Pilot project on standardization and stratification of intensity and timing of Self-monitoring Blood Glucose (SMBG) for different suboptimal control Diabetes (DM) patients led to positive impact on HbA1c level, raised awareness of postprandial glucose an

**Keywords:**
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**Introduction**
In the management of DM, optimal glycaemia control is essential. SMBG is one of the most effective methods to assess DM control and to plan an optimal treatment regime as well as lifestyle modifications to achieve perfect glycaemia. To make SMBG meaningful and enhance better DM control, we should advise the timing and intensity of SMBG to patients

**Objectives**
To stratify different level of DM control to appropriate pattern and frequency of SMBG
To encourage regular, structural and correct testing of SMBG
To improve HbA1c level, increase awareness on the importance of postprandial hyperglycemic as a contributing factor to suboptimal HbA1c
To link up SMBG to patients' actual lifestyle habit changes to be meaningful and effective

**Methodology**
Nurses recruited patients during Risk Assessment & management program (RAMP), patients were divided into 3 groups according to their latest HbA1c result: satisfactory (HbA1c<7.5%), sub-optimal (HbA1c =7.5%-8.9%) and poor (HbA1c≥9%) control group. SMBG revision classes were provided to stratify groups with SMBG pattern and glucose log books were taught and given. Patients HbA1c result were reviewed
after 6 months. Questionnaires were given to both recruited patients & nursing staff also.

Result
From April till Oct 2013, 546 patients were recruited in 5 GOPCs, the HbA1c distribution were: Satisfactory (126 patients) Sub-optimal (217 patients) poor (203 patients) 65 % of patients showed improvement of HbA1c level 97% of patients agreed that SMBG is important in DM control > 90% of patients are willing to discuss their blood test results to DM Management Team Most nurses feel easy and confident to give SMBG pattern to patients. Conclusions A standardized and stratified SMBG helps patients in adapting their lifestyle, improve DM control and makes nurses feel confident to give suggestion to patients.