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Self-monitoring of blood glucose in gestational diabetes mellitus: Improvements in the remote monitoring by the doctor

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Self-Monitoring of Blood Glucose (SMBG) plays an extremely important role in management of gestational diabetes mellitus. The hallmark of gestational diabetes is the constantly changing blood glucose values till delivery due to changes in the insulin resistance. Confusion exists about the frequency of monitoring, timing of monitoring (whether pre-prandial or postprandial, one or two hours postprandial) and sample preferred (venous or capillary). We also review the acceptance and adherence to SMBG in various studies. In this presentation, we review the historic and the latest guidelines on the same. Remote monitoring of blood glucose values is now possible with the use of technology. We review the different ways of doing so. We also present the improvement in compliance to SMBG, acceptability of remote monitoring of glucose and the improvements in the trend of blood glucose control in our centre using email and mobile applications as tool for the same.

Biography

Ramakrishnan Santosh is a practicing Clinical Endocrinologist for 10 years. He has 34 papers in various journals and has authored three text book chapters. He has presented in more than 400 scientific forums which include many international conferences of repute.

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