

# Real-time telemonitoring (RTTM) versus conventional care in the management of glycaemia and blood pressure in diabetic patients

**Submission date**

29/04/2008

**Recruitment status**

No longer recruiting

**Registration date**

12/02/2009

**Overall study status**

Completed

**Last Edited**

10/11/2010

**Condition category**

Nutritional, Metabolic, Endocrine

☐ Prospectively registered

☐ Protocol

☐ Statistical analysis plan

☒ Results

☐ Individual participant data

**Plain English summary of protocol**

Not provided at time of registration

## Contact information

**Type(s)**

Scientific

**Contact name**

Dr Kenneth Earle

**Contact details**

Thomas Addison Diabetes Unit  
St George's Hospital NHS Trust  
Blackshaw Road  
London  
United Kingdom  
SW17 0QT

## Additional identifiers

**Protocol serial number**

05/Q0803/128

## Study information

Scientific Title

Randomised parallel group controlled trial of real-time telemonitoring (RTTM) versus conventional care in the management of glycaemia and blood pressure in patients with diabetes mellitus

### **Study objectives**

Randomised parallel group controlled trial of real-time telemonitoring (RTTM) versus conventional care in the management of glycaemia and blood pressure in patients with diabetes mellitus.

### **Ethics approval required**

Old ethics approval format

### **Ethics approval(s)**

Wandsworth Local Research Ethics Committee, St George's Hospital gave approval on the 26th September 2005 (ref: 05/Q0803/128)

### **Study design**

Randomised controlled study

### **Primary study design**

Interventional

### **Study type(s)**

Treatment

### **Health condition(s) or problem(s) studied**

Diabetes mellitus

### **Interventions**

This study is a randomised controlled trial. Patients will be recruited from the diabetes clinic at St George's Hospital to obtain consents. In the initial visit the demographic and the clinical data are collected in a standard proformas. The patients are then invited for a second visit to be randomised to either RTTM or conventional care.

The patients in the RTTM group are trained on how to self-monitor their blood glucose and weekly blood pressure using devices to transmit the data wirelessly via a mobile phone to a central server in St George's Hospital which are viewed by clinicians using a web-based tool.

The patients in the conventional care (control) group will receive their management entirely from their general practitioner and/or practice nurse in the community.

All patients from both groups will be invited for reassessment of baseline parameters after 6 months at St George's Hospital by the researcher.

### **Intervention Type**

Other

### **Phase**

Not Specified

### **Primary outcome(s)**

1. Improvement of blood pressure, measured at baseline and 6 months
2. Good diabetes control, measured at baseline and 6 months

**Key secondary outcome(s))**

No secondary outcome measures.

**Completion date**

01/06/2009

## Eligibility

**Key inclusion criteria**

1. Ambulant male and females over 18 years of age
2. Diabetes mellitus

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Lower age limit**

18 years

**Sex**

All

**Key exclusion criteria**

1. Pregnancy
2. Malignancy

**Date of first enrolment**

01/06/2006

**Date of final enrolment**

01/06/2009

## Locations

**Countries of recruitment**

United Kingdom

England

**Study participating centre**

**Thomas Addison Diabetes Unit**  
London  
United Kingdom  
SW17 0QT

## Sponsor information

**Organisation**  
Motorola Inc. (USA)

**ROR**  
<https://ror.org/01hafxd32>

## Funder(s)

**Funder type**  
Industry

**Funder Name**  
Motorola Inc. (USA)

## Results and Publications

**Individual participant data (IPD) sharing plan**

**IPD sharing plan summary**  
Not provided at time of registration

### Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>	results	01/07/2010		Yes	No
<a href="#">Participant information sheet</a>	Participant information sheet	11/11/2025	11/11/2025	No	Yes