**Diabetes technology ~ blessing or burden?**

**Background/Aim**

Glycaemic control is the cornerstone of diabetes management and complications prevention. Insulin pumps and continuous glucose monitors have undisputed benefit, but like any technology, these devices have the potential to be burdensome.

To assess clinical improvement, management benefits and patient issues related to insulin pump use.

**Methods**

The Diabetes Service collected clinical data and feedback from patients commencing pump therapy (n=64) or upgrading their pump (n=36). The Problem Areas in Diabetes (PAID) tool and a service-developed specific questionnaire assessing perceived utility of their pump to assist with mealtime decisions, staying in range, hypoglycaemia prevention and treatment, nocturnal lows, alcohol, driving/travelling, physical activity, work/study and managing sick days were administered at baseline and 3 months, with 12 month follow-up planned.

**Results**

Preliminary data indicates clinical benefits, with an average HbA1c reduction of 8.55 mmol/mol, and average 13% improvement in meeting individually-set blood glucose time in range targets. HbA1c was higher in patients new to a pump, compared with patients upgrading, though the difference was smaller at 3 months. Baseline PAID scores averaged 20.5/100, with 12 patients scoring >40, indicating severe diabetes distress. Average 3 month scores for patients followed up so far was 20.3/100, with 5 patients scoring >40. (n=28). Pump specific questionnaire scores for existing users averaged 4.4/5 at baseline, indicating perceived helpfulness of the pump in all areas of self-management, and this average remained high (4.1/5) at 3 months for patients new to or upgrading pumps. Only four patients at baseline and three at 3 months perceived the pump made management of diabetes more complicated.

**Discussion/Conclusion**

Use of the PAID tool and pump specific questionnaire has informed in a timely manner where support is needed to overcome patients’ identified concerns and issues. The clinical data and patient feedback suggest diabetes technology is a blessing, not a burden!