Implementation of Diabetes Conversation Map into DM Diet Class
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Introduction
Newly referred DM patients are arranged in a group in which a dietitian advises the DM diet in a classroom setting. This conventional lecture-based education method is a one-way approach. Diabetes Conversation Map education tools may provide an alternative means for diet education. This education tool with table-top visuals may help promote collaborative learning and enhance interactions among patients and the healthcare professionals.

Objectives
Implementation of Diabetes Conversation Map into DM Diet Class.

Methodology
Diabetes Conversation Map has implemented into the DM Diet Class since 6/2014. Prior to the group interaction, anthropometric measurements and diet history are conducted and a DM Diet education video is played. Afterwards, dietitian interacts with patients based on the map “Healthy Diet and Exercise”. Dietitian facilitates patients to take an active role in the learning process by relating the information they have learnt from the video to their own diet experiences. After the group interaction, patients are counselled individually with DM diet booklet given. Lastly, a satisfaction survey is conducted and an individual follow-up appointment is offered.

Result
From 16/6/2014-10/11/2014, 70 newly referred DM patients attended the Map Class and completed the satisfaction survey. Up to 1/2015, 28 patients attended their first follow-up (5 months post-class). A significant change in glycated hemoglobin (HbAlc) (7.6±1.4 vs. 6.6±0.8) (p=0.003) (n=19) was observed. For patients on diet control only, there was significant change in HbAlc (7.5±1.4 vs. 6.7±0.8) (p=0.008) (n=16) as well. In comparison to patients attending conventional DM Diet class, a significant change
in body mass index (BMI) was noted (27.1±4.1 vs. 26.7±4) (n=27) but not HbA1c. For further comparison of the two groups, there were no statistically significant differences in BMI & HbA1c respectively as determined by one-way ANOVA (F(1, 53) = 3, p = 0.088) & (F(1, 35) =0.7, p = 0.413). Nevertheless, satisfaction survey of the Map Class revealed that all respondents were agreed or very agreed that the implementation of the group discussion was useful to their diets.