An innovative program towards better outcomes for diabetes
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Keywords:
diabetes
innovative
outcomes

Introduction
Diabetes found difficult to manage their disease and suffered from kidney diseases, stroke etc. Patients' diabetic knowledge, motivation and social support played a key role in achieving good diabetic control. A group-based interactive program "ACC DM College" was designed.

Objectives
Empower diabetic patients to achieve a better diabetic outcomes through 1) identifying own motivations; 2) building rapport with peers; 3) reinforcing diabetic self-care knowledge; & 4) learning stress management.

Methodology
The program "College" has 4 interactive workshops that emphasized on the program's objectives. The "College" treated patient as "Student"; health care professional (nurses, dietitians, social workers) as "Mentor"; one diabetes nurse as "Class Mistress" who called students in-between workshops. To strengthen motivations and support, relatives and peers from support group were invited. A graduation ceremony was held for reunion and encouragement. Pre- and post-program design was employed. Subjects were (1) adult patients from Diabetes Centre, (2) with unsatisfactory diabetic control. Outcome measures included: (1) Diabetes Distress Level (DSS-17), (2) Quality of Life (WHO-5), (3) DM knowledge (MCQ), (4) Diabetic Control (HbA1c), & (5) Satisfaction survey.

Result
From April to December 2014, 16 patients, 56.3% were male, age 43-74 (median 63), mean 13.2 years of DM, average HbA1c 8.2% have completed the program. Pre- and
post-program surveys analyzed by Wilcoxon signed rank test showed significant improvement in diabetic control, HbA1c dropped to 7.6% (P=0.02) and knowledge MCQ score from 54.7% to 62.9% (P=0.00). No significant differences were found in quality-of-life and Diabetes Distress Level as >56% subjects showed no obvious problems in both pre-test except 3 subjects with greater problems showed much improvement in distress level and HbA1c. For the satisfaction survey, all patients agreed the program was very useful. During graduation ceremony, patients expressed that they have been re-energized; relatives have found a better way communicating and supporting patients positively. All patients and relatives found the “College” was useful and supportive. Results showed the “College” was effective to improve patients’ diabetic knowledge and control. Though data did not show significant improvement in reducing patients’ distress and quality of life, individual patients with greater problems in these areas might benefit more from this program.