

Boise State University

ScholarWorks

2018 Graduate Student Showcase

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Improving Diabetes Care for Adult Clinic Patients

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Improving Diabetes Care for Adult Clinic Patients

Abstract

The purpose of this pilot project was to provide evidence-based diabetes support and education for the providers, staff, and patients of one rural internal medicine clinic. Project methods involved delivery of individual- and group-based diabetes self-management training classes, which partially fulfilled requirements for the clinic to pursue certification as a Diabetes Education Center. Findings included participant reports of increased diabetes empowerment and performance of self-care behaviors, positive program satisfaction, and improved blood glucose control. Nursing implications include developing similar models for patients with other chronic illnesses.

Keywords: diabetes, diabetes self-management training, Diabetes Education Center



Improving Diabetes Care for Adult Clinic Patients

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Rationale

- *Setting* – Rural internal medicine clinic with double the national rate of patients with diagnosed diabetes & poor glycemic control
- *Theory* - Health Empowerment
- *Framework* - Logic Model with 10 certification standards of American Association of Diabetes Educators (AADE)

Purpose/Aims

- Healthcare improvement project to deliver evidence-based care
- Diabetes self-management training (DSMT) classes
- Assist clinic toward AADE certification

Methods

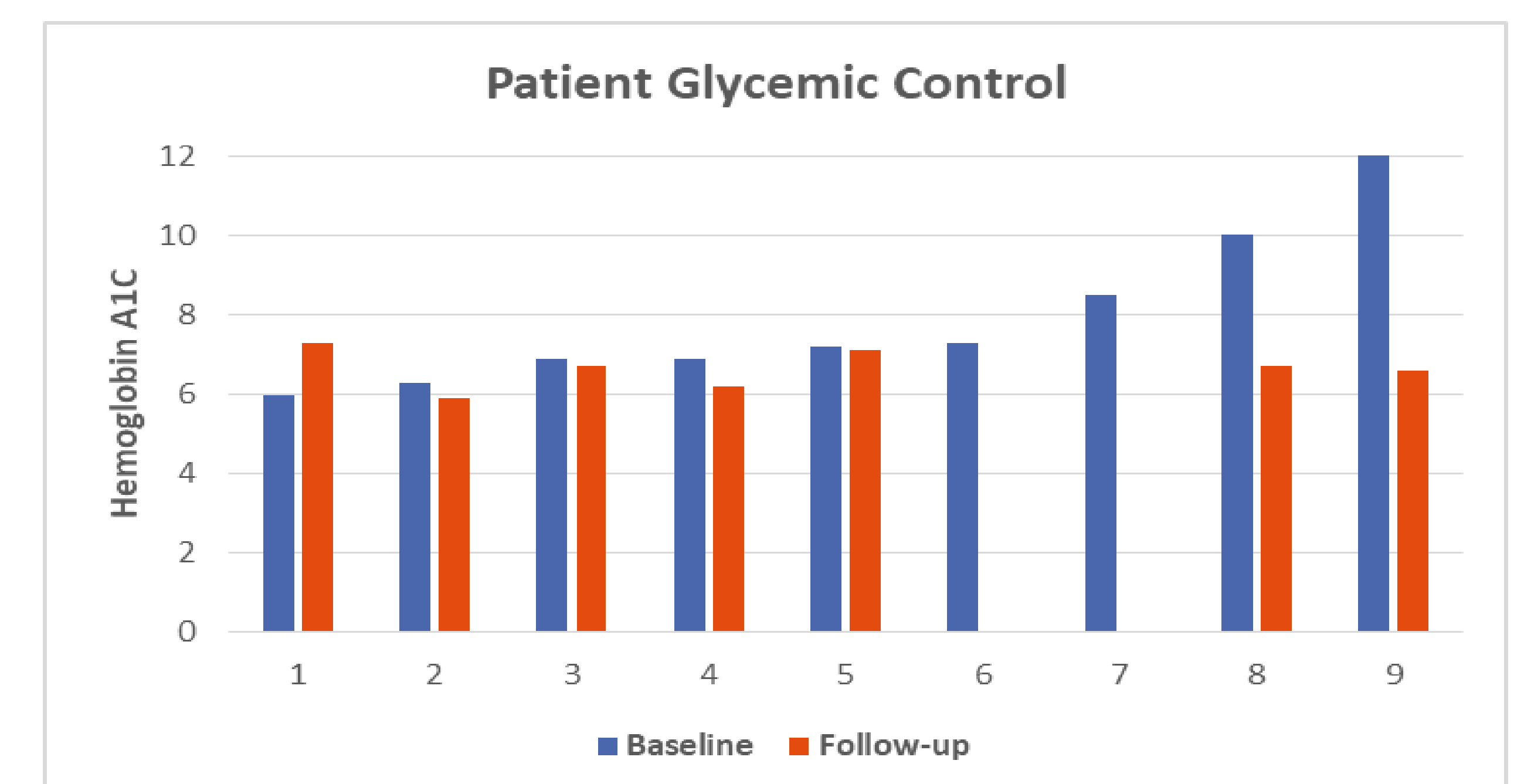
- Formed advisory & work groups
- Evidence-based diabetes protocol
- 3 cycles of DSMT classes
- Individualized plans of diabetes self-management support
- At 3 & 6 months, evaluated patients' self-management goals & glycemic control
- Draft documents for 7 AADE certification standards



AADE7 Self-care Behaviors

Results

- Patients demonstrated slightly improved self-care behaviors and diabetes empowerment



Clinical Relevance

- Improved diabetes self-care, empowerment, & glycemic control for patients
- Next steps to assist clinic toward AADE certification
- Future research to develop similar models for other chronic illnesses