

Logbook DM version 3.3

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Overview

Logbook DM (“Diabetes Management”) is the fastest and easiest way to manage your diabetes. It goes beyond logging, taking a proactive role in helping you attain better control. While you can easily log your blood glucose levels, food intake, insulin, lows, exercise, ketones, and other notes, unlike other programs for the Palm OS, nearly everything you need to use daily is accessible from a single entry screen. And when you use Quick DM, you can enter the most-used information with the touch of a finger...no stylus necessary!

Logbook DM attempts to take as much of the work out of your hands as possible. After setting your various personal preferences, Logbook DM will automatically calculate your insulin requirements based on meal and correction bolus factors, as well as determine how much unused insulin is still active in your body. You can configure Logbook DM to automatically remind you to test your blood glucose at specified times, or in response to meals, boluses, or lows, as well as any other reminder you might need, such as reminders for appointments or ordering supplies, etc.

Logbook DM will also handle the work of categorizing each entry for you, intelligently and accurately. This not only saves time, but also provides you with more useful statistical information later.

With Logbook DM, logging your information and calculating insulin should only take seconds! In fact, it is more efficient than using a paper logbook. It is particularly useful for those using Flexible Diabetes Management such as Insulin Pump Therapy, Carbohydrate Counting, and/or Multiple Daily Injections.

I hope that you find Logbook DM as useful and time-saving as I do. I not only wrote Logbook DM, but I use it daily!

What’s New and History

Version 3.3

- New legend for graphs, as well as more screen space used for graphing.
- Hi-res icon added for launcher.
- Health screen updates automatically logged to the Notes section, as well as bug fix when trying to add a basal rate starting at 12:00.
- Fixed bug in Alarm settings screen, as well as additional automatic alarm timeframes.
- Stats screen now remembers the last time frame and category that was selected
- QuickDM button for the decimal point wouldn’t work properly when the numeric format settings for the PDA used the comma as the decimal point. This is now fixed.

Version 3.2

- Alarm bug fixed affecting Palm OS 3.x devices.
- Added hi-res support in graphing and icons.

Version 3.1.1

- Bug fixed in History screen when the “done” button was pressed that could cause a reset
- Another bug fixed related to alarms after a new update that could trigger a reset as well in rare circumstances.

New in version 3.1

- Graphs may now be customized to include carb and insulin values.
- Configurable alarm sounds available via the Alarm preferences, as well other internal alarm improvements.
- Category is automatically recalculated if you change the time of an entry.
- Fixed a bug on the History page when you selected a row.

Version 3.0.3 changes

- Fixed issue with exporting HTML List, CSV, and DIABASS format that would result in a reset.
- Graphs weren’t displaying target ranges for users using mmol/L units.

New in version 3.0.1/3.0.2

- Enhanced graphs with insulin and carbohydrate intake indicators to see better correlation between BGL and food/insulin.
- Graphing from the “All entries” option of the statistics shows a histogram of entries...and for those devices that are color or grayscale, it makes more recent entries darker.
- Exporting to memory card is now faster.
- Modified the advanced unused insulin settings to be easier to understand.
- Fixed a bug that could potentially trigger a reset.
- Internal improvements and optimizations.

New in version 3.0

- Blood Glucose graphing now available from the Statistics screen for past 24 hours, 1 week, 2 weeks, 30 days, and 90 days!
- Instant pop-up graph also available from the main entry screen showing the BGLs for the past 48 hours.
- Fixed bug that potentially caused problems with older PalmOS versions.
- Other internal changes.

New in version 2.2

- Fixed issue with the reminder sound...certain versions of the PalmOS would not play the alarm sound as expected.
- Added two new reminder types: Meal by exchanges, and Meal by carbs/protein.
- Now alarms can be *edited* and new alarms added from the Alarm review screen.
- QuickCarb entries can be edited after entry now.
- Additional exporting option: Logbook DM can now export to a removable memory card as a single file directly if you have a memory card (such as a MemoryStick, CompactFlash, etc.) installed.

New in version 2.1

- Support for optional logging of protein, as well as insulin calculation based on protein.
- Additional insulin type, Temp Basal rate, for insulin pump users. Also, added duration field for wave and temp basal rate insulin types.
- Additional PalmOS preference support for date and number formatting.
- “Food Lookup” will now launch the USDA or Calorie King food database, if you have installed either of them on your PDA.
- “Delete All” menu item added, per user request, to delete all entries.
- Remembers the last QuickDM setting so that it will automatically start QuickDM if you last used Logbook DM with QuickDM enabled.
- Internal data format modified to improve statistical calculations (after initial conversion, done automatically)
- Several bug fixes.

New in version 2.0

- User interface improvements, including enhanced color/grayscale support and icons, and more
- Target range may be specified for both pre- and post-meal.
- Improved locale support for other decimal number formats.
- Reminder window has larger buttons and customizable snooze period
- Numerous internal improvements and bug fixes.

New in version 1.9

- Health entry screen allows recording of weight, pulse, blood pressure, and HbA1c levels, as well a place to log your current basal rates for those using and insulin pump.
- History screen now provides filtering on categories, as well as the ability to jump directly to a particular date.
- Statistics added for average insulin used per day and average carbohydrates per day.
- Improvements, fixes made on the data export for CSV and DIABASS export options.

New in version 1.8

- QuickCarbs now allow you to add your most frequently used food items and their carb content for quick entry without having to look up or remember the carbs.
- HTML Report option added to export options for more user friendly reports for yourself or your doctor.
- Minor user interface improvements.
- Bug fixes related to QuickNotes. (v.1.7.1 and v.1.7.2)

New in version 1.7

- QuickNotes may now be deleted, as well as a minor bug fix.
- Insulin can be calculated in whole and half units in addition to the default tenth units.
- Enhanced export options including export to CSV, HTML, and DIABASS desktop software for Windows formats.
- Expanded exercise categories to log duration and activity level, as well as pre-exercise.

- Control over alarms to specify how frequently the alarm will sound. (User-requested features.)

New in version 1.6

- QuickNotes added...allows you to add up to your 10 more frequently used notes to a pop-up list of notes instead of having to manually write the note over and over.
- Support added to History page for the scroll button and jog-dial (for those devices that have one)
- Modified the Logbook DM icon and QuickDM logo.
- Fixed bug introduced in 1.5 that prevented the use of the full-screen notes.

New in version 1.5

- Reminder enhancements: optional 15 minute reminder for lows; toggled sound from the main entry screen; disable sound during the night
- Added standard deviation to the statistics information
- Settings available to automatically archive data older than 90, 120, 150, or 180 days old.
- Modified the estimated HbA1c information to be calibrated to Plasma-calibrated blood glucose readings. Most meters report blood glucose in Plasma calibrated values. This gives more accurate A1c estimates for more people.
- Experimental unused insulin rule available. (This is not recommended without discussing it with your medical professional first.) Allows more refined unused insulin control.

New in version 1.4

- Entries can now be categorized as pre- and post- breakfast, lunch, dinner, snack, as well as bedtime and nighttime.
- Intelligently categorizes automatically and accurately, while still allowing manually overriding a category.
- Enhanced statistics now allows viewing stats by category.
- Entries now sort themselves when entering out-of-order.
- Trial version now allows up to 40 entries instead of 14.
- Fixed bug in Export that was leaving out the second insulin field, as well as added the category to the exported data.
- Fixed alarm issue: Recurring alarms would fire incorrectly after first time.

New in version 1.3

- Introducing Quick DM, which allows fingertip entry of the most-used fields for Stylus-free use.
- Modified the user interface on the main entry screen to make more efficient use of the screen, including larger notes area, and access to the Quick DM feature, as well as other interface improvements.
- Fixed alarm issue...if an alarm went unacknowledged, an alarm would continue to power-on the PDA every 5 minutes, which could cause premature battery drain. Now only signals the alarm 3 times, and then doesn't wake up again (unless there is another alarm set).

New in version 1.2.1

- Released with new registration model...now is registration key based.

New in version 1.2

- Expanded notes field now supports up to 500 characters, as well as optional separate screen entry.
- Quick, automatic, and recurring reminders for events such as checking blood sugar, appointments, medicine, and custom events.
- Fixed creator id for databases and application preferences...previous releases set to incorrect id. Automatically corrects previous versions.
- Minor interface changes.

New in version 1.1

- Graffiti shortcuts for speeding up data entry
- Customizable insulin type labels
- Ability to export data to a CSV format into the Memo pad for import into any spreadsheet program
- Integrated calculator functions for carb entry
- Additional statistical information: number of tests, average number of tests per day, percent within, below, and above targets.
- Support for up to 3 different meal bolus rates.

Setup

Follow the instructions for your PDA to install the PRC file "logbookdm_*.prc."

Main Entry Screen

The main entry screen provides you a single screen for entering data. If you have your preferences set for your meal and correction bolus then you can use the "Calc Insulin" button to automatically calculate your insulin requirements based on the values you entered for in the "Glucose" and "Carbs" fields. If you only enter a value for one of these fields Logbook DM will only calculate based on that field. In addition, if you have set a bolus duration, then Logbook will calculate how much unused insulin that may be in your body. This calculation will only be done if you have entered a value for glucose.

Insulin types: You may specify an insulin type for each entry. To change the insulin type, tap on the insulin label you wish to change. A menu will display from which you may select an insulin type. The type you select shall become the default for that field on any new entries until you change it.

In order to set the blood glucose units you will be entering, tap on the units label. A menu will display allowing you to select mg/dL or mmol/L. Changing this field will not update the values already entered. However, it will be used for calculating stats.

Important: Insulin calculation is intended to be only a guide. It is your responsibility to determine your actual insulin requirements. Please consult with your physician before making any changes to your insulin dosages.

The Notes field on the main entry screen allows up to 500 characters. Also, if you wish to see the entire note, you may click on the small note icon next to the Notes label. A window shall pop-up that displays the complete note field. You may modify the note using this screen as well.

Graffiti shortcuts

The main entry screen provides Graffiti shortcuts to increase data entry speed. The following shortcuts are available except when in the Notes field:

- To move to the next field, write a Graffiti return.
- To enter a low, write an L.
- To enter exercise, write an E.
- To enter ketones, write a K.
- To calculate insulin, write a C.
- To use calculator functions, write a plus sign or equals sign.

Quick DM

Quick DM feature allows you to enter values for the Glucose, Carbs/Protein, and Insulin fields without needing to use your stylus. To use Quick DM, simply tap the “Quick DM” text on the main entry screen. A portion of the screen will be replaced with large buttons to enter the data using your fingertip. There are buttons for the numeric entry, backspace, next field, insulin calculation, new entry, and a “Done” button to exit the Quick DM mode. Logbook DM will remain in Quick DM mode until you manually exit.

QuickNotes

QuickNotes allows quick access to 10 of your most frequently recorded notes, completely customizable by you.

To add a new QuickNote, enter the text of the note in the Notes field, using either the main entry screen, or the notes entry screen. On the main entry screen, tap the “Notes:” label, and a menu will pop-up. Select the top item, “Add to QuickNotes...”. On the note entry screen, select the “QuickNotes” button. Once the note has been added, it will be displayed in the pop-up list of available notes. The most recently used note will always appear at the top of the list.

To use a QuickNote, simply tap on the “Notes:” label to pop-up a list of the currently available notes and select the desired note. On the notes entry screen, select the “QuickNotes” button. If the note is longer than available in the pop-up list, it will be truncated in the pop-up list, but the complete note will appear in the Notes field. If you add a QuickNote to a note field that already has text, then the new note will be added as a new line.

To delete a QuickNote, select the "Delete QuickNote" item from the QuickNotes list. Then, you can select which QuickNote to delete, or "Cancel" if you do not wish to delete a QuickNote.

QuickCarbs

With QuickCarbs, similar to QuickNotes, it is possible to have instant access to your most frequently used foods by adding them to your QuickCarbs list.

To add an food entry, tap on the "Carbs:" or "Protein:" label on the main entry screen. A menu will pop up with a selection to "Add item to QuickCarbs..." Select this, and a window will pop up allowing you to enter a name of your food item, enter the carb value, as well as select which meal or meals the food item applies to. The food will appear only in the lists that apply for that time of day. To make an item appear in all lists, select all meals.

To delete or edit a food entry, tap the "Carbs:" label and select the "Edit/Delete item from QuickCarbs..." menu item. Choose whether you want to edit or delete, then, select the item you wish to edit or delete

When you wish to add a QuickCarb, tap the "Carbs:" label, select the food item, and the carb value will be *added* to the current carbs listed on the screen. Also, the food's name will be logged into the Notes area automatically, based on your QuickCarb options.

Categories

Logbook DM can categorize each entry as one of the following: pre-breakfast, post-breakfast, pre-lunch, post-lunch, pre-dinner, post-dinner, bedtime, nighttime, pre-snack, and post-snack. You can set/override these categories manually, or rely upon Logbook DM's exclusive smart categorization feature.

Smart categorization relies upon first setting up the earliest typical start time for breakfast, lunch, dinner, and bedtime. For each entry that you create, Logbook DM will examine the time of the entry, as well as examine the carbs consumed and the category set for the previous entry. These will aid in Logbook DM selecting the most appropriate category automatically. Of course, on days that vary widely, you can manually override this.

As an example, let's say that you have set noon as your lunchtime. You start an entry at 12:05. This would automatically categorize as pre-lunch. For this entry, you enter your BG level, as well as your lunch carbs. Your next entry, at 2:00, would automatically categorized as post-lunch. Now, you eat more carbs at this time. Assuming your dinner time was set for 4:00 pm, then if you did another test at 3:00, the category would be set to Post-snack. A test at 4:01, however, would be pre-dinner, etc.

Once an entry has been categorized, the statistics will include that entry in statistics for that category. Additionally, statistics can be displayed for post-exercise (if you check the exercise box), pre-meal (which would include all pre-breakfast, lunch, and dinner categories), and post-meal (which would include all post-breakfast, lunch, and dinner categories.)

Preferences

Logbook DM can be configured using the "Preferences..." menu from the main entry screen. There are four different settings screens: Bolus Settings, Alarms Settings, Categories Settings, and General Settings.

From the *Bolus Settings* screen, the following fields may be set:

Meal Bolus: Sets the amount of insulin you take for each gram of carbohydrate you eat. This field must be set in order for the "Calc Insulin" button to work on the main entry screen. Please consult your doctor before setting this field. You may enter up to three different meal bolus amounts based on a start time. Note that each start time must not proceed the time for a previous field. If these times are not filled in, then the bolus value will be ignored.

Correction Bolus: Sets the amount of insulin you take to correct a high blood sugar. Two different corrections may be set for those individuals that require a higher correction for higher BG levels. This field must be set in order for the "Calc" button to work on the main entry screen. Please consult your doctor before setting this field.

Bolus Duration: Sets the length of time that the bolus insulin remains in your body. For Humalog and Novolog insulins this value may range from 3 to 5 hours. (Typical values might be 3.3 hours for Humalog and Novolog, and 5 hours for Regular. Consult your doctor to determine what value you should use.) This value is used to calculate unused insulin. You may leave this empty if you do not want Logbook DM to calculate unused insulin. At this time, unused insulin is calculated as a straight scale.

There is also an advanced unused insulin rule available. After setting your bolus duration, if you check the "Advanced" checkbox, it will apply a two-step formula. The default is to act as the regular unused insulin calculation, using a straight scale. However, you can modify these values to more closely match your own body. For example, let's say that you have determined that 80% of your insulin is used in the first 2.2 hours, with a bolus duration of 3.3 hours. You would set the Advanced fields to 80 and 2.2. The remaining insulin will be calculated against the remaining duration. Warning: This formula is not approved or recommended by any known publication, and should only be used under the advice of your medical professional.

In the *General Settings*, the following fields may be set:

Target: Specifies the target range for your blood sugar. This information is used on the statistics page when generating a report.

Archive: This is used to configure when Logbook DM should archive data. Valid options are 90 days, 120 days, 150 days, and 180 days. It will default to 180 days unless a shorter time is specified. Archiving of data will take place each time you start Logbook DM. The data will remain on your PDA until the next time you synchronize. However, the archived data will not be visible from within Logbook DM.

In the *Alarms Settings*, the following fields may be set:

Automatic Reminders: There are actually several parts to this. First, there is a selection for when to trigger the automatic reminder, as well as two check boxes for selecting in which condition should the trigger be fired (After Meals and/or After Bolus). See the section on Alarms for more details.

Alarm settings are also available to specify the type of alarm sound to play, as well as the number of times to sound the alarm, and the frequency to play the alarm.

In the *Categories Settings* screen, the following fields may be set:

Breakfast: This field, and the subsequent time of day fields are used to configure your typical start times for those events. The time specified for Breakfast, for example, would be the earliest time you would typically eat Breakfast. Don't worry if you frequently eat Breakfast later. This time will be used to determine when to categorize an event as pre-breakfast.

Lunch, Dinner, Bedtime: These fields are used in a similar fashion as the Breakfast time. However, in the case of Bedtime, it is also used for determining when to silence the alarm after bedtime, if set to do so.

History

The “History...” menu item takes you to a history screen. It will display all records in reverse chronological order on the screen. Selecting any one of the entries will take you to the details screen for that entry. Not all information is displayed on the history...only the date, time, blood glucose, insulin (NOT insulin 2), carbs, and whether there are notes. A "Low" will be displayed in the BG field if a low was registered but no BG level was recorded. Select a row to see the complete details of the entry.

You may filter the list of entries by selecting a category, as well as jump to a specific date by tapping the Date label.

Exporting to the PC

You can export the data in Logbook DM to your PC to format and printout using the Export feature.

Start by selecting the “Export...” menu item from within Logbook DM. By default, Logbook DM will export to the memo pad. However, starting in version 2.2, if you have a removable memory card such as a MemoryStick or CompactFlash card, you may export directly to a file on this card by selecting the card's name from the pop-up list.

You can export as HTML Report (which can be viewed in your web browser and is a nice report-style format), CSV (comma-separated values for import into a spreadsheet program), HTML (which can be viewed in your web browser, and is a list format), and DIABASS (which can be imported into the desktop diabetes management software DIABASS). You may also specify the order as chronologically or reverse chronologically with the exception of HTML Report, which

will always be in chronologically order. Finally, there are several fields that you can eliminate from the export if you desire.

This will copy all of the entries to your PDA's memo pad. Note that due to memo pad size limitations of 4000 characters, Logbook DM may be required to divide the entries across multiple memos.

After you have exported the data, Hotsync your PDA with your PC. After you have done this, the memo pad entries will be accessible from your Palm Desktop application (or, if you have configured your software to copy memos to another application such as Outlook, you can access them there.) Launch your Palm Desktop application, and view your memos.

For CSV format you can then copy and paste the memo pad entries into a spreadsheet program directly. Because Logbook DM exports to CSV (comma-separated value) format, each field should appear in its own column. From here, you can format the data any way you choose.

For HTML and HMTL Report format, copy and paste the memo pad entries to a *text* document and save the file with a ".html" extension. You can then open the file with your web browser. Specifically, you can use the WordPad that is found under the Start->Programs->Accessories->WordPad menu in Windows. After you paste the entries, save the document as a text document, but giving the file a ".html" extension. Once saved, you can open this with your web browser.

For DIABASS, copy the entries from the memo pad into a file and save to a file with a .00000 extension. Follow the instructions from DIABASS from that point.

Alarms

The main entry screen provides quick access to reminders for checking your blood glucose 15 minutes, 30 minutes, 1 hour, 2 hours, and 4 hours following the time of the entry. This is useful if you wish to be reminded to test again. Note that the time applies to the time and date on the entry, NOT the actual time. (In other words, if you selected 15 minutes, it would not trigger the alarm 15 minutes from then, but 15 minutes from the date and time that displays on the current entry.

There is also an "Other..." button that lets you set a specific time, message, and frequency for an alarm. If you wish an alarm to remind you to reorder your blood testing strips every month, then you can use the "Other..." option from the alarm pop-up menu.

In the Alarms Settings screen (under the Preferences Menu), you can also set up automatic reminders for checking your blood glucose level. You can configure Logbook DM to automatically remind you 15 minutes, 30 minutes, 1 hour, 2 hours, or 4 hours from the time you entered a bolus and/or carb entry. Select the interval, and then check "After meals" and/or "After Bolus" to cause Logbook DM to automatically set a reminder for you. Please note that some versions of the Palm OS do not fully support this feature at this time. The Alarms Settings screen will inform you if the automatic reminders may not operate fully. If this is the case, you can still use automatic reminders...but the reminder will not be set until you close Logbook DM

or go to a new entry or screen in Logbook DM. Simply turning off the PDA or allowing it to auto-power-off will not set the alarm. However, if there is no such notice on the Alarms Settings screen, then Logbook DM will always set the alarm for that entry if automatic reminders are configured.

Once an alarm is set, you can review, edit, delete, or add an alarm by using the “Alarms...” menu item under the “Tools” menu. Notice, however, that deleting an automatic reminder will not prevent the alarm from becoming re-set as soon as you return to the main entry.

If you would like to change the default frequency of the alarm sound, you can specify how many times as well as how frequent to signal the alarm sound from within the Alarm Settings screen. You may also select another system alarm sound to play.

Statistics

The “Stats” button will take you to a statistics screen. You can view stats for a variety of time periods as well as categories.

There are several fields available, most of which are self-explanatory. Two fields of interest, however, are the SD field and the Int. Avg. field.

The SD field is the standard deviation. This number is a statistical number that provides a range for where most of your values fall. For example, if your average is 120, and your SD is 30, then most of your tests fall between 90 and 150. The larger the SD, then the more fluctuations you have in your blood glucose levels.

The Int. Avg. field stands for “Interpolated Average”. This field is a time-weighted average. It doesn’t just calculate each test, but factors in how long the BG level was at for any given time. For example, if you tested at 8:00 am with an 60, and then 15 minutes later with an 80, and then your next test at noon was 120, the average of these would be 86.7, but your interpolated average is 98.2.

The Interpolated average helps give a better picture of your BG if you test somewhat sporadically. However, if you test frequently, then the Interpolated average and the normal average will work out to be fairly close. The estimated A1c is based on the interpolated average.

Trial version and updates

The trial version is fully functional, except that you are limited to 40 entries. You can overcome this in one of two ways: Registering the software, or by deleting previous entries. If you only want to use Logbook for calculating insulin, you can continue to use the same screen over and over, just replacing the values.

To register your software, go to the website listed in the registration screen in Logbook DM. Registration is \$15. Once you register, all future updates will be free, unless specifically stated otherwise.

To update to a new version, download the latest trial version. If you already have installed a registered version previously, the new trial version will continue to work as a registered version. If this fails, simply re-enter your registration key.

Problem reporting and feature requests

If you should experience any problems with Logbook DM, or have any requests for new features, you can contact the author, Ryan Bruner, at RyanBruner@comcast.net.

Although I am a user of this software, and have tried to test it thoroughly, my resources are limited, and so I cannot guarantee bug-free operation on all platforms. If you experience any bugs, please let me know as soon as possible.

Future enhancements

There are several features that I plan to incorporate in future releases. There is no guarantee when or if any of these features will make it into Logbook DM. There are listed so that the user is aware of the intended direction. At this time, the planned enhancements include, but are not limited to:

- Additional exporting options, including exporting of statistics, basal and health information, etc.
- Additional graphing of statistical information.
- Maintaining a health and basal rate history.
- Support for those persons on exchanged-based diets rather than just carbohydrate-counting diets.

If you have other suggestions, please let me know so that I can plan for them.

Recommended Web Sites

The following websites contain tools or information to use along with Logbook DM:

1. *Insulin Pumpers*: Great resource of information for those using an insulin pump, or considering switching to an insulin pump. (Non-profit organization.)

<http://www.insulin-pumpers.org>

2. *The USDA Food Database*: Contains a listing of over 6000 foods in an easy-to-use PalmOS interface. The database is free from the USDA.

<http://www.nal.usda.gov/fnic/foodcomp/srch/search.htm>

3. *SiDiary*. This free logbook software works on your Windows desktop. This software has the ability to import CSV files directly, which can be exported from Logbook DM. In addition, this software will import DIABASS exported files.

<http://www.sidiary.org>

4. *DIABASS diabetes management software for Windows*: Allows you to analyze your diabetes data in various formats and reports. (Note: While Logbook DM can export to DIABASS, DIABASS itself will not import unless you have registered your copy of DIABASS.)

<http://www.diabass.info>