

A Structured Exercise Program for Pakistani Patients with Diabetes: Methodology and Focus Group Findings



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Aim & Objectives

Aim:

To develop a structured program for Pakistani patients with diabetes (PPD) attempting to increase their physical activity

Objectives:

1. To examine the impact of the program by comparing its pre-post clinical outcomes
2. To assess participants' perception of the program

Methodology

- A three-stage approach:
 1. Need assessment
 2. Design of the exercise program with support of certified physical trainers
 3. Implementation of the 4-session program spanning over 9 months
- ✓ Pre-post program clinical data
- ✓ Two focus groups interview

Result and Outcome

- 16 PPD (8 male and 8 female; mean age: 50, mean of duration of DM: 12 years; 75% of insulin and OHA user)
- 75% of participants engaged in more frequent physical activity
- 13 PPD (7 male and 6 female) participated in the two focus groups interview.

7 categories of findings:

1. High satisfaction
2. High value of group interaction with peers
3. Enhanced physical and mental wellbeing
4. Pictorial illustration of exercise steps in the exercise record book
5. Feeling safe under supervision by health care professionals
6. Increasing the frequency of the exercise program
7. Infrequent self-monitoring of blood glucose and inappropriate choice of snack

Thank you