Home Telemonitoring Platforms for Adults with Diabetes Mellitus: A Narrative Review of Literature Farzan Sasangohar, Texas A&M University, Julie Hammett, Texas A&M University, Mark Kawkey,             Texas A&M University
Diabetes mellitus in adults is a global health burden affecting 382 million people and costing over $612 billion worldwide. The multidisciplinary design and development of new remote patient monitoring (RPM) and telemonitoring technologies stems from the recent push in the healthcare community to embrace a solution that reduces the burden on care providers while still providing accessible, affordable, quality care to its patients. RPM is often considered to be a technological solution to the challenges in healthcare delivery, yet literature reviews have shown that many studies found mixed results or no effect on patient outcomes. A narrative review of literature was conducted to contribute to the field of technology-driven home healthcare delivery by analyzing the systems in context with the monitoring and intervention technologies. This review analyzed papers with home telemonitoring and intervention systems for adults with type 1 or type 2 diabetes. Technologies used were differentiated into four categories: telephones, mobile devices, computers, and other Internet-connected devices. Our findings suggest no clear association between the type of technology used and the outcomes of the participants. Frequency of monitoring and intervention were also distinguishable by diabetic outcome metrics.