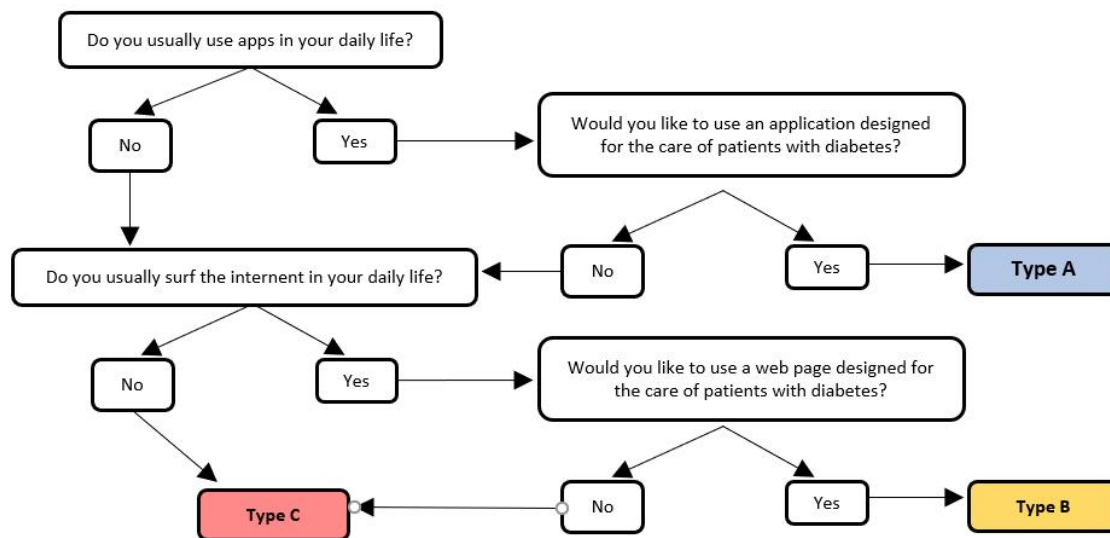


Proposal of three types of continuity of nursing care based on the results of the systematic review

This review highlights the clear effectiveness of nursing interventions that make use of new technologies (audio-visual material, SMS and social networks), as well as constant interventions over time. Therefore, the following is a proposal for continuity of nursing care. Nursing care must be individualised, and such types of continuity care must be adaptable to the motivation and digital competencies of each patient. Thus, three short questions are proposed to assess these qualities and, based on the answers, choose the most suitable continuity care model, providing reassurance and confidence in its potential success.



Supplementary Figure 1 Questions to assess patients' motivation and digital skills

The different models of continuity of care would be as follows:

The **type A** continuity of nursing care would consist of a **mobile application** designed by diabetes nurse experts, which would contain the following:

- Information about type 2 diabetes, its possible complications and consequences, using infographics and videos.
- Recommendations on self-care (diet, exercise, etc.) are explained mainly through infographics and videos.
- Information on warning signs and symptoms, as well as reasons to consult a health professional.
- A register where patients can enter their blood glucose levels, diet, physical exercise and medical appointments. In the case of glucose levels, the application will inform the patient whether these are within the recommended ranges or not. In addition, in case of out-of-range blood glucose figures, the application could notify their reference nurse.

- Bank of frequently asked questions about type 2 diabetes, where patients can ask questions to solve their doubts.
- A social network for patients who want to contact other people with the same disease.

The application should be designed to send notifications from time to time, as in this way it does not depend solely on the patient's decision to use it, maintaining constant reinforcement. Such notifications could be, for example, messages encouraging the patient to exercise or briefly explaining measures to prevent diabetic foot.

However, depending on their needs, patients should have face-to-face follow-ups with their nurses.

The **Type B** continuity of nursing care involves a **web page** crafted by diabetes nurse experts, ensuring the same high-quality information as the mobile app, complete with a forum for questions and answers.

In this case, instead of notifications, **periodic e-mails** with messages and information would be sent, as in the mobile application. Patients must also have a face-to-face follow-up with their nurse.

The **Type C** continuity of nursing care is centred around **face-to-face interactions in the nursing office**. Here, the focus is on health education, which includes periodic sessions, videos, infographics, and practical tasks like checking blood glucose levels, all aimed at empowering the patient with knowledge and skills

SMS could be used for this type of care model, periodically sending patients "tips" on self-care.