

# Design of a Mobile APP "CarnetDia" for Diabetic Patients in Cambodia: The Beginning of a Journey

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## INTRODUCTION

Diabetes, in particular type 2 diabetes, is one of the most common chronic diseases in Cambodia. Optimal management of this chronic disease requires not only medications but also patient-healthcare provider communication and proactive self-management from patients. With the increased popularity of smartphones, the use of mobile APP, to raise the awareness of diabetes and patients' self-management, has attracted more attentions.

CarnetDia is the first mobile APP developed in Khmer language in Cambodia.

**Objective:** The objective of this paper is to describe the development of a mobile tool in Cambodia.

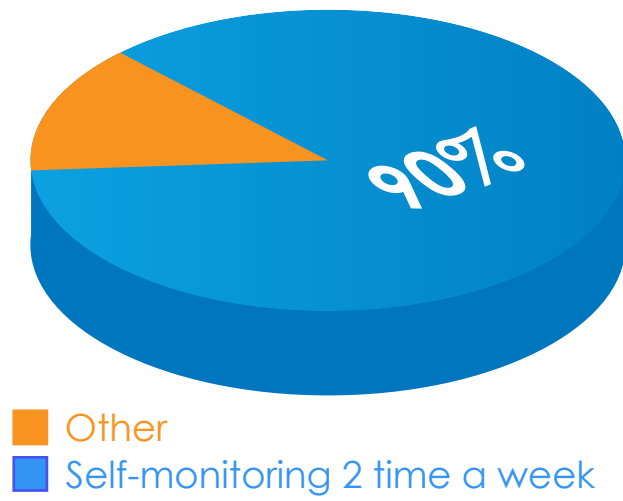
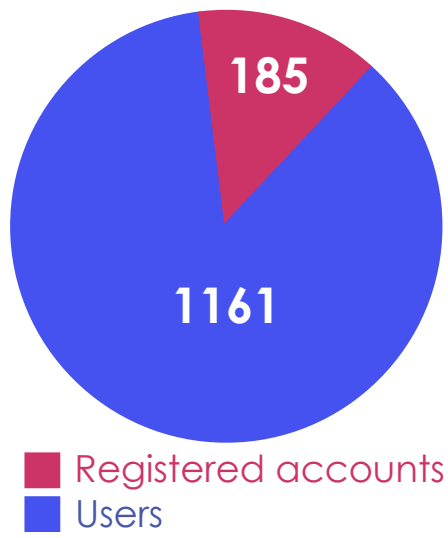
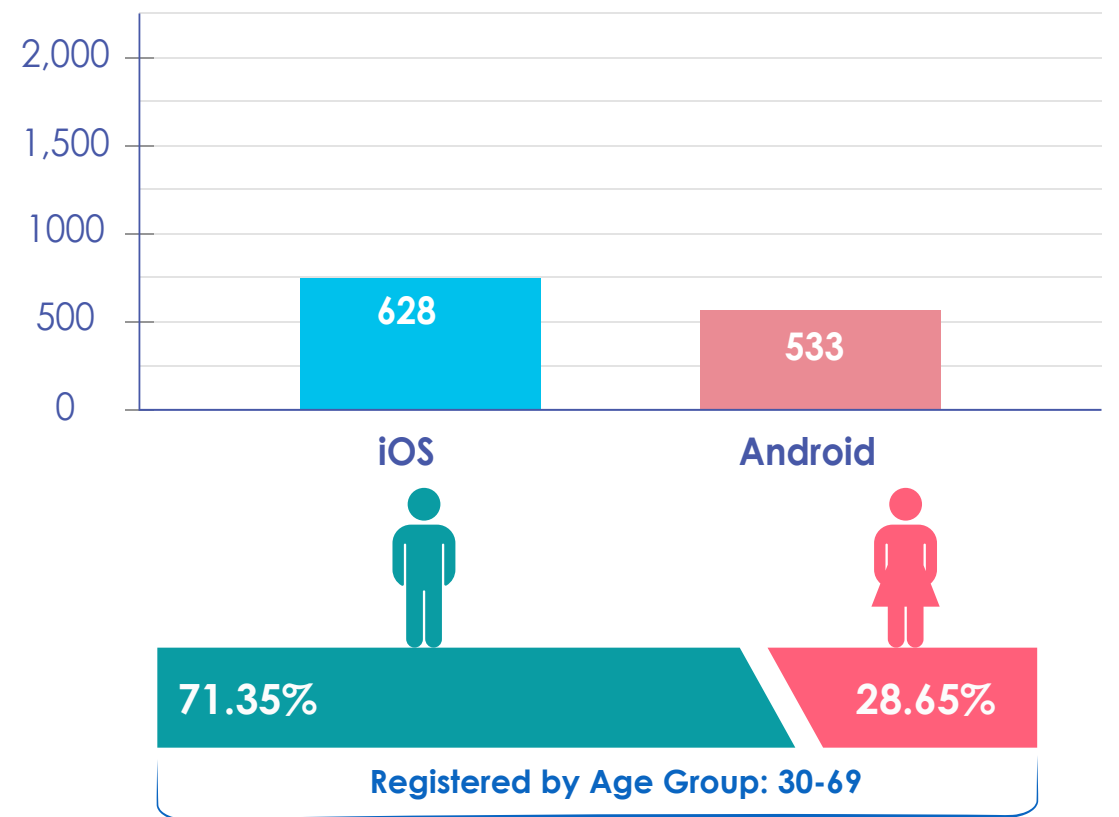
## METHODS

We present the history, design and development of CarnetDia. A team of Cambodian clinicians who interest in patient education, created this App with the supports from software engineers. CarnetDia was designed for iOS and Android devices. Patients or their family members could download freely.

In CarnetDia, there are educational video clips, pictures and documents in PDF. More than that the patients could register to create a personal account so that they could note their glycemic data and eaten foods. And finally patients could send those data to their doctors.

## RESULTS

After seven weeks of launching, there are 1161 users (628 iOS devices and 533 Android devices). Among those users there are 185 registered accounts [male 71.35% and female 28.65%; the age group, most commonly, varies from 30-69 years old]. 90% of the registered patients do the self-monitoring 2 times a week.



## CONCLUSIONS

Mobile APP (CarnetDia) could be an open mHealth source solution to raise the awareness of diabetes and patients' self-management in Cambodia.



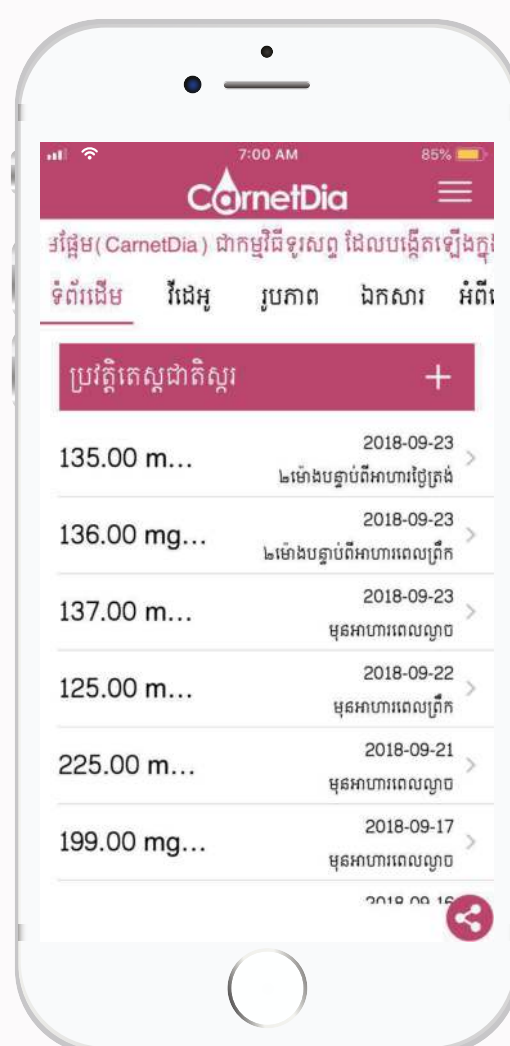
Educational Videos



Educational Pictures



Educational Documents



Glycemic Records



Glycemic Reports



<http://diabetescarecenter.info>

<https://www.facebook.com/CarnetDia>