to the increased capability for personalisation. Interestingly, this is what patients appeared to value. We suggest a strong need for training to assist vulnerable patients with digital use, skills shifting and better integrations into the health system to aid workload issues and improved personalization.