



## Service Priorities and Programmes Electronic Presentations

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### **Enhancement of Psychosocial Well-being through Peer Support Group Engagement for People having Diabetes**

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#### **Keywords:**

Patient empowerment

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#### **Introduction**

Global data showed 12-15% of diabetes people having depression. Emotional distress would affect one's motivation and performance on disease self-care management and self-efficacy. However, studies showed that it could be improved by having on-going peer sharing and mutual support engagement. In September 2014, PWH Diabetes and Endocrine Centre (DMEC) and Health Resource Centre join hands to establish a Diabetes Patient Support Group, namely "Friends of DMEC", aims to unite diabetes clients & their careers and develop a peer support network; facilitate learning, sharing and caring among peers, ultimately to promote a positive and enthusiastic attitude towards disease self-care.

#### **Objectives**

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#### **Methodology**

In 2014-15, ~240 members joined the group, 15 programs in various formats organized, >700 enrollments in total. In the first anniversary ceremony on 16-12-2015, a survey was performed to collect members' feedback and to observe any difference in emotional well-being and self-efficacy on diabetes self-care among the newly joined members verses those engaged the group before. Questionnaire including WHO-5 and self-rated 10-point scale are used for the measurement.

#### **Result**

Total 54 questionnaires collected; 39% are male and 61% are female; mean age is 65(range 50-83); 65 % having diabetes for >10 years, 19 % for 6-10 years. 44% are new members who did not engage for any activity before, while 66 % are existing members, who attended various activities from 2-33 times in the past year. Most

members (35%) rated "To gain diabetes knowledge" is the biggest benefit from joining the group; while "To build up peer network and gain peer support", only 1 new comer rated it is the biggest benefit, obviously more existing members (N=14) rated for it. For 10-point scale of self-efficacy on diabetes self-care management, the mean pre-program score was 5.3 for new-comers and higher at 6.9 for existing-members. Both groups showed post-program mean scores raise of 1.1-1.2 marks to 6.4 (new-comers) & 8.1(existing-members) representatively. About psychosocial well-being, new-comer group vs existing-member group was 59 vs 64/100. Significantly, more new comers (17%) vs existing members (4%) had score of <28/100 which indicated likely depression by using WHO-5. In conclusion, peer support group can enhance psychosocial well-being and self-care efficacy for people having diabetes. Resources and support from HA is essential to develop certain services for a holistic care.