

## **PATIENT-CENTERIC APPROACH IN IMPROVING GLYCEMIC BURDEN IN PATIENTS WITH T2DM: AN OBSERVATIONAL DIABETES MANAGEMENT PROGRAM (DMP) AT APOLLO SUGAR CLINIC**

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**Purpose:** To evaluate glycated hemoglobin HbA1c outcome of patients with T2DM enrolled for long term diabetes management program (DMP). **Methods:** A total of 33 T2DM patients enrolled in structured 6 months long term DMP at Apollo Sugar Clinic were included in this preliminary analysis. DMP is a structured care program where along with medication, a planned diet prescription as per the patients' clinical status, regular interaction between Apollo Sugar health coach and patients on diet, exercise, medication adherence and self-monitoring of blood glucose through Apollo Sugar App. Appropriate statistics were applied to report the outcomes. **Results:** Mean age of 33 T2DM patients was 52 years, 78% were males and 22% were females. Mean BMI was 28.3 kg/m<sup>2</sup> and duration of disease 8 years. Nearly 36% of T2DM patients were associated with comorbidities. Overall mean fasting, prandial and HbA1c before and after DMP were 142.2 and 133.6 mg/dL, 223.4 and 202.7 mg/dl, 8.2 and 7.8%. Among these patients HbA1c reduction was observed in 69% of patients. The average reduction observed was 0.9%. Further, there was a significantly higher reduction in HbA1c in patients with only T2DM (1.0%) compared to T2DM with at least on comorbid (0.5%) condition.

**Conclusions:** There is a significant reduction in HbA1c in patients enrolled in DMP. However, to establish the current results and to understand the importance of DMP program large sample size, and for comparison control patient group (not enrolled in DMP) is recommended.