Mytonomy Reports High Usability and Patient Satisfaction with Diabetes Virtual Digital Care Model in Multicenter Study

*Study presented at Diabetes Technology Society Meeting 2018 demonstrated 93% usability, ease of use and high satisfaction with Mytonomy’s Patient Experience Cloud™ platform in a diverse Type 2 Diabetes population.*

BETHESDA, Md. (PRWEB) November 16, 2018 -- Mytonomy, a leader in virtual digital health care solutions and microlearning education, presented results of a multicenter study that assessed the usability of and satisfaction with Mytonomy’s video-based microlearning platform among people living with diabetes who recently started on insulin therapy. The study, presented at the 18th Annual Diabetes Technology Society Meeting, showed that patients were highly satisfied with the microlearning video education provided and found the technology very easy to use, demonstrating that a microlearning self-management education strategy shows promise for promoting access to learning for people living with diabetes and other chronic conditions.

The study included 180 participants living with type 2 diabetes (39% Non-Hispanic Whites, 37% African Americans, 19% Hispanic Whites, 5% South Asian/Other; 58% male; mean age 58 (standard deviation 13 years)). Mytonomy’s Patient Experience Cloud delivered surveys and a play list of 36 culturally tailored microlearning videos (30-180 seconds each) that addressed educational needs of individuals new to insulin, stigma from diabetes and peer-to-peer support. After watching 4 or more videos, 93% agreed or strongly agreed that the system was easy to use and 92% agreed or strongly agreed that they were satisfied with the video education.

Participants initially watched 4 self-selected videos, then answered 5 questions to assess usability and satisfaction. Open access to the content was then offered. One-week later 4 additional questions were answered. Patients were highly in agreement that they would recommend the education to patients new to insulin (94%) and that the videos were easy to understand (95%). Importantly, 90% of those who watched 24 videos on average agreed or strongly agreed that the education helped them to easily understand what insulin does for their diabetes.

Content was developed with support from Sanofi and tailored to the three fastest growing US minority populations affected by diabetes (African American, Hispanic and South Asian). The study was conducted in partnership with Medstar Health Diabetes and Research Institutes, the Naomi Berrie Diabetes Center at New York-Presbyterian/Columbia University Medical Center, and Duke Health and Duke University Medical Center and co-funded by Mytonomy and the research sites.

The study results were shared in a poster presentation by Dr. Michelle Magee, MedStar Diabetes and Research Institutes, and a Professor of Medicine of the Georgetown University School of Medicine. Co-authors were:

- Carine M. Nassar, RD, CDE, Program Director, MedStar Diabetes and Research Institutes
- Connie R. Thacker, BA, BA, CCRP, Associate in Research, Clinical Research Director, Division of Endocrinology Metabolism and Nutrition, Duke University Medical Center
- Clayton J. Bourges, III, Clinical Research Coordinator, Medstar Diabetes and Research Institutes
- Herlene Chatha, MD, Medical Director, Mytonomy
- Deborah A. Greenwood, Ph.D., RN, CDE, Chief Digital Research Officer, Diabetes, Mytonomy
- Madan Dharmar, Ph.D., Associate Professor in Residence, Betty Irene Moore School of Nursing, University

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of California, Davis
• Magdalena Bogun, MD, Endocrinologist at the Naomi Berrie Diabetes Center, New York-Presbyterian/Columbia University Medical Center
• Anjali Kataria, MPP, CEO, Mytonomy
• Nicole Jelesoff, MD, Clinical Endocrinologist, Division of Endocrinology Metabolism and Nutrition, Duke Health

“The results of this study validate the feasibility of engaging diverse adults living with type 2 diabetes via a microlearning self-management education strategy,” said Dr. Magee. “By combining technology, data and science, we are empowering patients and improving healthcare experiences for stakeholders – the patient, caregivers and care teams – simultaneously. Such an approach has tremendous potential to drive improved clinical and health resources utilization outcomes.”

Mytonomy’s virtual digital care platform, entirely cloud-based, empowers, engages, and educates patients and their families to achieve better health outcomes by delivering education on self-care management. This is particularly needed for care of chronic, complex medical conditions, such as type 2 diabetes.

“Patients watched their microlearning education whenever and wherever was most convenient for them and shared with their families, an important support group in sustaining longitudinal activation. These high satisfaction scores, ease of use of the system, and positive patient reported feedback on usefulness of the content, and system overall are very encouraging in driving long-term usage of the emerging virtual digital care model that Mytonomy enables, and is the model of the future” said Anjali Kataria, Co-Founder and CEO of Mytonomy.

About Mytonomy
Mytonomy is the leader in virtual digital care solutions that span across the care continuum. We offer a cloud-based Patient Experience Software Platform, which delivers original and tailored microlearning video education leveraging behavioral science and patient reported data to drive highly tailored patient experience and high usage and satisfaction rates. Health systems benefit from top line growth, lower costs and better health outcomes of their patients.

By applying cognitive learning principles and microlearning science to healthcare, Mytonomy promotes longitudinal patient activation, high levels of usage, engagement and satisfaction through its Patient Experience Cloud® software platform that can be accessed from any device, anywhere, at any time. Mytonomy delivers data-driven, personalized information at scale. Mytonomy entered healthcare in 2016, is venture-backed, and the founders are former executives from Google, Oracle and the FDA. Visit www.mytonomy.com.
Contact Information
Mike Miniati
Mytonomy, Inc.
http://www.mytonomy.com
813776552

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