Development of an interactive program for type 2 diabetes on glycaemic control and weight management

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Introduction
Mortality and complications risk would be multiplied for obese diabetes symmetrically in suboptimal diabetes control. Hence, it is at high priority for Diabetes Centre to mobilize the whole nursing and supportive team to initiate certain services for such high risk group. The program not only focusing on knowledge gain, but also adoption of cognitive behavior therapy concepts and peer support elements to facilitate group dilemma for behavior modification on chronic disease care.

Objectives
To develop an interactive program for type 2 diabetic people for enhancing lifestyle modification, weight control as well as diabetes self-management.

Methodology
"Interactive Weight Management Program" was launched in August 2012 at PWH, mainly facilitated by a diabetes nurse specialist and Patient Care Assistant (PCA). PCA assisted for recruitment process, body fat measurement; provide phone calls to participants for healthy lifestyle reinforcement (use of guided log sheet) and data entry. The program consists of 3 interactive workshops, totally in 10 hours to be completed in 8 weeks. Interactive formats including peer sharing, games, reflective story, role play, exercise sessions, goal & action plan setting, PCA & peer phone/Whats App support in between of visits, etc. Main theme of each Workshop Workshop 1-Principles of diabetes and weight management Workshop 2-How to eat healthy and
yummy Workshop 3-Psychosocial well-being, positive thinking, stress management

Specific Contents: - Calculation of own body fat, lean body mass - "Paper balls balance game" to elaborate calories balance concepts - Role plays on “How to deal with social-eating” - Games on “Ordering meals in various restaurants” - “Relaxation spa” (NLP approach) - “Health Progress Acknowledgement” (anonymous, to show A1c and body fat data. Incentive awards to those with bright improvement) - Creation of a 36-page program log-book “X-Profile”, “Exercise VCD for diabetes” & 3 "Inspiration cue card" as teaching materials.

Result
In 2013 to 2014, total 100 patients enrolled into 9 classes with 8-13 patients/class. 94% (94) have completed all 3 workshops, while 6% of participants defaulted 1 workshop. - Age range is 19-68, mean 56 year-old - Years of type 2 diabetes is 1-32 years, mean 13.7yrs - Baseline HbA1c was suboptimal 8-13.9%, mean 9.5% By completion, 100% rated overall "Satisfaction" to the program, especially on the interactive program design and input of PCA phone follow-up. By the end of the program (wk-8): 84% of participants improved HbA1c (baseline-A1c 9.7%, wk8-A1c 8.3%) and 47% (47) shown weight lost from range of 0.1-7.5kg. For a longer observation, 16 weeks after the program, noted to have more participants 51% presented weight loss while A1c could be maintained at 8.4%. Conclusion Focused Program is essential for obese diabetes especially for those in suboptimal control. Interactive contents with vivid formats will be the trend in diabetes education. Trained PCA to carry out structured diabetes care is also a new initiative in effective diabetes management, which could strengthen the concepts of "Teamwork" in healthcare culture either.