

# Overview and Multi-Criteria Analysis of Glucometers for Telemonitoring of Patient with Diabetes Mellitus

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## Abstract

**Background:** The telemonitoring is more and more used for compensation of diabetes in the last decade. Doctors are able to get an accurate and reliable data in real time using the telemonitoring. A remote monitoring affects the attitudes and behavior of patients and potentially improves their state of health. Conclusions of many studies show additional clinical implications of telemonitoring. But it has not been possible to generalize those conclusions yet.

**Objectives:** The aim of this study was to create an overview of current glucometers available on the market. And select those which would meet the required parameters for using in the telemonitoring with automatic data sharing.

**Methods:** The research is focused on researches from technical and grey literature and on websites of producers and medical device dealers. The questioning will be carried out in the Czech and English language. Multi decision making method helps to select a suitable glucometer.

**Conclusions:** Fifty five glucometers from nineteen producers have been found in the researches and by market survey. The summary table with all important parameters can be seen in the preview. Conclusions of the Multi decision making analysis showed using of Diamond Mini from ForaCare Inc. producer which is the most suitable for the project of the telemonitoring with automatic data sharing. It is necessary to consider the safety of sending data, data sharing and personal data protection before this glucometer will be used in our project.

## Keywords

Diabetes mellitus, telemonitoring, self management, glucometer, smart phone

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## 1 Introduction

The World Health Organization states in its report [1] the 1.7% prevalence of diabetes mellitus disease for the year 2000 and predicts prevalence of 4.4% for the year 2030. The data are worldwide and refer to all age groups. The number of patients is expected to increase from 171 million in the year 2000 to 366 million in 2030. The WHO predicts rise in direct costs for treatment of diabetes from 2.5% of the annual national budget to 15% in

connection with increasing number of diabetic patients. Diabetic patients often suffer also from other diseases which results in decreasing quality of life together with rising costs of provided health care.

The telemonitoring is more and more used for compensation of diabetes in the last decade [2]. Doctors are able to get an accurate and reliable data in real time using the telemonitoring. A remote monitoring affects the attitudes and behavior of patients and potentially improves their state of health [3]. The telemonitoring has an incentive

and educational effect for the patients [4]. Conclusions of studies focused on the impact of telemonitoring show additional clinical implications of telemonitoring. But it has not been possible to generalize those conclusions yet [5].

The telemonitoring is based on communication between sender and recipient in real time. This allows an immediate reaction of the doctor to the patient's impulse. The patient uses an interactive device which transmits data via the Internet to the doctor for checking patient's biological parameters. Then the doctor evaluates this data and makes decisions for the following steps [6]. Telemonitoring and gathering the data must not bother patients in terms of physical activity, time etc. Ideally this should be completely automatic [4, 7, 8].

Smart phones with installed applications which contain tools allowing the collection, evaluation and sending data to a doctor can be used for automatic operations [7, 9]. There are currently more than 137 mobile applications available for self-control of the diabetes [10]. The most important parameters are the level of glucose in blood, the dose of insulin, the physical activity and the diet [5]. The patient has to fill in manually most of these parameters in his diabetic diary.

Our goal is to create a telemonitoring system which would measure the patient's data and send them to a server as much as possible automatically. The goal is the patient should do the same procedures in the treatment of diabetes such as being without the use of telemonitoring. It should be possible to infer the influence of the telemonitoring to the compensations of diabetes on the basis of the feedback from patients and evaluation of their health status. Hence it is necessary to select such a technical device which allows automatic data sharing without additional burden for the patient

The aim of this study was to create an overview of current glucometers available on the market. And select those which would meet the required parameters and system of telemonitoring described above. Desired parameters are: detection of glucose in blood from 1.1 mmol/l to 33.3 mmol/l (it corresponds with 18 mg/dl to 594 mg/dl) and possibility to share data with a smart phone.

## 2 Methods

The survey was focused on researches from technical and grey literature and on websites of manufacturers and medical device dealers. Search keywords were: a glucometer, the measurement of blood glucose, ketones measurement, measurement + diabetes, glucose monitoring, regulation of glucose, glucose measurement, overview of glucometers, evaluation of glucometers, tests of glucometers. The questioning was carried out in the Czech and English language. The search was particularly focused on glucometers currently offered for sale. A summary table has been created and filled in with found devices and their parameters.

Entered parameters were: designation of the glucometer from the manufacturer; manufacturer; measuring range; measuring time; amount of the blood sample; blood draw location, glucometer memory size; weight; battery life; the ability to share data with a computer and connection specification; the ability to share data with smart phone and again connection specifications. These parameters were obtained from glucometer manuals. The availability on the Czech market, the indicative price and a link to the source are parameters stated in the comments.

The final product will be selected on the basis of a Multi decision making method of selected glucometers. This method is a simple and fast tool. Its conclusions should be objective decisions if comparable items are chosen. The criteria weight calculation formula (1) [11] has been used for assessment in this method. A represents the criteria weight, f is a number of preferences and n is a number of criteria.

$$A = \frac{2 \times f}{n \times (n - 1)} \quad (1)$$

## 3 Results

### 3.1 Glucometers Overview

Fifty five glucometers from 19 manufacturers have been found in the researches and by market survey. Their list with all important parameters can be seen in the preview in the table in attachment. All glucometers detect level of glucose in the blood in the range from 1.1 to 33.3 mmol/l. Producers state that 42 devices are able to analyze the blood sample within 5 seconds, 11 devices should analyze the sample up to 10 seconds, two blood glucometers have not got this parameter specified. The memory size to store the measured data ranged from 99 to 4000 records. In some cases it is limited by memory of a smart phone to which the glucometer is connected. 20% of the glucometers state the minimum quantity of the blood sample of 0.3  $\mu$ l, 22% states the quantity of 0.5  $\mu$ l, 25% of 0.6  $\mu$ l. One device required 2  $\mu$ l of the sample and another one has no information about the sample quantity in its manual. The weight of the two glucometers was less than 20 grams; the weight of almost 70 % glucometers with battery was between 20 and 60 grams. 35 glucometers which represent more than 63 % of products allow blood draw from alternatives locations. Ten devices allow sampling from a thigh or a calf. Twenty models are available on the Czech market. Forty five devices have possibility of connection to a computer. Thirteen products via a USB cable, two by bluetooth. Another two glucometers is possible to connect via a special connector (e.g. used in iPhones). There are only three models which offer sharing data with smart phones – one via bluetooth and two via a special connector.

Only three glucometers have met the primary parameters – Diamond Mini a iDiamond form ForaCare Inc. and iBGStar glucometer from the producer Sanofi Aven-

Table 1: Evaluation of parameters of selected glucometers.

Evaluated criteria	Diamond Mini	iDiamond	iBGStar
C1	10	10	5
C2	10	0	0
C3	10	0	5
C4	10	5	5

tis. These were subsequently assessed by the multi decision making.

gained more than double points in comparison with the competitors (Table 3).

### 3.2 Selecting of Glucometer by Using the Multi Decision Making

Evaluating parameters for Multi decision making are:

- The availability of glucometer on the Czech market (marked C1).
- Possibility to connect devices with a smart phone via bluetooth (marked C2).
- An alternative sampling point of blood (marked C3).
- Equipped with a USB connector (marked C4).

Each parameter was rated from 1 to 10. Where number 10 is a maximum value. More satisfied parameters more assigned points. The Table 1 shows evaluation of parameters.

Criterion C2 – the possibility to connect devices with a smart phone, gives 3 preferences. The others received one preference. The criteria order was given. The criteria weights were calculated using the formula (1) [11]. Importance of each criterion was taken into consideration in the evaluation of parameters of selected glucometers (Table 2).

Conclusions of the Multi decision making analysis showed using of Diamond Mini from ForaCare Inc. producer is the most suitable for our project. This device

## 4 Conclusions

The aim of the study was to carry out an overview of the currently available glucometers on the market. It is possible that not all glucometers were included in this thesis. Reason for leaving out some products is due to orientation on the Czech or English speaking market. Another reason could be difference in search expression. 55 devices from 19 producers were involved in the overview. Only three products have met requirements for using in the telemonitoring with automatic data sharing. Conclusions of the Multi decision making analysis showed the most universal and usable device which is Diamond Mini from ForaCare Inc. producer.

Before this glucometer will be used in this project, it is necessary to consider the safety of sending data, data sharing and personal data protection.

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Table 2: Criteria preferences.

Table of preferences	C1	C2	C3	C4	Number of preferences (f)	Hierarchy of criteria	Scale
C1	x	0	1	0	1	2	0.167
C2	1	x	1	1	3	1	0.500
C3	0	0	x	1	1	2	0.167
C4	1	0	0	x	1	2	0.167

Table 3: Weight calculation for each criterion of selected glucometers.

Evaluation the criteria	Scale	Diamond Mini	iDiamond	iBGStar
C1	0.167	1.67	1.70	0.83
C2	0.500	5.00	0.00	0.00
C3	0.167	1.67	0.00	0.83
C4	0.167	1.67	0.83	0.83
Sum		<b>10.00</b>	2.50	2.50

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Appendix 1: Glucometers review based on the market research.

No.	Type of glucometer	Producer	Range of measurements (mmol/l)	Measurement time (s)	Memory range	The size of a blood sample (µl)	Weight (g) with battery	Possibility of connection with computer	Specification connection with computer	Connection with smart phones	Specification connection with smart phones	Possibility alternative place of blood sampling	Availability on the Czech market	Place of blood sampling
1	One Touch UltraEasy	LifeScan	1.1 - 33.3	5	500	1	40	yes	USB cable	no	-	yes	yes	finger, forearm, upper arm, hand, thigh, calf
2	One Touch Vita	LifeScan	1.1 - 33.3	5	500	1	58	yes	USB cable	no	-	yes	yes	finger, forearm, upper arm, hand, thigh, calf
3	One Touch Ultra	LifeScan	1.1 - 33.3	5	150	1	42.5	yes	USB cable	no	-	yes	yes	finger, forearm, upper arm, hand
4	One Touch UltraSmart	LifeScan	1.1 - 33.3	5	3000	1	79	yes	USB cable	no	-	yes	yes	finger, forearm, upper arm, hand, thigh, calf
5	One Touch Verio Pro	LifeScan	1.1 - 33.3	5	750	0.4	85	yes	USB cable	no	-	yes	yes	finger, forearm, hand
6	Diamond Prima	ForaCare Inc.	1.1 - 33.3	5	450	0.5	52	yes	USB cable, USB cable, bluetooth	no	-	yes	yes	finger, forearm, upper arm, hand, thigh, calf
7	Diamond Mini	ForaCare Inc.	1.1 - 33.3	5	450	0.5	27	yes	bluetooth	yes	iphone connector	yes	yes	hand, thigh, calf
8	Idiamond	ForaCare Inc.	0.5 - 33.3	5	iphone memory	0.5	34	yes	iphone connector	yes	-	not specified	yes	not specified
9	FreeStyle Lite	Abbot Diabetes Care Inc.	1.1 - 27.8	5	400	0.3	31	yes	data cable	no	-	yes	yes	finger, forearm, upper arm, hand, thigh, calf
10	FreeStyle Freedom Lite	Abbot Diabetes Care Inc.	1.1 - 27.8	4	400	0.3	45	yes	data cable	no	-	yes	yes	finger, forearm, upper arm, hand, thigh, calf
11	FreeStyle Optimum	Abbot Diabetes Care Inc.	1.1 - 27.8	5	450	0.6	42	yes	not specified	no	-	yes	yes	finger, forearm, upper arm, hand, thigh, calf
12	FreeStyle InsulinX	Abbot Diabetes Care Inc.	1.1 - 27.8	not specified	495	0.3	66	yes	USB cable	no	-	no	no	finger
13	FreeStyle Optimum Xceed	Abbot Diabetes Care Inc.	1.1 - 27.8	not specified	450	0.3	42	yes	not specified	no	-	yes	no	finger, forearm, upper arm, hand
14	FreeStyle Lite	Abbot Diabetes Care Inc.	1.1 - 27.8	5	400	0.3	31	yes	not specified	no	-	no	yes	finger
15	Precision Xtra Overview	Abbot Diabetes Care Inc.	1.1 - 27.8	5	450	0.6	46	yes	data cable	no	-	yes	no	finger, forearm, hand
16	Accu Chek Performa Nano	Roche	0.6 - 33.3	5	500	0.6	40	yes	infrared	no	-	yes	yes	finger, hand
17	Accu Chek Aviva	Roche	0.6 - 33.3	5	500	0.6	60	yes	infrared	no	-	yes	no	finger, hand
18	Accu Chek Aviva Combo	Roche	0.6 - 33.3	5	1000	0.6	103	yes	bluetooth	no	-	no	no	finger
19	Accu Chek Performa	Roche	0.6 - 33.3	5	500	0.6	52	yes	infrared, cable	no	-	yes	yes	finger, hand
20	Accu Chek Mobile system	Roche	0.6 - 33.3	5	2000	0.3	129	yes	infrared	no	-	no	no	finger
21	Accu Chek Advantage	Roche	test strips	5	480	not specified	60	yes	data cable	no	-	no	no	finger
22	Accu Chek Aviva Active	Roche	0.55 - 33.3	5	200	1	57	yes	infrared	no	-	yes	no	finger, forearm, hand
23	Contour Link	Bayer	0.6 - 33.3	5	480	0.6	53	yes	not specified	no	-	no	yes	finger
24	Contour next USB Meter	Bayer	1.1 - 33.3	5	2000	0.6	34	yes	USB cable	no	-	yes	no	finger, forearm, hand
25	Contour XT Meter	Bayer	0.6 - 33.3	5	480	0.6	48	no	-	no	-	no	no	finger
26	Contour	Bayer	0.6 - 33.3	5	480	0.6	48	no	-	no	-	yes	no	finger, forearm, hand
27	Contour TS	Bayer	0.6 - 33.3	8	250	0.6	57	yes	data cable	no	-	no	yes	finger
28	Breeze 2	Bayer	0.6 - 33.3	5	420	1	not specified	yes	data cable	no	-	no	no	finger

No.	Type of glucometer	Producer	Range of measurements (mmol/l)	Measurement time (s)	Memory range	The size of a blood sample (µl)	Weight (g) with battery	Possibility of connection with computer	Specification connection with computer	Connection with smart phones	Specification connection with smart phones	Possibility alternative place of blood sampling	Availability on the Czech market	Place of blood sampling
29	Digidet	Bayer	1.1 - 33.3	5	480	0.6	76	yes	Nintendo integrated card	no	-	yes	no	finger, forearm
30	SD Codefree	Standard Diagnostics, Inc.	0.55 - 33.3	5	500	0.9	48	yes	data cable	no	-	yes	yes	finger, forearm, hand
31	SD-Check Gold	Standard Diagnostics, Inc.	0.6 - 33.3	5	400	0.9	50	no	-	no	-	no	yes	finger
32	SeNova	Chdiagnostics	1.1 - 33.3	10	250	0.6	60	yes	not specified	no	-	no	yes	finger
33	TrueZigo	NIPRO Diagnostics	1.1 - 33.3	4	99	0.5	17	no	-	no	-	yes	no	finger, forearm
34	TRUEresult	NIPRO Diagnostics	1.1 - 33.3	4	500	0.5	47	no	-	no	-	no	no	finger
35	TRUEtrack	NIPRO Diagnostics	1.1 - 33.3	10	365	1	47	no	-	no	-	yes	no	finger, forearm
36	TRUEbalance	NIPRO Diagnostics	1.1 - 33.3	10	365	1	47	no	-	no	-	no	no	finger
37	TRUEread	NIPRO Diagnostics	1.1 - 33.3	10	200	1	47	no	-	no	-	yes	no	finger, forearm
38	Clever Chek	BBi Healthcare	1.1 - 33.3	7	450	0.7	70	yes	USB cable	no	-	yes	no	finger, forearm, upper arm, hand, thigh, calf
39	OmniTest 3	B Braun	0.55 - 33.3	3	365	0.3	54	yes	data cable	no	-	no	no	finger
40	OmniTest plus	B Braun	0.6 - 33.3	5	250	1	41	yes	data cable	no	-	no	yes	finger
41	Glucocard LX Plus	A. Menarini Diagnostics LTD	1.1 - 33.3	4	4000	0.3	75	yes	audiojack	no	-	yes	no	finger, forearm, hand
42	Glucocard MX	A. Menarini Diagnostics LTD	0.6 - 33.3	5	500	0.3	46	yes	not specified	no	-	yes	no	finger, hand
43	Glucocard G+	A. Menarini Diagnostics LTD	0.6 - 33.3	5.5	450	0.6	50	yes	audiojack	no	-	yes	no	finger, forearm, hand
44	Glucocard X	A. Menarini Diagnostics LTD	0.6 - 33.3	5	360	0.3	45	yes	not specified	no	-	yes	no	finger, forearm, hand
45	Glucocif mio plus	A. Menarini Diagnostics LTD	1.1 - 33.3	4	400	0.3	75	yes	not specified	no	-	no	no	finger
46	Glucocard GM	A. Menarini Diagnostics LTD	0.6 - 33.3	7	250	0.5	39	no	-	no	-	yes	no	finger, forearm, hand
47	GlucorX Nexus	TaiDoc Technology Corporation	1.1 - 33.3	5	1000	0.5	67	yes	USB cable	no	-	no	no	finger
48	IME-DC	Arctic Medical	1.1 - 33.3	10	100	2	57	yes	USB cable	no	-	yes	no	finger, hand
49	One Touch Ultra 2	LifeScan	1.1 - 33.3	5	500	1	42	yes	data cable	no	-	yes	no	finger, forearm, hand
50	Discreet all in One	Mendor	1.1 - 33.3	5	250	0.5	28	yes	data cable	no	-	no	no	finger
51	BGStar	Sanofi Aventis	1.1 - 33.3	6	1865	0.5	48	yes	not specified	no	-	no	no	finger
52	BGStar	Sanofi Aventis	1.1 - 33.3	6	300	0.5	9	yes	not specified	yes	iphone connector	yes	no	finger, forearm, hand
53	CareSens N	Spirit Healthcare	1.1 - 33.3	5	250	0.5	50	yes	USB cable	no	-	yes	no	finger, forearm, hand, thigh
54	WaveSense Jazz	Aga Matrix, Inc	1.1 - 33.3	4	1865	0.5	48	no	-	no	-	yes	no	finger, forearm, hand
55	PURA	Ypsomed	0.6 - 33.3	5	500	1	not specified	yes	not specified	no	-	yes	no	finger, hand