Better Treatment Decisions Through Person-Centred Assessments in Japan

After the results of the DAWN2™ study were used as the basis for an innovative quality-of-life questionnaire app, healthcare professionals in Japan were able to provide better person-centred diabetes care.

Choosing the right treatment option for people with diabetes is vital, but there are many factors that can influence that decision. One such factor is an understanding of the quality of life (QOL) of the person with diabetes, but before the DAWN™ study, there was little evidence to shed light on this important area.

The negative impact on the lives of people with diabetes is now better understood, and a direct line can be drawn between reducing the burden of diabetes and improving the day-to-day QOL for people with diabetes.

The first step for achieving the goal is to assess QOL in medical practice. And it is very important to ensure the QOL assessment as one of key decision points for diabetes medication.

Innovative diabetes app
Novo Nordisk Japan used this knowledge as the basis for developing a Diabetes Therapy-Related QOL (DTR-QOL) app. The app, available for download for use on iPads, is an innovative tool that allows healthcare professionals to make more informed, systematic decisions about how to treat people with diabetes, based on their input about their own QOL, using parameters set out in the DAWN2™ study.

The app consists of a questionnaire of 29 questions that healthcare professionals complete with their patient, and covers all types of diabetes. Dr Ishii, part of the DAWN™ scientific advisory board and DAWN2™ lead national investigator for Japan, developed the questionnaire through a psychometric validation of DTR-QOL².

Once the information is entered into the app, the data is intuitively stored and can be referenced at any time to confirm the best treatment option for each individual.

Improved dialogue
In addition to better care-related decisions, the app also plays a part in improving dialogue between people with diabetes and their healthcare professionals regarding treatment planning, psychosocial issues and self-management support. All of these are key factors in achieving more person-centred diabetes care.

The uptake is impressive, and the DTR-QOL app has now been downloaded 1,735 times, and more than 20 clinical independent studies using the app are also ongoing.

The DTR-QOL app is a demonstration of how results from the DAWN™ study can be a platform for healthcare professionals to provide better person-centred diabetes care.