NWL High Risk Type-2 Diabetes Patient Remote Monitoring
Blood Glucose and Blood Pressure Clinical Pathway and Thresholds

Patient reports data remotely via app
- Blood glucose
- Systolic BP
- Diastolic BP
- BMI
- Step count (automatic)
- Diabetes Distress Score PROM
- Photos of food

Review remote monitoring patient caseload dashboard once daily as a minimum.

Same day action required
(see actions: urgent protocols / guidelines)

- Pre-breakfast capillary blood glucose: <4 or >15
- Systolic BP: <90 or >160
- Diastolic BP: <60 or >95

ACTIONS: URGENT PROTOCOL / GUIDELINES

- Escalate to GP via EPR task process
- If pre-breakfast capillary blood glucose < 4 and on insulin and/or sulphonylurea, reduce dose or stop as appropriate
- If blood glucose > 15, consider titrating

Review prior to monthly VGC and 3-monthly 121 routine review
(see actions: non-urgent protocols / guidelines)

- Pre-breakfast capillary blood glucose: 8.1-15
- Systolic BP: 90-119 or 140-150
- Diastolic BP: <60 or >90
- BMI: >25 or <20 (non-BAME); >23 or <18 (BAME)
- Weekly step count: <45,500
- Diabetes Distress Score Average: ≥2

ACTIONS: NON-URGENT PROTOCOL / GUIDELINES

- Review amber items during VGC with patient, discuss reasons for numbers
- Set new personal goals
- Review number targets
- If DDS ≥2, screen for anxiety and depression (PHQ-4 or GAD-7, PHQ-9) and follow mental health pathway

No action required

- Pre-breakfast capillary blood glucose: 4.0-8.0
- Systolic BP: 120-140
- Diastolic BP: 70-80
- BMI: 20-25 (non-BAME); 18-23 (BAME)
- Weekly step count: ≥45,500
- Diabetes Distress Score Average: <2