Report of pilot empowerment program for Pakistani diabetics

Mabel Ng
APN DM
Diabetes Ambulatory Care Centre
United Christian Hospital
Background

From literature review

- Diabetes self-management education\textsuperscript{1-2}

- Group-based approaches of diabetes self-management interventions\textsuperscript{3-6}

- Minority as a risk factor\textsuperscript{7}

Background

From clinical observation

- Showed passive participation in their diabetes self-care

Possible causes:

- Language
- Cultural difference
- Low socio-economic status
Background

- With our Breakfast Club Model (multidisciplinary team approach) and an interpreter’s help

- A Pakistani Diabetes Patient Group (PDPG) was formed in July of year 2011


Objective

- Report the findings of the group-based diabetes self-management program in PDPG
Methodology

- Group FU Schedule: every 3 months
- 1 Diabetologist, 1 Diabetes Nurse, 1 Dietitian & 1 Interpreter
- Identify some topics each time
- ** Share their concerns, questions and problems **
Methodology

- Total 6 group meeting at 3-month interval

- A survey was conducted to investigate their impression of this group-based diabetes self-management program
<table>
<thead>
<tr>
<th></th>
<th>Strongly Agree</th>
<th>Agree</th>
<th>Disagree</th>
<th>Strongly Disagree</th>
<th>No Comment</th>
</tr>
</thead>
<tbody>
<tr>
<td>1)</td>
<td>You appreciate the group education with the translator to enhance the communication.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2)</td>
<td>The small group education can enhance your diabetes knowledge.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3)</td>
<td>The small group education can improve your diabetes self-management in daily life.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>3.1 Diet</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>3.2 Exercise</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>3.3 Medication</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>3.4 Self-monitoring</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4)</td>
<td>You enjoy the group activities.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>4.1 peer interaction</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>4.2 close interactions with health care professionals, including Doctor, Nurse and Dietitian</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>4.3 diabetes knowledge enhancement</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>4.4 sharing experience in daily life</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5)</td>
<td>The group can motivate interaction between peer members.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6)</td>
<td>What areas can be improved in the group?</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Result

- 8 out of 9 patients completed the survey (5 male and 3 female, married)
- Mean age: 47 years old
- Educational level: 3 No formal education, 2 primary level and 3 secondary level
- Working status: 4 retired, 2 housewife and 1 constructive worker and 1 unemployed
- Duration of DM: 10 years
- Medication treatment: all insulin therapy +/- OHAs.
Q1: You appreciate the group education with the interpreter to enhance the communication
Q2: The group education can enhance your diabetes knowledge
Q4.1 & 4.2: You enjoy the group activities in peer interaction and close interactions with HCPs
Q3.1: The group education can improve your diabetes self-management in daily life in terms of diet aspect

- Strongly agree (37.5%)
- Agree (62.5%)
- Disagree (0%)
- Strongly disagree (0%)
- No comment (0%)
Q3.2, 3.3 & 3.4: The group education can improve your diabetes self-management in daily life in terms of exercise, medication and self-monitoring aspects

Q4.3 & 4.4: You enjoy the group activities in diabetes knowledge enhancement and sharing experience in

- Strongly agree (50%)
- Agree (50%)
- Disagree (0%)
- Strongly disagree (0%)
- No comment (0%)
Result

Q6: What areas can be improved in the group?

- Half of patients expressed we provided good service to them.
- 1 patient suggested to arrange exercise class.
- 1 patient told he is very happy to join in the PDPG.
- 2 patients did not have any comments.
HbA1c Result
Discussion

- Positive responses
- Tailor-made service
- Greater job satisfaction from the HCPs
Sharing

Any difficulty?

1) Language barrier
2) Assess the understanding of DM education
3) Time-consuming
Sharing
Solution !!!

- Seek help from community available resources
  Dr. Shamila Gurung & Ms Asma Bukari (Nurse) who run South Asian Health Support Programme in Jockey Club Wo Lok Community Health Centre under United Christian Nethersole Community Health Service
Sharing

Improvement 😊:

- Simplify the content
- Precise wording
- More picture in handout
Plan for healthy eating
Handy portion guide

Your hands can be very useful in estimating appropriate portions. When planning a meal, use the following portion sizes as a guide:

FRUITS* / GRAINS & STARCHES*:
Choose an amount the size of your fist for each of Grains and Starches, and Fruit.

VEGETABLES*:
Choose as much as you can hold in both hands.

MEAT & ALTERNATIVES (PROTEIN)*:
Choose an amount up to the size of the palm of your hand and the thickness of your little finger.

FATS*:
Limit fat to an amount the size of the tip of your thumb.

MILK & ALTERNATIVES*:
Have up to 250 mL (8 oz) of low-fat milk or ¾ cup (175 mL) yogurt with a meal.
نیازی ہے کہ اپنی کھیانٹ کی حفاظت میں بھی بیٹھنے کی رہے جنگل کی کمی ہو جاتی ہے۔

<table>
<thead>
<tr>
<th>دن کے وقت کا نام</th>
<th>دارا کے نام</th>
<th>دوپن کے نام</th>
<th>دن کی کھدوں کی تعداد</th>
<th>دوپن کی کھدوں کی تعداد</th>
<th>کل کھدوں کی تعداد</th>
<th>کٹائی</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

دفتر کا ذخیرہ

<table>
<thead>
<tr>
<th>دن کے وقت کا نام</th>
<th>دارا کے نام</th>
<th>دوپن کے نام</th>
<th>دن کی کھدوں کی تعداد</th>
<th>دوپن کی کھدوں کی تعداد</th>
<th>کل کھدوں کی تعداد</th>
<th>کٹائی</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

بیوٹ لے کر 1 گھنٹے بعد

<table>
<thead>
<tr>
<th>دن کے وقت کا نام</th>
<th>دارا کے نام</th>
<th>دوپن کے نام</th>
<th>دن کی کھدوں کی تعداد</th>
<th>دوپن کی کھدوں کی تعداد</th>
<th>کل کھدوں کی تعداد</th>
<th>کٹائی</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| 3513 4009 | 3513 4009 |
The diabetes self-management program in PDPG

• New Year Celebration 2013
on 15/1/2013
The diabetes self-management program in PDPG

• Diabetes Patient Congress 2013 on 14/4/2013
The diabetes self-management program in PDPG

Pakistani patients exercise workshop on 16/4/2013
Thank you!