Making My Health My Responsibility

The Personal Journey: Informatics from the Patient Perspective
S06

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Diabetes, Type 2

• This is the story of my reaction to a diagnosis of Type 2 diabetes.

• I have a family history of diabetes, including a grandmother who died as a result of diabetic complications.

• I realized my glucose had been slowly increasing over the past 30 years.

• Rude awaking in 2005 when during annual visit, my hemoglobin A1c was 7.6%, and PCP was ready to prescribe medication as well as giving me instruction on how to measure my blood glucose.

• I said let me try to reduce blood sugar first.
So …

- AWARENESS
- INFORMATION
- BEHAVIOR CHANGE
- NUTRITION
- EXERCISE
- MEASURE
- MONITOR
- ATTITUDE
NO!

You don’t have to be perfect!

Volume is important.

YES!
Measure weight daily

Measure several times during week

Measure every few weeks
The Results

- Weight loss from 195 pounds to 165 pounds
- HgbA1c dropped to 5.9 %
- But tough to maintain
- Current HgbA1c is 6.3 %
Monitor
The Age of the Patient
BP reading

To: William E Hammond
From: Donna Marie Tuccero, MD
Received: 9/11/2015 6:11 PM EDT

Your last BP check was too low. Please decrease your lisinopril from 40 to 20 mg and schedule a f/u apv. THANKS.

Delete

Back to the Message list
To: William E Hammond
From: Donna Marie Tuccero, MD
Received: 3/23/2016 2:02 PM EDT

Noticed a few pulses in the 50's. Why not check a couple BP's along with that, see if there is room to dial your meds back a bit.

Delete

Back to the Message List
Low pulse on 12/1

To: William E Hammond
From: Donna Marie Tuccero, M.D.
Received: 12/3/2016 11:06 AM EST

Were you napping between 3 and 4 pm? Pulse recorded at 49.

Delete

Back to the Message List
Good morning Dr. Hammond,
You hit high 48 and 49 at around 2:30 pm on 10/13. Any symptoms?? How are your BP's?
bradycardia

To: William E. Hammond
From: Donna Marie Tucciro, MD
Received: 10/21/2017 9:29 AM EDT

Dr. Hammond - please hold your amiodarone effective immediately. Monitor BP off meds and please schedule f/u w/i next 2 wks.

Thank you

Reply  Delete  Back to the Message List
Re: bradycardia

Thanks for your kind words and glad you are feeling well. Would like to see you!

Bradycardia

I reach you by phone at home and on mobile.
I realize you wrote "225/59" in your message?? I suspect this was a typo and was really 125/59 and that you have gone to the ER had your pressure really been 225!
• My Duke EPIC EHR has data mostly once each year when I do my annual physical. I look at it only to see what the values are compared to normal limits.
• So 365 days I generate data that describes my health condition and perhaps gives warning of impending events.
• Sorry ePatient Dave. It’s not give me my data, its take my data!!!
Thank you!
Be Responsible!
Be healthy!!