



Service Priorities and Programmes Electronic Presentations

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DM conversation map facilitated dietetic education for DM patients

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Introduction

Diet is one of the key components in diabetic self-management. Didactic teaching session followed by an individual diet education has been commonly used by dietitians as a defaulted program for the newly diagnosed diabetic patients in many HA hospitals or community. Conversation map education tools are a series of tools approved by the International Standards for Diabetes Education (IDE) in 2008, which facilitate group based education in self-management strategies and aim to improve clinical and lifestyle outcomes. The tools have been widely used in more than 90 countries, with modified content suitable for different regions and cultures. One of the maps 'Diet and Exercise' focuses on diet principle, diet myths, food counting and importance of exercise.

Objectives

1. To introduce new model of diet education for DM patients in the community; 2. To evaluate the feedback and satisfaction of patients.

Methodology

Patients referred to dietitian for DM diet education were firstly allocated to a didactic class and individual consultation. Suitable patients were then requested to attend DM conversation map as follow up. A group of 5-10 patients were arranged in a class and dietitian, who was previously trained as a facilitator held the map 'Diet and exercise'. After class, participants were requested to rank on 1. The format of class, 2. Helpfulness in their diabetes management, 3. The interaction during class and 4. Overall satisfaction of the class

Result

DM conversation map has been adopted to aid DM diet education since Feb, 2015 in Tin Shui Wai (Tin Yip Road) Community Health Centre. A total of 6 classes were held. During each session, dietitian as the facilitator encouraged patients to speak up and share their experience in DM management, refreshed diet principles and solved diet myths with the help of tools, which was different from sitting in a traditional didactic class receiving information. Of 33 satisfaction questionnaires received, 100% patients agreed that they like the format of the class and agreed that it was helpful in

DM management; 83% of patients agreed that they could share their experience in the class. 17% scored 61-80 marks and 83% scored 81-100 marks as overall satisfaction to the class using DM conversation map as teaching tools.