## Self-Management Support Interventions That Are Clinically Linked and Technology Enabled: Can They Successfully Prevent and Treat Diabetes?

Neal D. Kaufman, M.D., M.P.H.,<sup>1,2</sup> and Paula D. Patnoe Woodley, M.A.<sup>1,3</sup>

## Abstract

Patients with diabetes need a complex set of services and supports. The challenge of integrating these services into the diabetes regimen can be successfully overcome through self-management support interventions that are clinically linked and technology enabled: self-management support because patients need help mastering the knowledge, attitudes, skills, and behaviors so necessary for good outcomes; interventions because comprehensive theory-based, evidence-proven, long-term, longitudinal interventions work better than direct-to-consumer or nonplanned health promotion approaches; clinically linked because patients are more likely to adopt new behaviors when the approach is in the context of a trusted therapeutic relationship and within an effective medical care system; and technology enabled because capitalizing on the amazing power of information technology leads to the delivery of cost-effective, scalable, engaging solutions that prevent and manage diabetes.

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Author Affiliations: <sup>1</sup>DPS Health, Los Angeles, California; <sup>2</sup>Geffen School of Medicine, University of California, Los Angeles, Los Angeles, California; and <sup>3</sup>Annenberg School for Communication and Journalism, University of Southern California, Los Angeles, California

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Corresponding Author: Neal D. Kaufman, M.D., M.P.H., DPS Health, 1539 Sawtelle Blvd., Suite 10, Los Angeles, CA 90025; email address *nkaufman@DPSHealth.com*