



DPS Health  
1539 Sawtelle Blvd. Suite 10  
Los Angeles, CA 90025  
310.444.0650  
[www.dpshealth.com](http://www.dpshealth.com)

# CLOSERLOOK

Advanced Technologies & Treatments for Diabetes—3<sup>rd</sup> Annual Conference

February 10-13, 2010; Basel, Switzerland; Day 3 Highlights Draft

---

## **Dr. Neal Kaufman, Founder and CEO of DPS Health, Presented at the Advanced Technologies & Treatments for Diabetes**

- **Dr. Neal Kaufman (UCLA Schools of Medicine and Public Health/CEO, DPS Health, CA), an expert on the use of technology to improve health outcomes, reviewed the literature on online treatment of diabetes.** By and large, it was difficult to demonstrate hard outcomes (improved A1c), but the technologies increased patient empowerment and communication with their healthcare provider. The opportunity for online treatment of diabetes is to improve outcomes, expand services to more patients, and decrease costs (such as service, reporting, oversight and long term care). On the other hand, it's hard to fit in with each patient's unique circumstances, there are limited staff and financial resources, and there is a bewildering variety of technologies, which change very quickly. Dr. Kaufman recommends that new initiatives should use behavior change theory and clinical expertise. The techniques should be evidence based and personalized to the patient. They should contain continuous feedback to the patient, integrate with their healthcare provider relationships and link to others for social support and coaching. Finally, they should be flexible in design, and allow a choice of media and different learning pathways.
- **Dr Neal Kaufman (Founder and CEO, DPS Health, California, USA) defined 'patient self management support' as the provision of education and intervention that help patients manage themselves.** This means patients become good at self-assessment, goal setting and problem solving. The big question is how can technology enable behavior change? It should be based on theory and proven research, integrated into healthcare delivery and data from devices, and supported by appropriate IT. There are many and varied solutions, which could include email invitations, email coaching, automatic data collection, online search of knowledge bases, peer to peer support via text message, and authoring tools that can generate highly personalized communication and feedback. Dr. Kaufman described a project to bring the landmark DPP (diabetes prevention program) online. Using these tools, participants in the year-long program can access educational resources, track activity and meals, interact with a coach, and see progress reports. In a trial of the system, participants showed a weight loss of 4.8 kg (10.5 pounds) by three months, which was sustained over a year. Thirty-one percent achieved a >5% weight loss. For information go to [www.dpshealth.com](http://www.dpshealth.com)