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Wearable technology (MI Band), a boon for chronic liver disease in type 2 diabetes patients in Agra city

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Introduction : Wearable technology (MI band) together with smartphone applications are being examined and tested for their potential to monitor and manage chronic liver disease (CLD) in type 2 diabetic (T2DM) patients.

Methods : Total of 218 CLD with T2DM patients were taken as subject with an equal ratio of male and female. Wearable monitoring devices were put on the wrist of CLD patients for 30 days and a questionnaire was filled out by each patient. In all subjects, blood glucose was measured on daily basis with day to day data of their monitoring of step count (deep sleep, light sleep, wake up time), blood pressure, BMI, calorie burnt, insulin dose, motion ,sleep monitoring, monitoring heart rate, cardiac arrhythmias to know daily routines and recording them for health purpose. We also measured biochemical parameters including lipids profile, liver function and bilirubins.

Results : Present results shown that wearable device reading showed there was a normal heart rate, more calorie burnt with better control of blood gluocse control and average good sleep count in more physically workout, include walking in CLD patients compared to less physically workout CLD patients, identified by professional physiotherapists. Wearable device reading showed that after changing lifestyle routine among less physically active CLD patients, their post- CLD events normalize with less requirement of drug dose.

Conclusions : With this study we show that , by using, this wearable device ensured online assistive feedback for CLD patients with T2DM is possible with their health awareness, exercising and motivate further studies.

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