



**Service Priorities and Programmes**  
**Electronic Presentations**

**Convention ID:** 28

**Submitting author:** Miss Tammy Tak Yee SO

**Post title:** Advanced Practice Nurse, Prince of Wales Hospital, NTEC

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

*So TTY, Wong RYM, Ho SY, Li D, Pang HC, Loo KM, Yeung HM, Choy WY, Chik MY, Lee KY, Chan WS*

*Diabetes and Endocrine Centre, Prince of Wales Hospital International Diabetes Federation Centre of Education*

**Keywords:**

Diabetes care

Weight management

Peer support

Teamwork

Patient empowerment

Interactive patient education

**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 would assist 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 & acting 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 in and out 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**

As at December 2013, total 87 patients enrolled into 9 classes with 8-12 patients/class. 70%(62) have completed all 3 workshops, while others are still in progress. - Age range is 25-68, mean 57 - Years of having type 2 diabetes is 0.5-33 years, mean 14.8yrs - Baseline HbA1c 9.5% By completion, 100% rated overall "Satisfaction" to the program, especially on the interactive program design and input of PCA phone care. Preliminary results on week-8 (Workshop 3): 85% of participants improved HbA1c (baseline-A1c 9.5%, wk8-A1c 8.3%) and 44% of participants shown weight lost. For a longer observation on week-24, found to have more participants (59%) presented weight loss while wk24-A1c could be maintained at 8.3%. Statistical analysis will be carried out when more psycho-social & health parameter is on-board. 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. Training to PCA on structured diabetes care is also a new initiative in effective diabetes management, which could strengthen the concepts of "Teamwork" in healthcare culture either.