

Advancing Equity in Technology Usage for Patients with T1D

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Introduction

Technology has had a profound benefit in the management of patients with T1D. Despite the availability of technology through most third-party payers, racial and ethnic disparities remain.

Objective

Our aim was to obtain a better understanding of barriers that keep people with T1D from using advanced technology and create health disparities.

Clinic

In our pediatric T1D clinic, approximately half of our patients are Hispanic or Black. Half of our patients are insured by Medicaid. We found disparities in technology use with greater utilization among White patients.



Methods

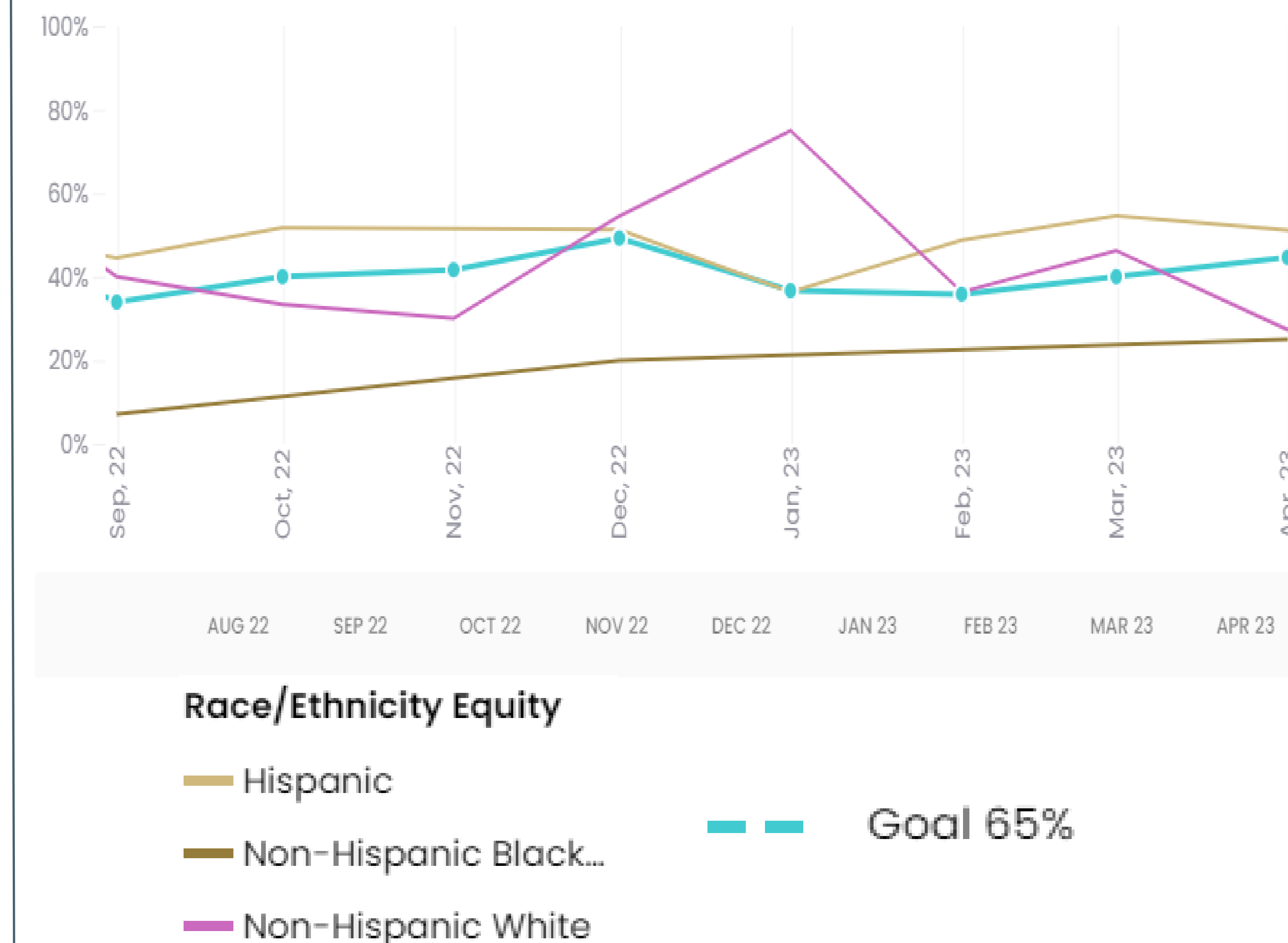
We introduced a protocol designed to ensure that all our patients receive advantages of technology. All patients were prescribed glucose sensors at diagnosis. Established patients who did not use a sensor were strongly encouraged to use one with sensor placement at the visit. Smart pen usage was recommended for all patients soon after diagnosis. Insulin pump was encouraged six months after diagnosis for patients proficient in carbohydrate counting.

Results

Since the protocol introduction, 95% of our patients with T1D use a glucose sensor and 53% use an insulin pump. Transition to a greater use of technology was facilitated by directly addressing patient concerns about visibility of devices and out of pocket expenses. We also found an easier transition to technology when our team helped patients navigate dealing with insurance, pharmacies, and schools.

Results

Patients who are active Pump users



Conclusions

Transition to a greater use of technology can be facilitated when there is a strong emphasis on its use at the time of diagnosis and at each visit. Anticipating and addressing all the patients' concerns also plays an important role in the transition to greater technology use.

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