

An Analysis of Alternate Site Tests to Improve Patient Compliance with Self-Monitoring of Blood Glucose

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Abstract

Background:

Multiple barriers stand in the way of patients performing self-monitoring of blood glucose (SMBG). Alternate-site testing (AST) has been introduced as one solution to reduce pain and improve compliance. In a study published in this issue of *Journal of Diabetes Science and Technology*, Ito and colleagues studied patients who exclusively used the traditional fingertip blood glucose testing (FBGT) and introduced these patients to the palm blood glucose testing (PBGT). These patients did not see much benefit in using PBGT over FBGT but did plan to use PBGT in the future (likely allowing for increased testing frequency). Future studies should consider populations of patients who may find more benefit to AST—minimizing barriers and improving compliance in diabetes self-management. Additionally, other barriers to SMBG should be explored and solutions studied to improve compliance in diabetes care.

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Abbreviations: (ADA) American Diabetes Association, (AST) alternate-site testing, (FBGT) fingertip blood glucose testing, (PBGT) palm blood glucose testing, (SMBG) self-monitoring of blood glucose

Keywords: alternate-site testing, barriers to self-care, blood glucose, diabetes, self-monitoring of blood glucose

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