

DIABETES, ENDOCRINOLOGY, NUTRITION AND NURSING MANAGEMENT

June 24-25, 2019 | Philadelphia, USA

J Diabetol 2019, Volume 3

USE OF ACTIVITY TRACKERS TO PROMOTE BEHAVIOR CHANGE AND DELAY DIABETES

Stephanie Merck

University of Phoenix, USA

The purpose of this qualitative, explanatory case study was to explain the experiences of eight participants, from a suburban internal medicine practice in Fairfield County, CT, who used activity trackers or applications to adhere to diet and exercise. Each participant submitted daily email logs, information from their activity tracker or application and participated in an exit interview. Detailed information described how the participant used technology as well as what each participant found most important to maintain lifestyle changes. The use of NVivo 11[®] assisted with data analysis to identify common themes that emerged including accountability, awareness, challenges and knowledge. The information obtained offered a unique perspective into how they viewed their responsibility to participate in their treatment plan. The use of technology assisted the participants to become actively involved in their disease management and development of new skills and strategies to support their self-management skills. Additionally, each participant described difficulties adhering to the lifestyle changes within their daily lives. Most of the management of any chronic condition occurs outside of a health care facility, understanding the challenges and problems encountered by those with pre-diabetes, may assist providers to develop collaborative goals with their patients. Primary care providers, who understand the daily struggles of those pre-diabetics, can offer realistic strategies for an individual to develop the necessary self-management skills to prevent diabetes.