

# Uniting Clinicians, Lived Experience, and AI Systems In Type 1 Diabetes.



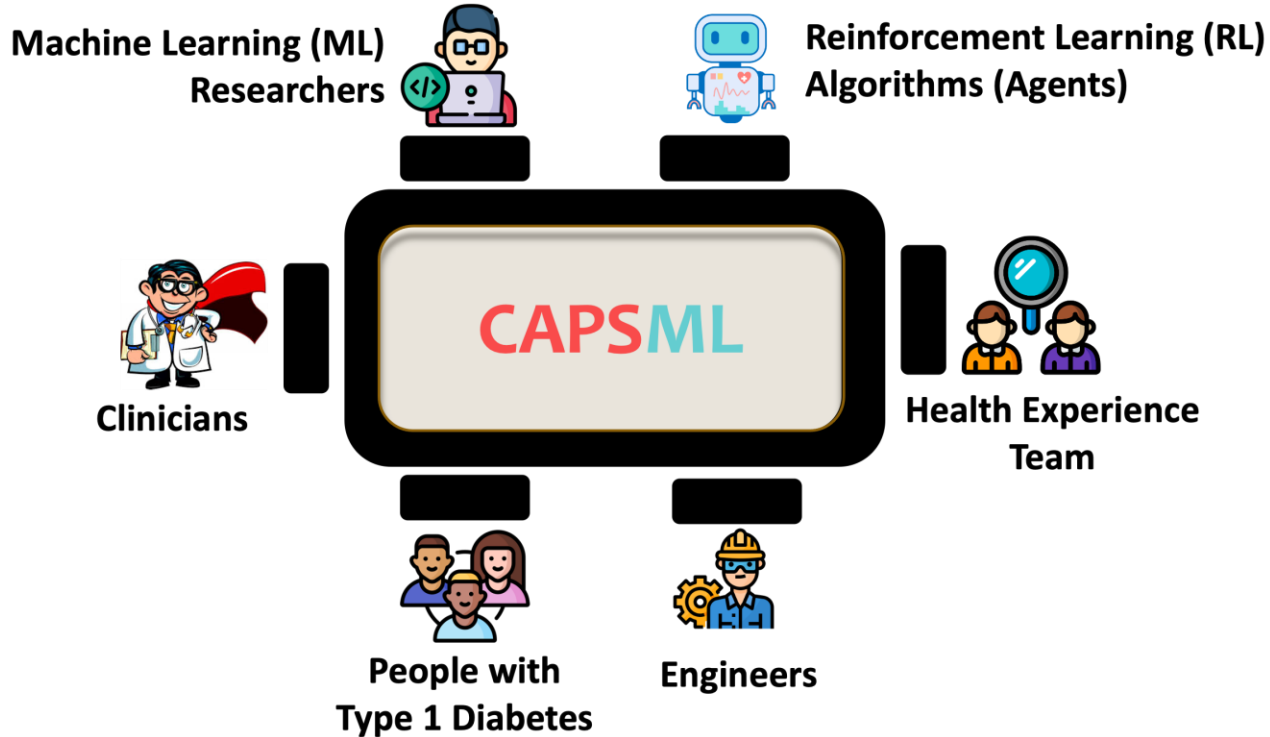
Chirath Hettiarachchi, Nicolo Malagutti, Christopher J Nolan,  
Elena Daskalaki, Hanna Suominen



Australian  
National  
University



# Demonstration Overview



The tool is publicly available as an online tool at [“capsml.com”](https://capsml.com)



# Agenda

01	Background & Motivation	04
02	Introduction: CAPSML	12
03	<b>Diabetes Research: Developing ML-based Treatment Strategies</b> A. Case Study I: <i>Clinical Treatment vs Reinforcement Learning</i> B. Case Study II: <i>Patient Variability</i> C. Case Study III: <i>Meal Variability</i>	23
04	<b>Diabetes Education</b>	31
05	Impact & Potential of CAPSML	33
06	Conclusion & Future Work	34



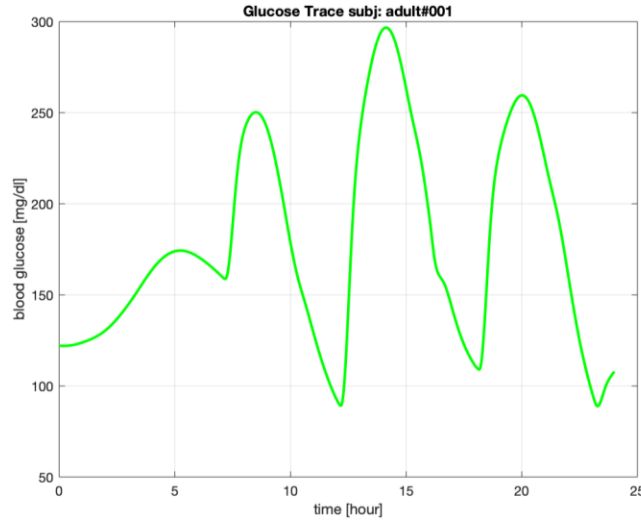
# 1.1 Background: Glucose Regulation



Sleep



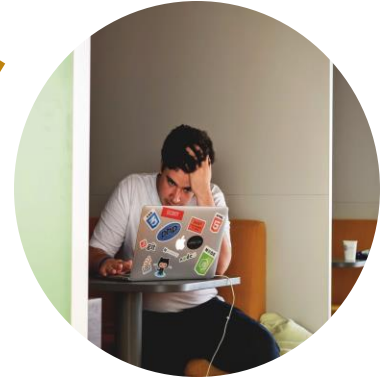
Meals



Exercise



Stress



The fluctuation of blood glucose levels.



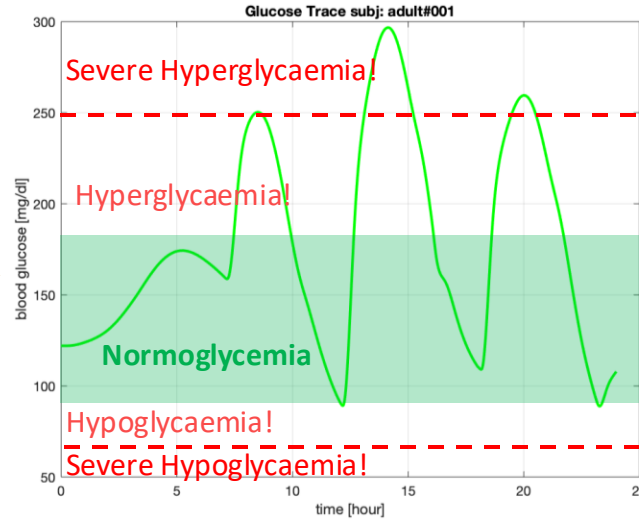
# 1.1 Background: Glucose Regulation



Sleep



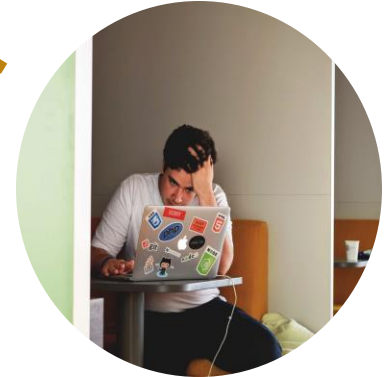
Meals



Exercise



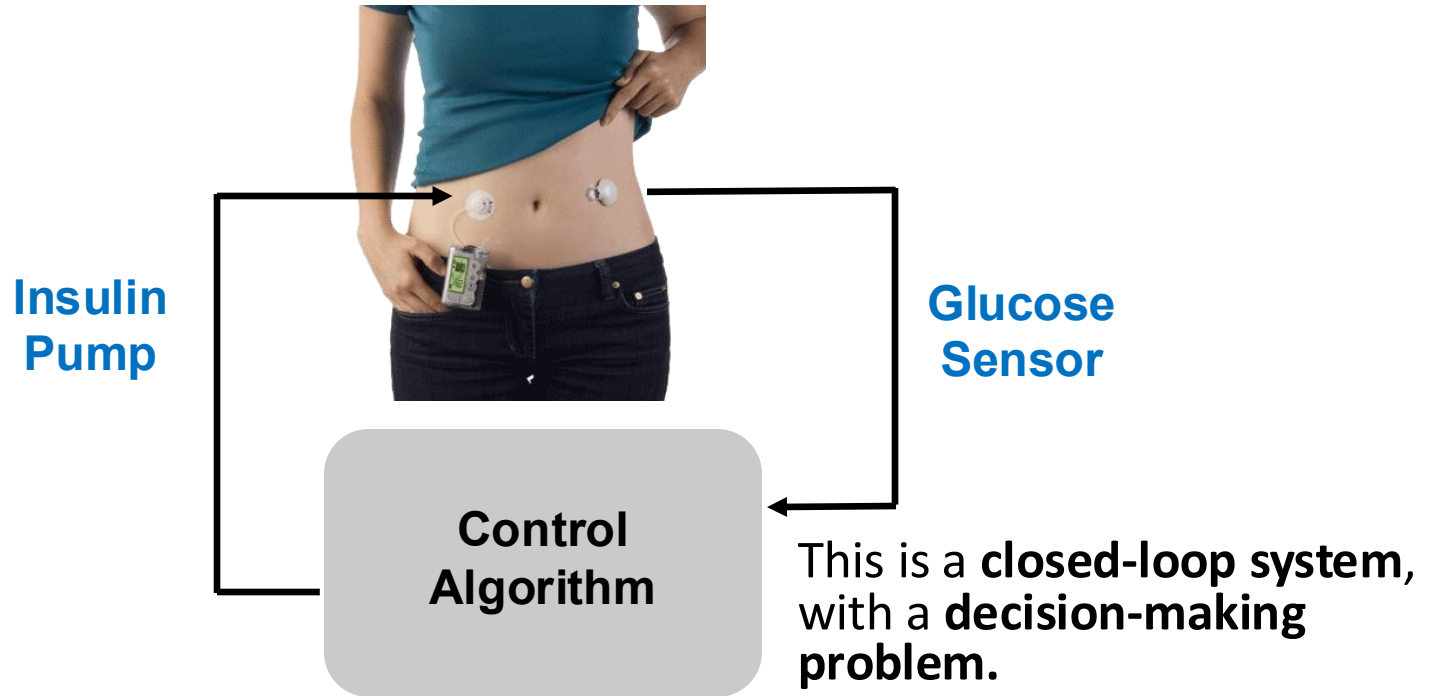
Stress



**Maintaining glucose homeostasis is vital!**



# 1.2 Background: Artificial Pancreas Systems (APS)



Note: Existing APS are **hybrid-closed loop systems**, which still require manual inputs (**meal announcement & carbohydrate estimation**). First commercial systems introduced in 2016 the USA and in 2019 in Australia.

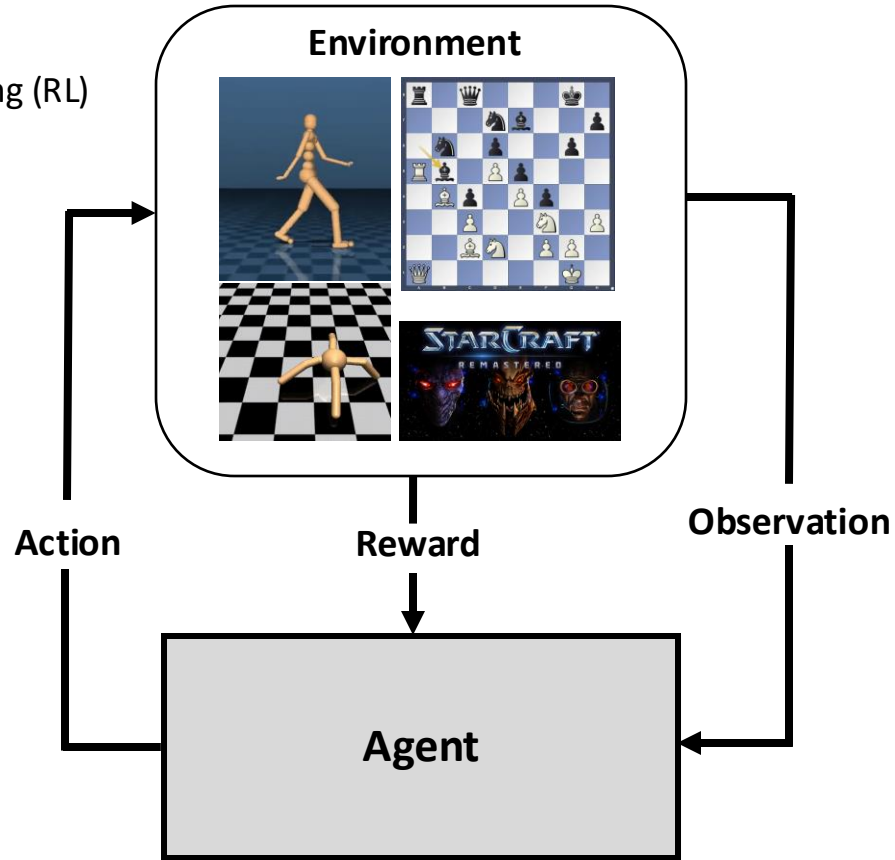


# 1.3 Background: Reinforcement Learning (RL)

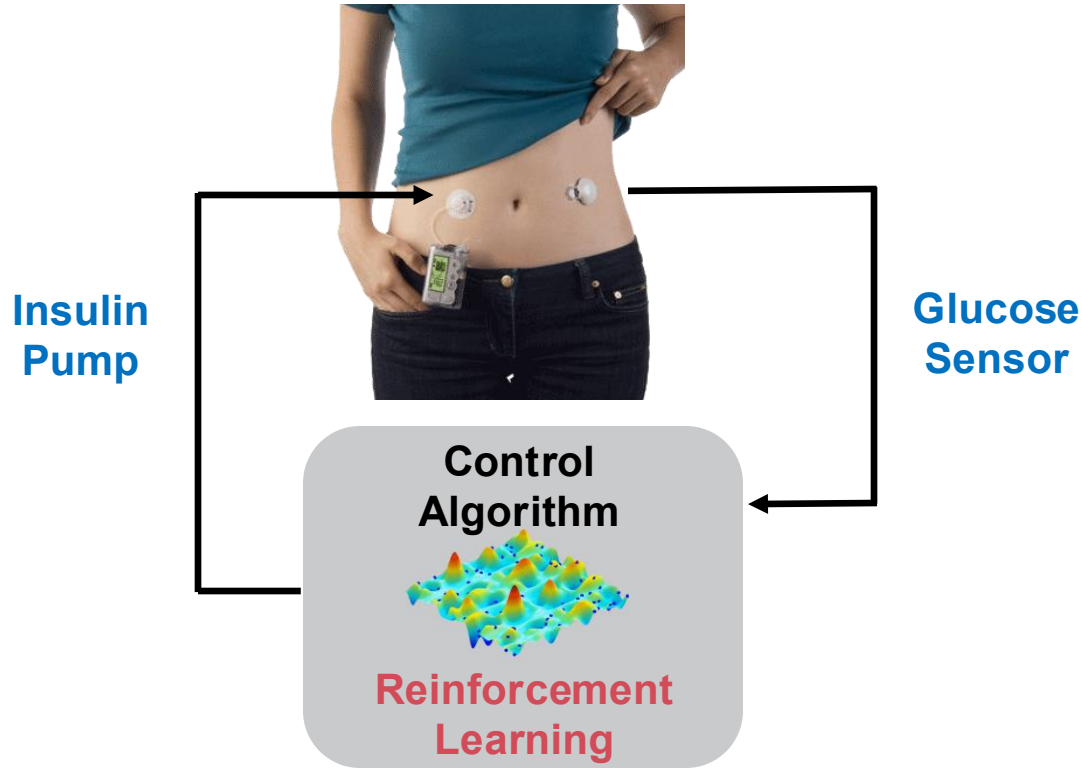
Artificial Intelligence (AI)

↳ Machine Learning (ML)

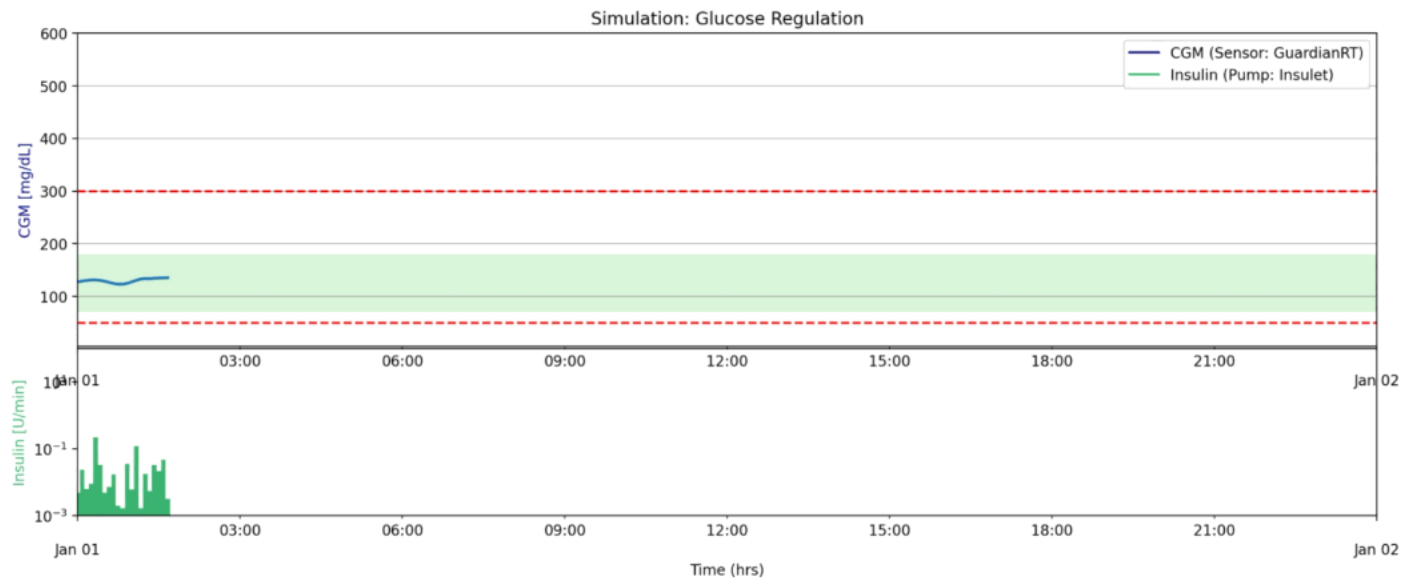
↳ Reinforcement Learning (RL)



# 1.4 Background: RL-based APS – Towards full automation.



## 02. Introduction: CAPSML



**The treatment strategies learnt by the RL algorithms are complicated and hard to understand.**



## 02. Introduction: CAPSML

**Table. Clinical performance comparison of RL-based APS and clinical treatment.**

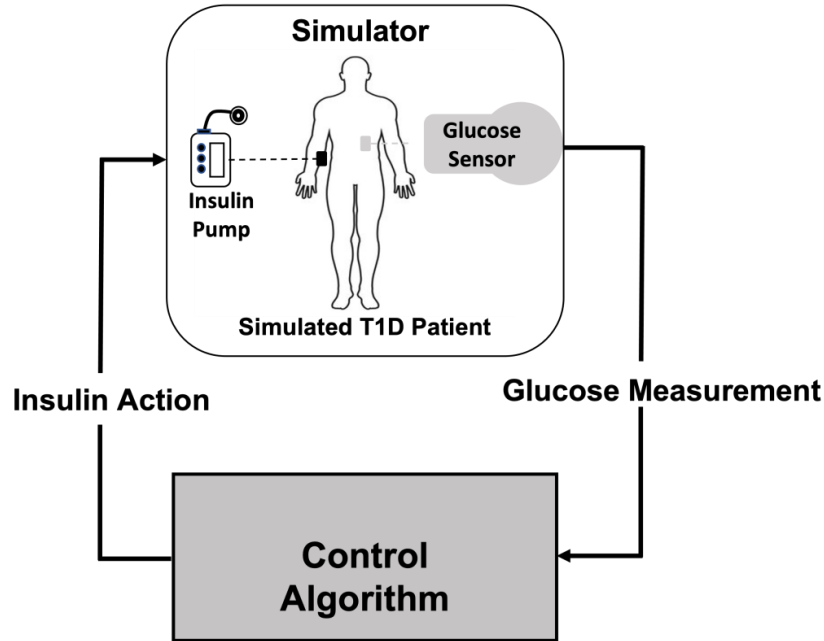
Method	Failure (%)	Severe Hypo.(%) TBR-Level 2	Hypo. (%) TBR-Level 1	Normo. (%) TIR	Hyper. (%) TBR-Level 1	Severe Hyper.(%) TBR-Level 2	RI	LBGI	HBGI
BBI	0.39	0.00 <sup>†</sup> 0.00-0.00* 0.06(0.40) <sup>‡</sup>	0.00 0.00-0.00 0.64(2.01)	70.83 61.46-79.17 71.02(11.29)	22.57 17.36-31.94 24.44(10.57)	2.08 0.00-4.86 3.85(5.72)	7.68 6.07-9.38 8.35(4.05)	0.81 0.28-1.68 1.33(1.60)	6.72 4.97-7.94 7.02(2.79)
BBHE	0.35	0.00 0.00-0.00 0.05(0.36)	0.00 0.00-0.00 0.40(1.42)	69.79 60.42-78.47 69.78(11.29)	23.61 18.06-32.29 25.44(10.57)	3.12 0.00-5.21 4.33(5.64)	7.62 5.78-8.69 8.00(3.74)	0.41 0.11-0.93 0.88(1.37)	6.92 5.11-8.11 7.11(2.67)
PPO	2.79	0.00 0.00-0.00 0.32(1.51)	0.00 0.00-1.04 1.19(2.77)	69.44 62.15-76.04 69.12(10.53)	20.83 16.32-25.35 20.93(7.11)	7.99 2.43-12.85 8.44(6.88)	9.56 6.89-12.04 9.79(3.66)	0.89 0.28-2.17 1.64(2.11)	8.05 5.86-10.10 8.14(3.05)
G2P2C	1.62	0.00 0.00-0.00 0.22(1.26)	0.00 0.00-1.04 1.11(2.50)	72.57 66.32-79.86 72.69(9.53)	18.75 15.28-23.26 19.37(6.46)	6.60 0.69-10.76 6.61(5.53)	9.00 6.21-11.04 8.94(3.18)	1.04 0.43-2.14 1.58(1.74)	7.42 5.18-9.35 7.36(2.60)



**Statistical performance metrics only provide limited information into the RL-based strategies and doesn't provide any insights towards the operation of the algorithm.**



## 02. Introduction: CAPSML




**Existing simulation tools require technical knowledge and inaccessible to the general public.**



# 2.1 Quick Start

The tool is publicly available online at: [“capsml.com”](https://capsml.com) under the MIT license.

A demonstration of the system is available at: <https://youtu.be/JO5MkPCuqCw>.



- Home
- Quick Start
- Simulate
- GluCoEnv
- RL Analysis
- Publications
- Contact

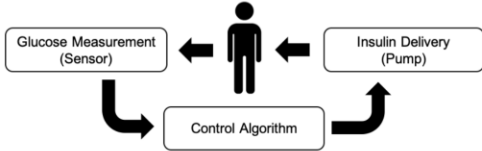
**Acknowledgement:** This research was funded by the Australian National University and the Our Health in Our Hands initiative; and by the National Computational Infrastructure (NCI Australia), and NCRIS enabled capability supported by the Australian Government.

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## Controlling Artificial Pancreas Systems through Machine Learning

### Abstract

Type 1 Diabetes (T1D) requires the administration of insulin externally to maintain glucose levels, which is crucial as both low and high glucose levels are detrimental. This is usually done through an insulin pump attached to the body. A continuous glucose sensor is also attached to measure the glucose levels so that a control algorithm can estimate the appropriate insulin dose. We design Reinforcement Learning (RL) algorithms for this control problem. The figure below summarises the main components of an Artificial Pancreas System (APS) to treat T1D.



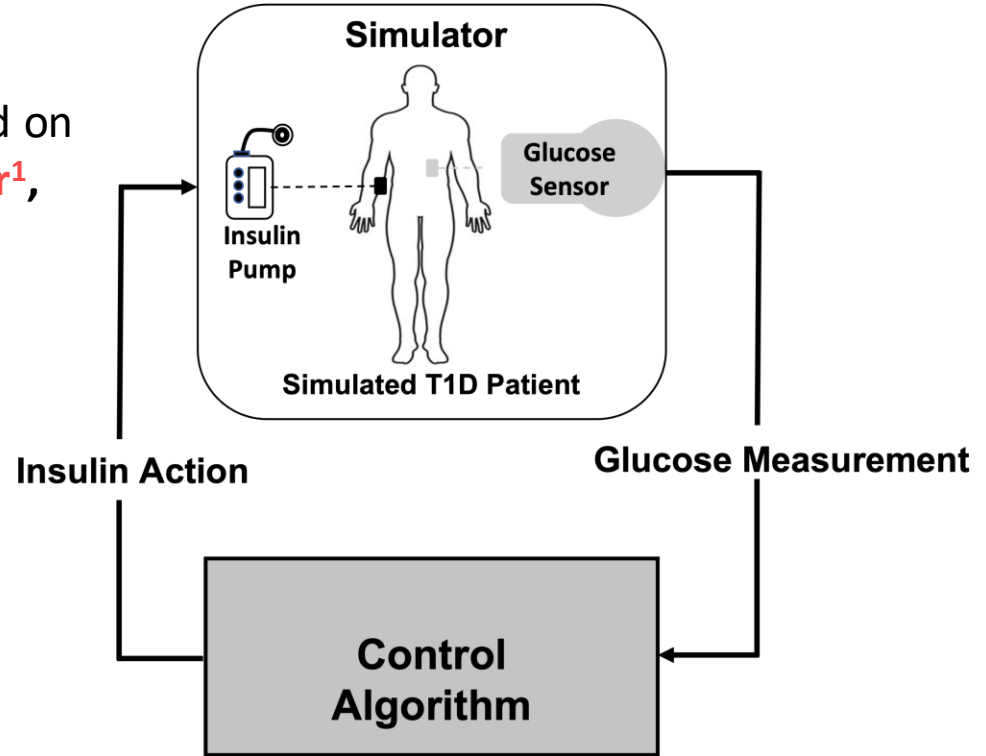
Maintaining glucose levels is a life-long optimisation problem, complicated due to the disturbances associated with daily events (meals, exercise, stress.. etc), delays present in glucose sensing and insulin action, partial observability, and safety constraints among others. Below you can see a simulated glucose control strategy of a RL algorithm.



# 2.1 Quick Start

## Step 1. The Simulator

- The simulator used in CAPSML is based on the open-source **Simglucose Simulator<sup>1</sup>**, which uses the **FDA-approved UVA/PADOVA 2008<sup>2</sup>** model.
- **Used for pre-clinical trials.**



1. Xie, Jinyu. "Simglucose v0. 2.1 (2018)." URL <https://github.com/jxx123/simglucose> (2018).

2. Kovatchev, Boris P., et al. "In silico preclinical trials: a proof of concept in closed-loop control of type 1 diabetes." (2009): 44-55.



# 2.1 Quick Start

## Step 2. Select T1D *in-silico* Subject



Alice



Bob



Chloe



David

- Select from 10 Adolescents & 10 Adults.
- Subjects have different body Weights, Ages, Insulin to Carbohydrate Ratios (ICR), & Insulin Sensitivity Factors (ISF).

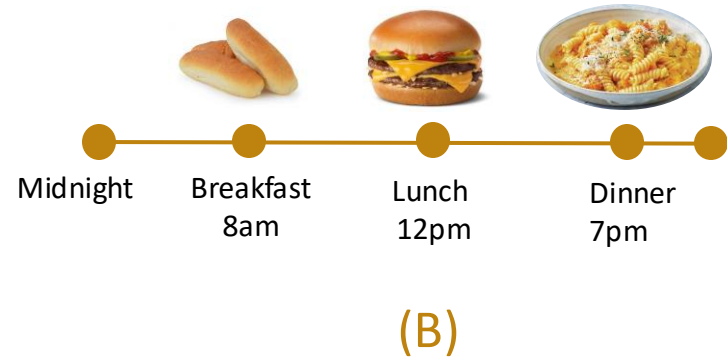
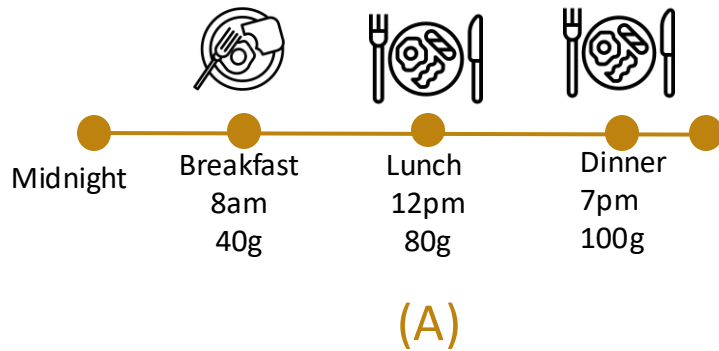
Table. Parameters of *in-silico* subjects.

	Subject Name	Body Weight (Kg)	Age	Total Daily Insulin (TDI)	Insulin to Carbohydrate Ratio (ICR)	Insulin Sensitivity Factor (ISF)
0	adolescent0	68.7060	18	36.7339	12	15.0360
1	adolescent1	51.0460	19	62.0310	5	13.1751
2	adolescent2	44.7910	15	24.2428	23	33.5260
3	adolescent3	49.5640	17	35.2529	14	21.8225
4	adolescent4	47.0740	16	34.0047	12	20.9084
5	adolescent5	45.4080	14	49.5813	7	17.6966
6	adolescent6	37.8980	16	43.6381	8	12.4932
7	adolescent7	41.2180	14	63.3867	4	11.9355
8	adolescent8	43.8850	19	24.0782	21	20.0139
9	adolescent9	47.3780	17	33.1735	14	31.8685
10	adult0	102.3200	61	50.4167	10	8.7731
11	adult1	111.1000	65	57.8688	8	9.2128
12	adult2	81.6310	27	56.4297	9	17.9346
13	adult3	63.0000	66	33.8079	16	42.6534
14	adult4	94.0740	52	68.3159	5	8.2313
15	adult5	66.0970	26	61.3888	10	18.2133
16	adult6	91.2290	35	42.0066	22	26.1531
17	adult7	102.7900	48	42.7788	13	12.2506
18	adult8	74.6040	68	67.2115	5	7.6432
19	adult9	73.8590	68	64.4485	5	10.6926



## 2.1 Quick Start

**Step 3. Select Meal Protocol** - Set up meals based on the time and carbohydrate content or portion size of different meals/food items.



Note: In-between snacks can also be incorporated<sup>1</sup>, currently not implemented on CAPSML.

1. Hettiarachchi, Chirath, et al. "A Reinforcement Learning Based System for Blood Glucose Control without Carbohydrate Estimation in Type 1 Diabetes: In Silico Validation." 2022.



# 2.1 Quick Start

## Step 4. Select Control Algorithm



### (A) Clinical Treatment (Basal - Bolus)

#### Insulin Pump Therapy: Fixed basal & bolus setting

- **Fixed basal insulin delivery** based on personalised Total Daily Insulin (TDI).
- **Meal Bolus** based on the Carbohydrate to Insulin Ratio (CIR).
- **Correction Bolus** based on the Insulin Sensitivity Factor (ISF).

**Meal Announcement – 20 minutes in advance.**

**Manual Meal Carbohydrate (CHO) Estimation.**

E.g., **BBI** – Ideal CHO estimates,  
**BBHE** – Human error in CHO estimates



### (B) Reinforcement Learning Strategies

A closed-loop system that monitors historical glucose trends to estimate insulin requirements.

**No Meal Announcements.**

**No Meal Carbohydrate (CHO) Estimation.**

E.g., **G2P2C** (novel algorithm),  
**PPO** (state-of-the-art RL algorithm adapted for glucose control)

1. Hettiarachchi, C et al. "G2P2C—A Deep Reinforcement Learning Algorithm for Glucose Control by Glucose Prediction and Planning in Type 1 Diabetes." *Available at SSRN 4226648.*

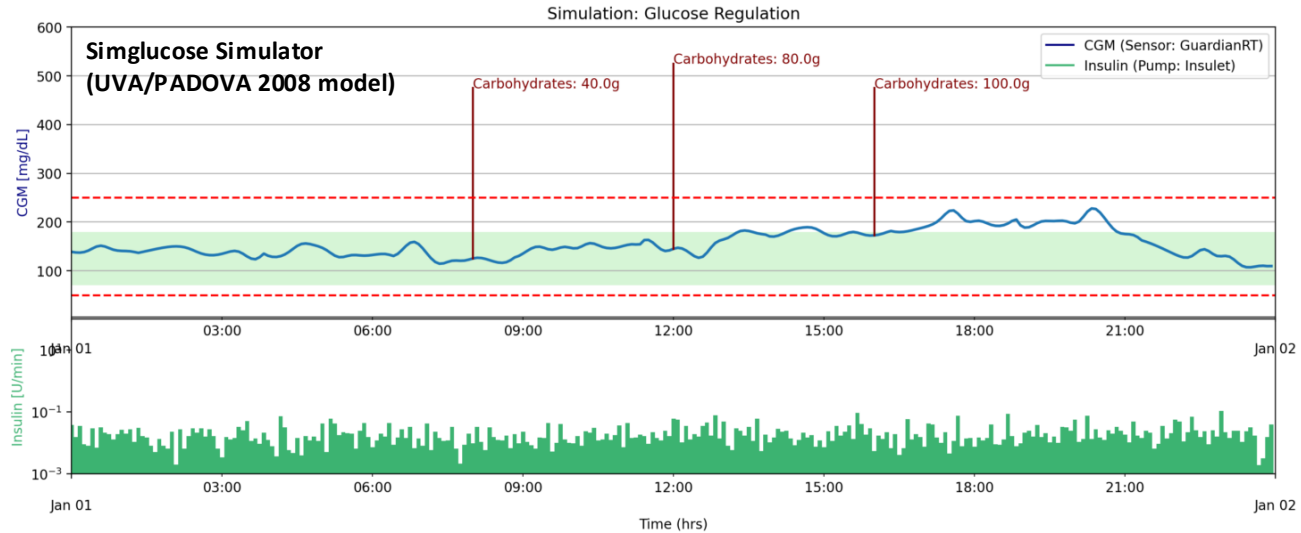


# 2.1 Quick Start

## Step 5. Run Simulation



**Adolescent0**



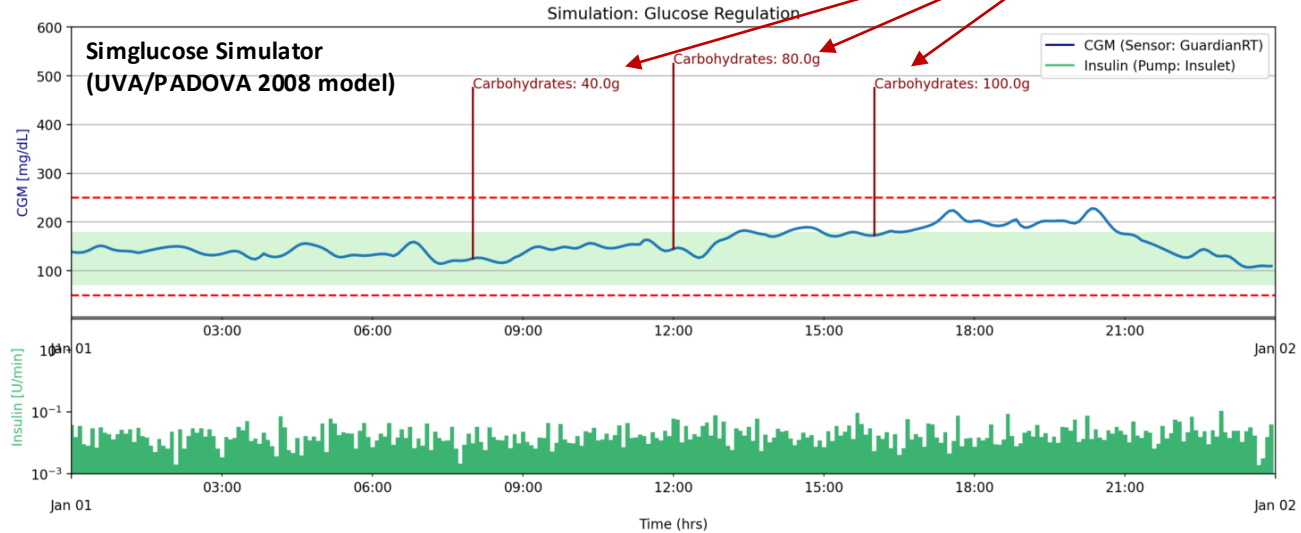
# 2.1 Quick Start

## Step 5. Run Simulation



**Adolescent0**

**Meals**



# 2.1 Quick Start

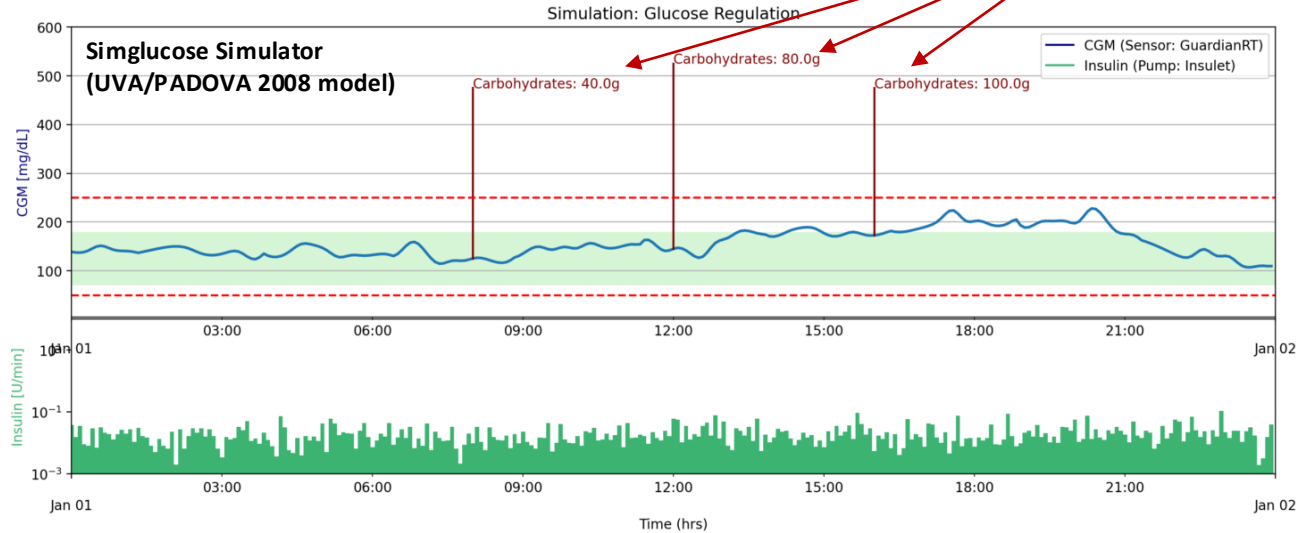
## Step 5. Run Simulation



**Adolescent0**

**Meals**

**Glucose**



# 2.1 Quick Start

## Step 5. Run Simulation



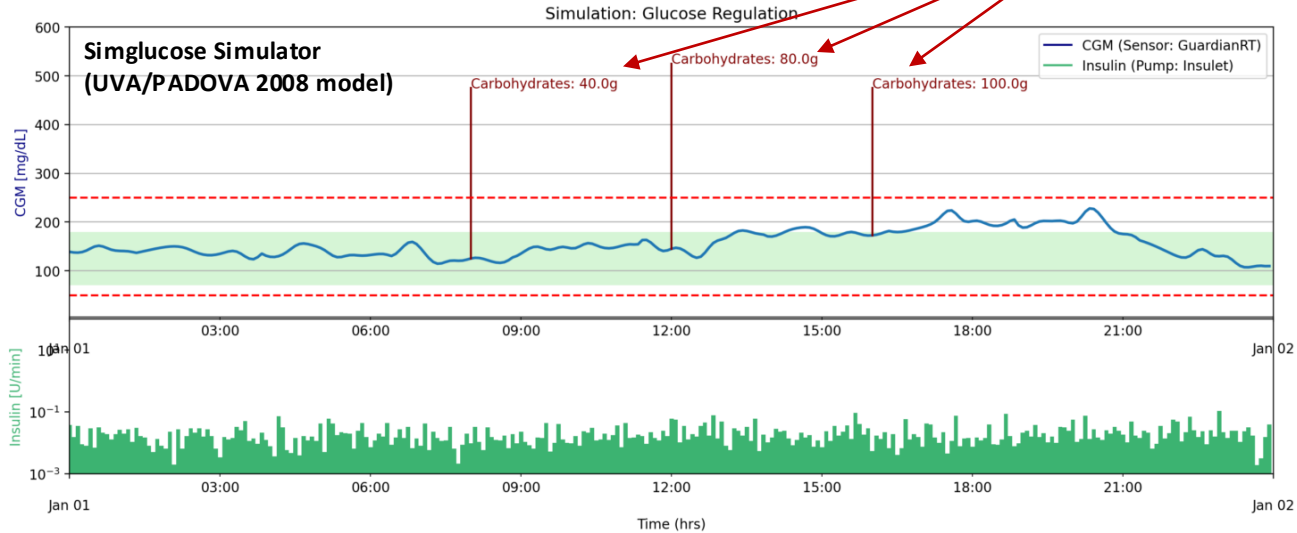
**Adolescent0**

**Meals**

**Glucose**



**Insulin**



**Control Algorithm (e.g., our G2P2C algorithm<sup>1,2</sup>)**

1. Hettiarachchi, C et al. "G2P2C—A Deep Reinforcement Learning Algorithm for Glucose Control by Glucose Prediction and Planning in Type 1 Diabetes." Available at SSRN 4226648.
2. Hettiarachchi, C, et al. "A Reinforcement Learning Based System for Blood Glucose Control without Carbohydrate Estimation in Type 1 Diabetes: In Silico Validation." EMBC. IEEE, 2022.



# 2.1 Quick Start

## Step 5. Run Simulation

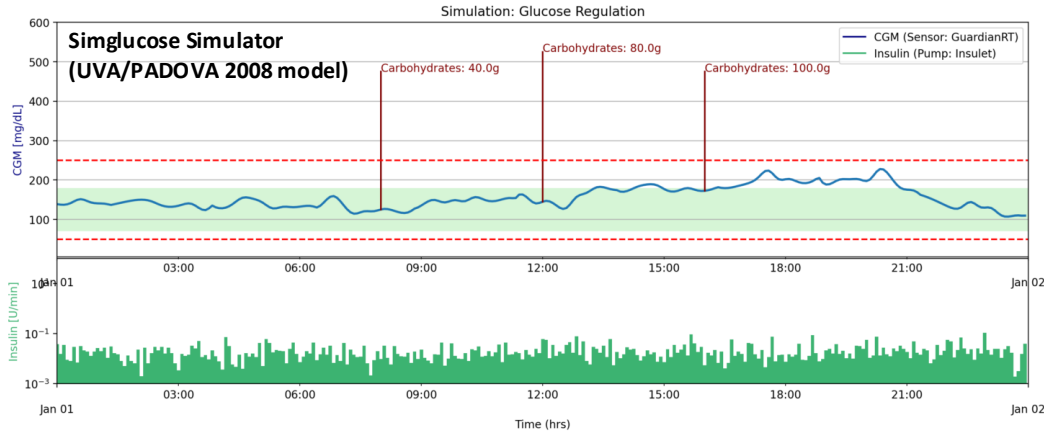



Table. Clinical performance metrics.

	Metric	Value
0	Time Above Range (TAR) - Level2 (>250 mg/dL)	0.0%
1	Time Above Range (TAR) - Level 1 (180 - 250 mg/dL)	14.93%
2	Time In Range (TIR) (70 - 180 mg/dL)	85.07%
3	Time Below Range (TIR) - Level 1 (54 - 70 mg/dL)	0.0%
4	Time Below Range (TIR) - Level 2 (<54 mg/dL)	0.0%
5	Risk Index (RI)	4.21
6	Low Blood Glucose Index (LBGI)	0.44
7	High Blood Glucose Index (HBGI)	3.77



# 2.2 Running Simulations...



- Home
- Quick Start
- Simulate**
- GluCoEnv
- RL Analysis
- Publications
- Contact

**Acknowledgement:** This research was funded by the Australian National University and the Our Health in Our Hands initiative; and by the National Computational Infrastructure (NCI Australia), and NCRIS enabled capability supported by the Australian Government.

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## Run custom simulations

This is a tool where you can define a custom meal protocol and try out different control algorithms. You can explore Reinforcement Learning based Glucose control algorithms and compare their performance against basal-bolus clinical treatment methods. Please use the Quick Start section to learn more about running simulations.

Please select the required configuration for the simulation and press Run.

Select Cohort	Select Subject	Select Control Algorithm
Adult	0	BBI
Breakfast Carbohydrates (g)	Breakfast Time	
40	8:00	
Lunch Carbohydrates (g)	Lunch Time	
80	12:00	
Dinner Carbohydrates (g)	Dinner Time	
100	16:00	

Run

(move to live demo... )

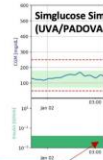


# 03 Diabetes Research: Developing RL-based Treatment Strategies

## Case Study I: Clinical Treatment vs ML Methods



Chloe is an *in-silico* adult with T1D. We want to compare how her blood glucose is controlled by a **basal-bolus clinical treatment** and an **AI strategy** named G2P2C.

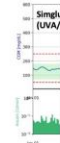


Basal Rate

## Case Study II: Meal Variability



David is an *in-silico* adult with T1D. David was late to work and forgot to have his breakfast. Let's find out how it would affect his glucose when an AI strategy is used for glucose control.

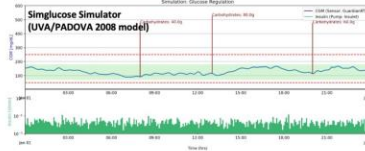


## Case Study III: Patient Variability

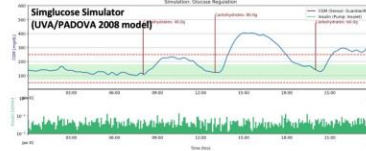


Alice & Bob are *in-silico* adolescents with T1D. We want to compare their variability in glucose control using an **AI strategy** named G2P2C while the meal protocol is kept fixed.

Alice



Bob



# 03 (A) Case Study I: Clinical Treatment vs RL Methods



**Chloe** is an *in-silico* adult with T1D. We want to compare how her blood glucose is controlled by a **basal-bolus clinical treatment** and an **RL strategy** named G2P2C.

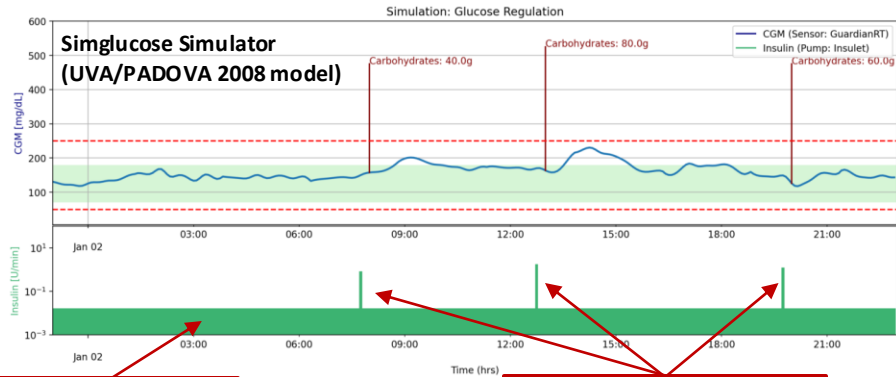


# 03 (A). Case Study I: Clinical Treatment vs RL Methods



**Chloe** is an *in-silico* adult with T1D. We want to compare how her blood glucose is controlled by a **basal-bolus clinical treatment** and an **RL strategy** named G2P2C.

## Basal-bolus Treatment



**Basal Rate**

**Bolus Insulin**

- Requires manual user input on **meal announcements & carbohydrate estimation**.
- Easy to understand.

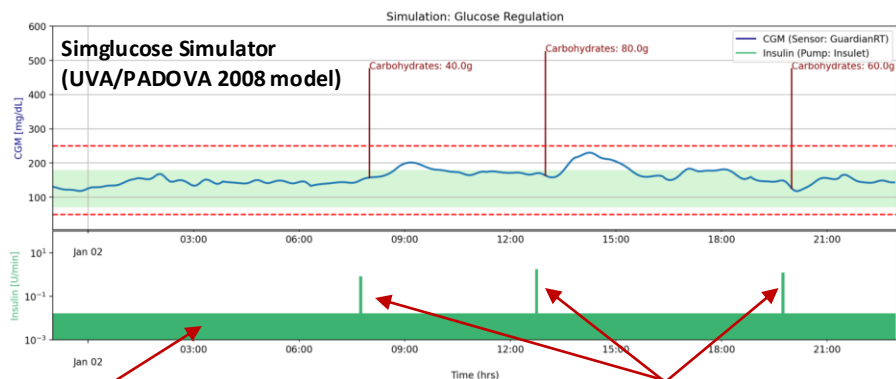


# 03 (A). Case Study I: Clinical Treatment vs RL Methods



**Chloe** is an *in-silico* adult with T1D. We want to compare how her blood glucose is controlled by a **basal-bolus clinical treatment** and an **RL strategy** named G2P2C.

## Basal-bolus Treatment

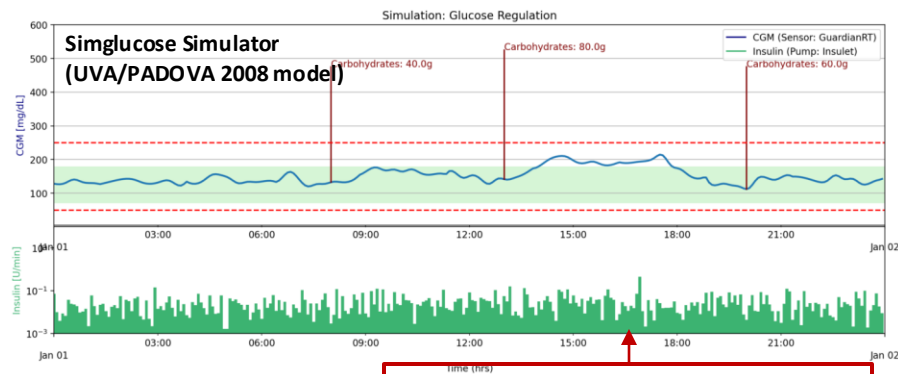


**Basal Rate**

**Bolus Insulin**

- Requires manual user input on **meal announcements** & **carbohydrate estimation**.
- Easy to understand.

## RL Strategy



**Complex Insulin Infusion**

- The RL treatment strategy is more complex.
- Highlights the importance of collaboration & tools to improve explainability.



## 03 (B). Case Study II: Patient Variability



**Alice & Bob** are *in-silico* adolescents with T1D. We want to compare their variability in glucose control using an **RL strategy** named G2P2C while the meal protocol is kept fixed.

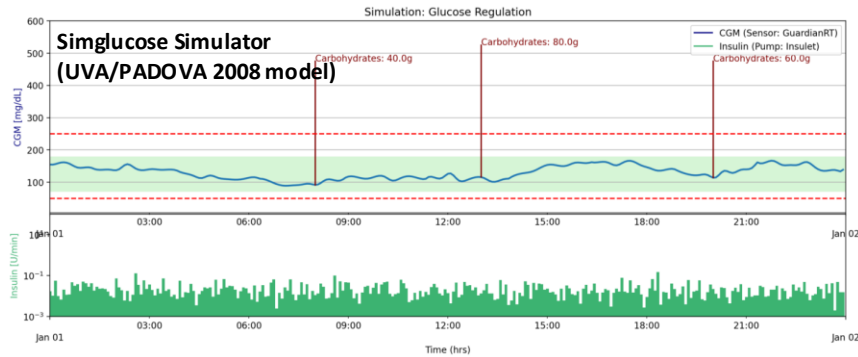


# 03 (B). Case Study II: Patient Variability

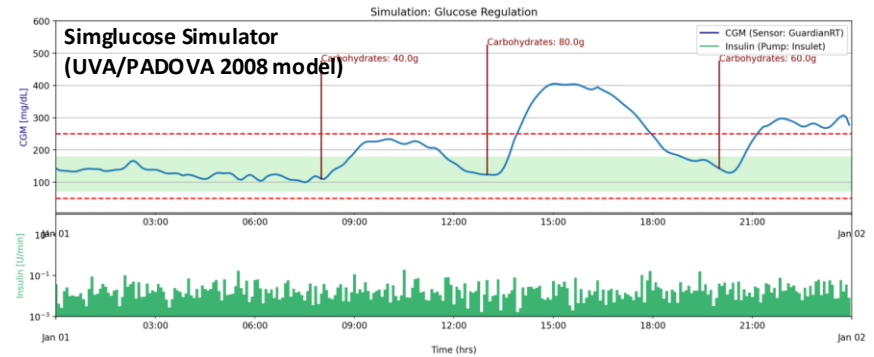


**Alice & Bob** are *in-silico* adolescents with T1D. We want to compare their variability in glucose control using an **RL strategy** named G2P2C while the meal protocol is kept fixed.

### Alice



### Bob



- Controlling blood glucose in Alice is easier compared to Bob.
- The RL strategies need to be carefully validated across all cohorts and subjects. CAPSML provides the capability to run simulations and visualise.



## 03 (C). Case Study III: Meal Variability



**David** is an *in-silico* adult with T1D. **David** was late to work and forgot to have his breakfast. Let's find out how it would affect his glucose when an RL strategy is used for glucose control.

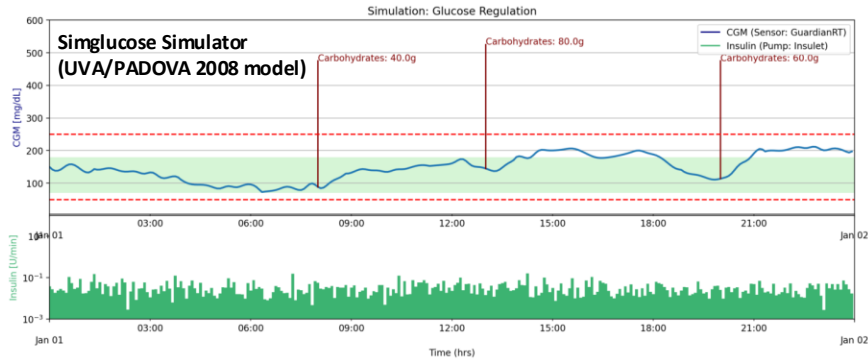


# 03 (C). Case Study III: Meal Variability

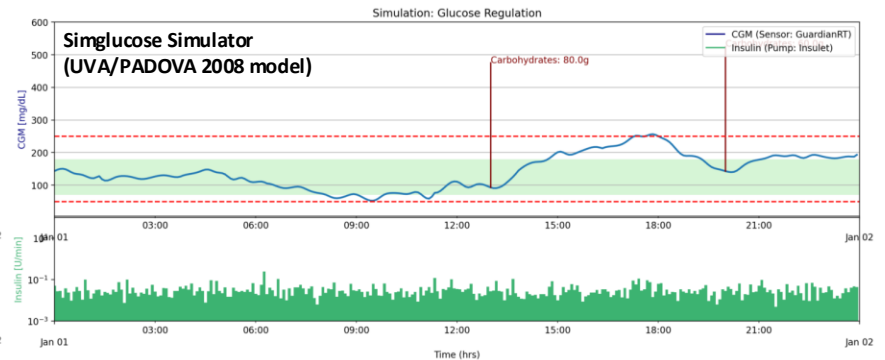


**David** is an *in-silico* adult with T1D. **David** was late to work and forgot to have his breakfast. Let's find out how it would affect his glucose when an RL strategy is used for glucose control.

## Normal Day



## Forgot to have breakfast



- Simulating real-life events to evaluate potential failures of RL strategies is important.



# 04 Diabetes Education

- Learn about glucose regulation and closed-loop systems.
- Learn about carbohydrate content of different meals/food and their effect on glucose regulation.

The screenshot shows the CAPSML web application interface. On the left is a dark sidebar with navigation links: Home, Quick Start, Simulate, Meal Analysis (highlighted in red), GluCoEnv, RL Analysis, Publications, and Contact. The main content area is titled 'Analyse Effect of Meals' and contains a form for configuring a simulation. The form includes dropdown menus for 'Select Cohort' (Adult), 'Select Subject' (0), and 'Select Control Algorithm' (BBI). It also has dropdowns for 'Breakfast' (Snickers (Funsized)), 'Lunch' (McDonalds Cheese Bu...), and 'Dinner' (Pasta Cooked (1 serve,...)). Below these are input fields for 'Breakfast Portion Size', 'Lunch Portion Size', and 'Dinner Portion Size', all set to '1'. There are also input fields for 'Breakfast Time' (8:00), 'Lunch Time' (13:00), and 'Dinner Time' (20:00). A 'Run' button is at the bottom of the form. Below the form are three columns labeled 'Breakfast', 'Lunch', and 'Dinner', each with a corresponding image: a Snickers Fun Size bar, a McDonald's cheeseburger, and a bowl of pasta.

**CAPSML**

## Analyse Effect of Meals

Simulate different meals and snacks to analyse the effect on glucose. The carbohydrate content of the meals are based on the Carbohydrate reference list provided by Diabetes UK.

Please select the required configuration for the simulation and press Run.

Select Cohort	Select Subject	Select Control Algorithm
Adult	0	BBI




Breakfast	Lunch	Dinner
Snickers (Funsized)	McDonalds Cheese Bu...	Pasta Cooked (1 serve,...

Breakfast Portion Size	Lunch Portion Size	Dinner Portion Size
1	1	1

Breakfast Time	Lunch Time	Dinner Time
8:00	13:00	20:00

Run

**Breakfast** **Lunch** **Dinner**




**Acknowledgement:** This research was funded by the Australian National University and the Our Health in Our Hands initiative, and by the National Computational Infrastructure (NCI Australia), and NCRIS enabled capability supported by the Australian Government.

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Note: The carbohydrate reference list by Diabetes UK is integrated in the tool (<https://www.diabetes.org.uk/>).



# 04 Diabetes Education




- Home
- Quick Start
- Simulate
- Meal Analysis
- GluCoEnv
- RL Analysis
- Publications
- Contact


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**Breakfast**



**Lunch**

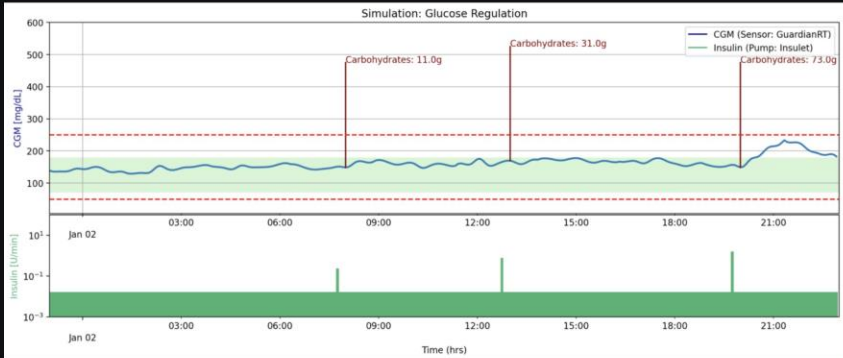


**Dinner**



Simulation Progress:

Simulation: Glucose Regulation



Clinical Metrics

Metric	Value
0 Time Above Range (TAR) - Level2 (>250 mg/dL)	0.0%
1 Time Above Range (TAR) - Level 1 (180 - 250 mg/dL)	10.42%



# 05. Impact & Potential of CAPSML

- CAPSML can be used on a desktop machine or mobile device without any specialised hardware to simulate RL-based control systems.
- Existing RL-based systems can be further improved by feedback from clinicians and health experience experts.
- A first step towards improving **trust/explainability** of the RL-based systems in glucose control.



## 06. Conclusion & Future Work

- CAPSML welcomes clinical and lived experience experts to experiment with an AI system and run custom simulations to learn about the AI system.
- Provide additional customisation capabilities for basal bolus treatment strategies.
- By conducting custom simulations, the strengths and weaknesses of the system can be identified to be continuously improved and fine-tuned based on the knowledge bases of clinicians and people with lived experience of T1D.
- In future, **CAPSML** (“**C**ontrolling **A**rtificial **P**ancreas **S**ystems using **M**achine **L**earning”) can be extended to allow researchers to test their AI algorithms for comparison and evaluation. It could address the currently limited benchmarking of different AI algorithms and systems in T1D if successfully used at scale.



# THANK YOU

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## Contact Us



**Chirath Hettiarachchi**



**Dr Nicolò Malagutti**



**Prof. Christopher Nolan**



**Dr Elena Daskalaki**



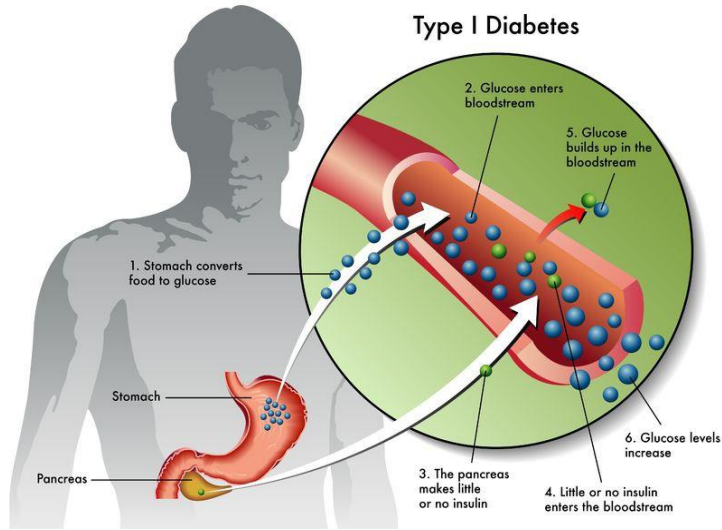
**Prof. Hanna Suominen**



Australian  
National  
University



# 1.2 Background: Type 1 Diabetes



Autoimmune destruction of insulin producing  $\beta$  cells in the pancreas.



Measure the glucose level.

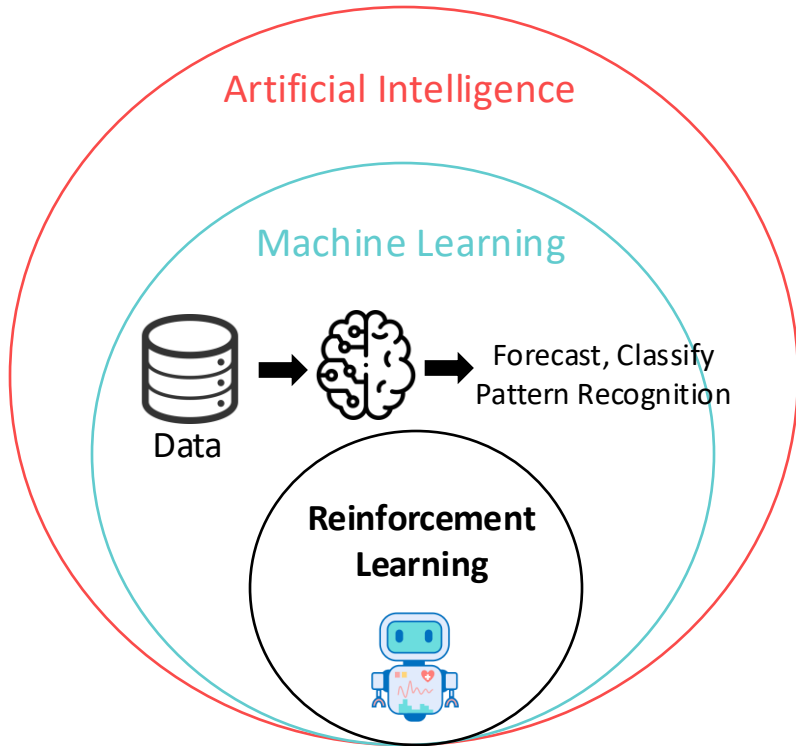
External insulin delivery is required!

**Clinical insulin administration strategy is based on clinical heuristics using personalised metrics.**

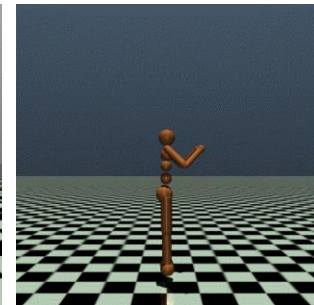
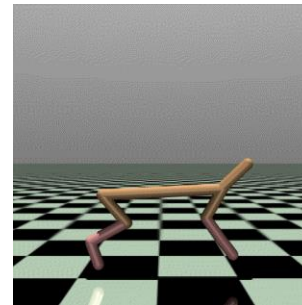
Image Credits: <https://www.healthline.com/>, <https://diabetesvoice.org/>



# 1.4 Background: Machine Learning & Reinforcement Learning



## Reinforcement Learning Applications:



Images/Gif Credits: Mastering Atari, Go, Chess and Shogi by Planning with a Learned Model, DeepMind, 2020; MuJoCo



## 02. Introduction: CAPSML



**Human vs AI**



**Human-AI Collaboration**

Photo by [Andy Kelly](#) on [Unsplash](#) and Stable Diffusion





Alice



Bob



Chloe



David



Midnight



Breakfast  
8am  
40g



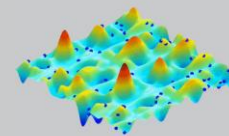
Lunch  
12pm  
80g



Dinner  
7pm  
100g



Control  
Algorithm



**Step 1**  
Select an in-silico subject

**Step 2**  
Setup a meal protocol

**Step 3**  
Select the control algorithm

Ru

