

Integrated personalized diabetes management helps to advance diabetes care in Thailand – a clinical example

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King Chulalongkorn memorial hospital (KCMH) is a university referral center in Bangkok, Thailand. Our diabetes clinic serves more than 2,500 complicated cases of diabetes per year. One of the challenges in optimizing diabetes care is how to deliver an optimal, solid education regarding self-care behavior. Establishing a self-management support system requires significant time and provider-patient interaction.

In our center, we adopted integrated personalized diabetes management (iPDM) model to facilitate self-management. The process consists of; 1) structured assessment and training, 2) Structured & therapy adapted SMBG, 3) Structured documentation, 4) Systematic analysis, 5) Personalized treatment, and 6) Treatment effectiveness assessment.

We use telemedicine to deliver the iPDM care model to our patients. We focused on people with uncontrolled type 1 and type 2 diabetes. This presentation will include a clinical example and preliminary data on the outcome of the KCMH diabetes teleclinic.