

Actionable Self-Monitoring of Blood Glucose: Redefining the Role for Patients Using Multiple Daily Injection Therapy

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Abstract

Self-monitoring of blood glucose (SMBG) values is an accepted requirement for patients with diabetes using multiple daily injections of insulin. Nevertheless, for many patients, the full value of SMBG has yet to be realized due to a number of factors that contribute to patients not taking appropriate action based on the achieved result. The reasons for this are complex but are related to the burden imposed by performing the tests, the need for complex numerical calculations, and the demand for undertaking this activity multiple times each day.

In the near future, SMBG devices are likely to include technological innovations that are aimed at overcoming these barriers, offering “actionable” SMBG for patients using insulin. These innovations should include technologies that will allow customization and individualization based upon specific therapy regimens.

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Abbreviations: (MDI) multiple daily injection, (SMBG) self-monitoring of blood glucose

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