



Service Priorities and Programmes
Electronic Presentations

Convention ID: 329

Submitting author: Ms SHUK YEE HUNG

Post title: Advanced Practice Nurse, Pamela Youde Nethersole Eastern Hospital

A pilot program of Diabetes Conversation Map group with cooking class in Family Medicine & Primary Health Care, HKEC

Hung S Y(1), Cheng K Y(2), Rose Yong(2), Wangie Leung W C(1), Michelle Wong M Y(1)

(1)Family Medicine and Primary Health Care, HKEC,

(2)Department of Dietitian, HKEC

Keywords:

Diabetes Mellitus

collaboration

Diabetes Conversation map

cooking class

Introduction

Diabetes Mellitus (DM) is a chronic disease. Lifestyle modification is one of the key elements in DM management. Improving knowledge in self-care behavior in type II diabetes is very important because of the serious complications.

Healthy eating strategy is a challenge and major concern especially for the newly diagnosed DM patients in Hong Kong who enjoy food so much. They think they cannot enjoy food after having the disease.

Objectives

To enhance diabetic patients' knowledge of self-care

To practice healthy cooking

To apply knowledge into daily life

To implement multi-disciplinary collaboration in diabetic care approach

Methodology

During the biannual DM complication screening, nurses would recruit diabetes patients with HbA1c > 7% and fair diet control to the program in Chai Wan GOPC. The joint program consisted of 2 parts. In the first part, Dietitian with the assistance of Advanced Practice Nurse (APN) cooked a dish (e.g. cinnamon apple cookies) together with the participants. After that, dietitian would elaborate of its nutritional values (e.g. fat, fiber content) and explained the carbohydrate exchange concept to participants.

In the second part, a Diabetes Conversation Map (DCM) group titled "living with Diabetes" would be facilitated by APN at the same time when patients tasted the finished product.

At the end of the 2-hour session, a patient satisfaction survey was conducted

Result

From Jan 2016 till Nov 2016, 4 sessions of the joint program with 30 patients were completed.

28 patients completed the survey:

-27 patients out of 28 Agreed or Strongly Agreed that nurse and dietitian working together could enrich their learning.

-27 patients out of 28 Agreed or Strongly Agreed that FM & PHC should continue to run this kind of program.

-All 28 patients Agreed or Strongly Agreed that they understood more about the importance of healthy diet after the program

-All 28 patients Agreed or Strongly Agreed that they could apply the knowledge from the program in their daily life

-All 28 patients Agreed or Strongly Agreed that they could learn from nurse, dietitian and also other group mates during the program

Conclusion

Diabetes is a disease that needs lifelong care. DCM group is an interactive approach which facilitates positive behavioral change. Live cooking class allows patients to enjoy tasty food with useful tips on cooking healthy dishes by themselves.

Collaborative approach can enrich learning and it is cost effective.