

## FAM (Follower, Action Plan, and Remote Monitoring) Intervention to Reduce Severe Hyperglycemia in Adults with Type 1 Diabetes Mellitus at Risk for Diabetic Ketoacidosis (Aim 3)

**Status:** Recruiting

### Eligibility Criteria

**Sex:** Male or Female

**Age Group:** 18 years and over

This study is NOT accepting healthy volunteers

**Inclusion Criteria:**

- ages 18 to 65 - people with Type 1 Diabetes (T1DM) for at least 1 year - HbA1C between 7.5% and 14.0% - "Follower" (family member, friend, or caregiver who is at least 18 years old), willing to participate in the study and follow glucose data and has no self-reported cognitive impairment

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**Exclusion Criteria:**

- active treatment with a sodium-glucose cotransporter-2 inhibitor or planning to start a sodium-glucose cotransporter-2 inhibitor in the next 6 months - active cancer with the exception of non-melanoma skin cancer - receiving hospice care

### Conditions & Interventions

**Conditions:**

Diabetes & Endocrine

**Keywords:**

T1DM, Type 1 Diabetes

### More Information

**Description:** People with diabetes and their "Follower" (family member, friend, or caregiver) will participate together in 4+ sessions with a Certified Diabetes Care and Education Specialist over 90 days. Sessions can be completely virtual (via Zoom) or in person. Participants will receive a personalized Diabetes Action Plan to help navigate the challenges of living with diabetes. The "Follower" (family member, friend, or caregiver) will "follow" blood sugar data in real-time and assist their care partner with diabetes to "troubleshoot" using the Diabetes Action Plan.

**Study Contact:** Abdisa Taddese - tadd0009@umn.edu

**Principal Investigator:** Jacob Kohlenberg

**IRB Number:** STUDY00020104

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