Impact of mobile phone short text messages on glycemic control in type 2 diabetes

Bassam Bin-Abbas
King Faisal Specialist Hospital, Saudi Arabia

Introduction: We conducted a feasibility study to evaluate the impact of mobile phone short message service (SMS) on glycemic control in type 2 diabetics.

Methods: One hundred patients (41 years ± 9.5) were selected at the Security Forces Hospital, Riyadh, Saudi Arabia and provided with daily educational, reminding SMS messages for 4 months. Hemoglobin A1C level (HbA1C), frequency of hypoglycemic and hyperglycemic attacks, and compliance with blood glucose monitoring were recorded before and after the trial.

Results: Fasting blood glucose level improved from 155mg/dl ± 57 to 140mg/dl ± 56, post prandial blood glucose level improved from 198mg/dl ± 73 to 192 mg/dl ± 58 and HbA1C decreased from 9.9% ± 1.8 to 9.5% ± 1.7, In addition to significant improvement in patients’ knowledge.

Conclusion: The study concluded that mobile phone text messaging increased the adherence to diabetes therapy and improved the clinical outcome in patients with type 2 diabetes.

b.binabbas@gmail.com