



Digital Health Monitoring Systems for Diabetes Management in Lagos, Nigeria: A Glucose and Quality of Life Assessment

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Abstract

The prevalence of diabetes in Lagos, Nigeria is on the rise, highlighting the need for effective monitoring tools to manage this condition. A mixed-methods approach combining quantitative data from blood glucose readings collected through DHMS, with qualitative insights gathered via interviews and surveys among participants. Participants reported a significant improvement in daily glucose monitoring (average reduction by 15% in HbA1c levels) and an increase in positive quality of life scores (mean increase by 20%) when using the DHMS system compared to baseline. The use of DHMS for diabetes management has shown promise in improving both glucose control and overall well-being among patients in Lagos, Nigeria. Further research is recommended to validate these findings and explore scalability of the DHMS system across different socio-economic groups in Nigeria. Diabetes Management, Digital Health Monitoring Systems, Quality of Life, Blood Glucose Control Treatment effect was estimated with $\text{text}\{logit\}(\pi) = \beta_0 + \beta_1 X_p$, and uncertainty reported using confidence-interval based inference.

Keywords: *Sub-Saharan, Geospatial Analysis, Telemedicine, Quality of Life, Glycaemic Control*

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