

5th World Congress on

Diabetes & Metabolism

November 03-05, 2014 Embassy Suites Las Vegas, USA

Culturally sensitive patient-centered educational program for self management of type 2 diabetes: A randomized controlled trial

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Objective: To assess the effectiveness of a culturally sensitive structured education program (CSSEP) on biomedical, knowledge, attitude & practice measures among Arabs with type 2 diabetes.

Research designs and Methods: A total of (430) patient with type two Diabetes Mellitus living in Doha - Qatar were enrolled in the study. They were randomized to either intervention (n=215) or control group (n=215). A baseline and one-year interval levels of biomedical variables including HbA1C, lipid profile, urine for microalbuminuria; in addition to knowledge, attitude and practice (KAP) scores were prospectively measured. The intervention was based on theory of empowerment, health belief models and was culturally sensitive in relation to language (Arabic), food habits and health beliefs. It consisted of four educational sessions for each group of patients (10-20 patients per session), lasting for three to four hours. The first session discussed diabetes pathophysiology and complications; while the second session discussed healthy life style incorporating the Idaho plate method; and the third session dealt with exercise benefits and goal setting and the fourth session concentrated enhancing attitude and practice using counseling techniques .outcomes were assessed at base line and 12 months after intervention.

Results: Participation in the intervention was shown after 12 months to have lead to a statistically significant reduction in HbA1C was observed in the (CSSEP) group (- 0.55 mmol/L, P=0.012), fasting blood sugar (- 0.92 mmol/L, P=0.022), body mass index (1.70, P=0.001) and albumin/creatinine ratio (- 3.09, P<0.0001) but not in the control group. The intervention group had improvement in diabetes knowledge (-5.91, P<0.0001), attitude (-6.56, P<0.0001), and practice (-6.52, P = 0.0001) at 95% CI.

Conclusion: This study demonstrates the effectiveness of a culturally sensitive structured group based diabetes education in enhancing biomedical & behavioral outcomes in diabetic patients.

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