

CZH/4/1122 - Remote monitoring of HbA1c using dried blood spot sample collection

Five per cent of the Scottish population is registered as having diabetes. Good blood glucose control is essential for effective management of diabetes with high blood glucose increasing the risk and associated costs of complications. Glycaemic control in diabetes is monitored by regular testing of HbA1c. In NHS Highland patients requiring HbA1c tests attend their GP practice for venepuncture, with blood samples sent to Raigmore Hospital for analysis. This project aims to provide a more convenient and acceptable method of blood sample collection especially for rural dwellers: dried blood spots prepared by the patient at home using capillary blood. The project builds on a pilot study which demonstrated a favourable (strong) correlation between venous and capillary dried blood spot HbA1c levels. Participants will prepare and post back dried blood spots. Results will be compared with venous levels taken concomitantly. A questionnaire will assess participants' views on ease of use and acceptability.