

# Telemedicine for Diabetes in Norway

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**Abstract.** Telemedicine can be useful for diabetes patients living remotely, especially during pandemic times. We aimed to identify current knowledge of the use of telemedicine for diabetes in Norway by conducting a review of the literature. Telemedicine is mostly beneficial, and it seems that it can be adopted into the usual diabetes care in Norway as a low-cost alternative.

**Keywords.** Diabetes; Telemedicine; Remote consultation

## 1. Introduction

Telemedicine solutions can ensure continued care for diabetes patients living remotely, especially during infectious disease outbreaks [1,2]. We conducted a literature review to summarize the current evidence on the use of telemedicine for diabetes in Norway.

## 2. Methods

We searched in 3 scientific databases and 1 repository for relevant publications related to telemedicine and diabetes in Norway. We then extracted and summarized information about the use of telemedicine for diabetes care and the technologies used.

## 3. Results

Telemedicine was used to diagnose and counteract other diabetes complications [3-10], and monitor glycaemic levels [2,11-15]. Telemedicine technologies used included interactive wound platform [3-5,7,8,10], mobile phone with a self-management system [11-15], and image sharing technology [9,16].

## 4. Discussion

Since the use of telemedicine for the management of diabetes and its associated complications reduces HbA1c levels, minimizes the occurrence of hypoglycaemic

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events, and improves the overall quality of life of diabetes patients [2,17], its use seems appropriate to ensure continuity of care for diabetes patients living remotely.

## 5. Conclusions

Telemedicine is mostly beneficial, and it could be adopted into the usual diabetes care in Norway as a low-cost alternative, especially for highly engaged individuals.

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