

## Integrated diabetes management hybrid model using telemedicine and IOT

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### Abstract

India with its huge population has alarming deficit for a quality healthcare setup. Online Medical consultation world over has been shown to bridge the urban rural divide effectively. While the cost effectiveness of the model has not been ascertained, in management of chronic diseases like Diabetes and Hypertension. In recent times due to Covid 19 Pandemic, there has been increased adoptions of Telemedicine and IOT particularly wearables. My observational study tried to study a hybrid Diabetes Management model in which there was a combination of Physical Consultations with Teleconsultations and Remote Diabetes Monitoring with the use of Smart-phones. Some patients also measured their vitals using their Wearables particularly Health Bands and Smart Watches. Our Study consisted of 30 patients out of total 90 who came for diabetes management in Authors Private Practice. There was a significant amount of geriatric population (35%) seeking help regarding diabetes using teleconsultation. There was an expected male predominance (73%) suggesting lack of digital education among the fairer sex. There were a significant number of patients coming from rural and semi urban towns(36%) suggesting huge unmet need of quality diabetes management in these areas and significant number of patients reported increased compliance to medications and improved lifestyle changes in diabetes management on follow up. This study has helped in devising novel strategies to approach diabetes management and adopting online medical consultation and remote vitals monitoring using IOT as a tool for delivering comprehensive diabetes management.

### Biography

Sudhanshu Mishra has completed his MBBS from MS University, Vadodara (India) and DNB Family Medicine from NBE New Delhi. He is the currently the Head of Preventive Health at Medeor Hospital Manesar, a premier multispeciality hospital in Delhi NCR Region. He is also attached as a Consultant Diabetologist with Lifespan Cardiometabolic Clinics; a Pan India chain of specialized Diabetes Clinics. He has been active in the field of telemedicine for last 5-6 years with various Video Consultation and M-Health Platforms.



[4<sup>th</sup> Global experts meet on Advanced Technologies in Diabetes Research and Therapy](#) | January 27, 2021

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