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## Quality of Life of Patients with Diabetes

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# LIVING WITH DIABETES

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# MARINERS HOSPITAL

## DIABETES CARE CENTER

Rural Hospital  
Critical Access  
Designation

“Southernmost”  
ADA Recognized  
Diabetes  
Education  
program

The only ONE in  
Monroe County





# WHY IS DIABETES EDUCATION SO ESSENTIAL?

“Diabetes is a complex, chronic illness requiring continuous medical care with multifactorial risk-reduction strategies beyond glycemic control.”

Reference: Diabetes Care Jan 2016, 39 (Supplement 1) S1-S2; DOI: 10.2337/dc16-S001

# DIABETES SELF MANAGEMENT EDUCATION (DSME) PROGRAM

All people with diabetes should participate in DSME

- Facilitate knowledge and skills
- Patient-centered

## Key Outcomes:

- Effective self-management
- Improved clinical outcomes, health status, and quality of life

Better outcomes were reported for interventions that were longer than 10 hrs with included follow-up support



“Give a man a fish and you  
feed him for a day.  
Teach a man to fish and you  
feed him for a lifetime.”

-Lao Tzu

# Dartmouth Quality of Life








## QUALITY OF LIFE OUTPATIENT ASSESSMENT

DATES →	Entry		Exit	
	Date: _____	Time: _____	Date: _____	Time: _____
CHARTS ↓				
Physical Fitness				
Feelings				
Daily Activities				
Social Activities				
Pain*				
Overall Health				
Change in Health				
Social Support				
Quality of Life				
Signature/Initials				

(DARTMOUTH COOP 1 = Excellent 2 = Very Good 3 = Good 4 = Fair 5 = Poor)

### PAIN

During the past 4 weeks...  
How much bodily pain have you generally had?

No pain		1
Very mild pain		2
Mild pain		3
Moderate pain		4
Severe pain		5

Questionnaire  
not diabetes  
specific

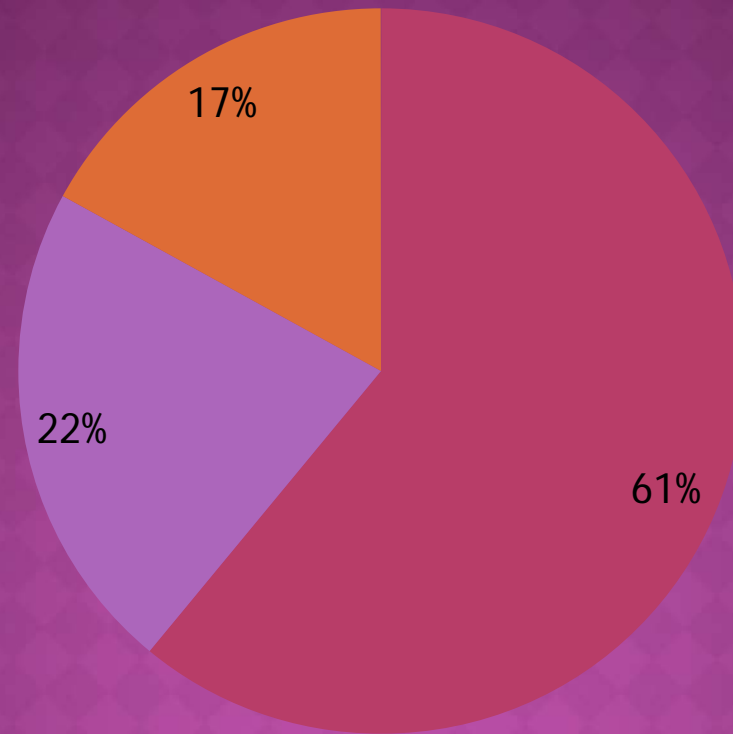
## Dartmouth Quality of Life

### Patients Perception of Change in Quality of Life after Diabetes Education

61% - perceived  
improvement of  
quality of life

22% - perceived  
decline in quality  
of life

17% - no change







**Mariners  
Hospital**

BAPTIST HEALTH SOUTH FLORIDA

**Diabetes Care Center**

**LIVING WITH  
DIABETES  
QUESTIONNAIRE**

**DIRECTIONS:** These questions will help us understand your challenges with Living with Diabetes. There are no wrong or right responses and it is important to answer all questions. Please check the appropriate answer.

	Agree	Unsure	Disagree
1. I feel comfortable choosing healthy meals at a restaurant.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I know when/where to seek help with my diabetes care.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I am comfortable checking my own blood sugars every day.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I understand the reason for taking my diabetes medications as prescribed.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I look forward to exercising because I know it will help my blood sugars to be better controlled.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I feel comfortable talking to my doctor about my concerns regarding my diabetes.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I can enjoy my day to day life with diabetes.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I feel comfortable finding good reliable information on my diabetes care.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I feel confident in knowing which foods raise my blood sugar.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. I am confident that I know how to reduce or delay diabetes complications.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. I am satisfied with my current exercise regimen.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. I am confident that I know my blood glucose target ranges.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. I understand the possible side effects of my diabetes medication.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. I am comfortable with monitoring my own diabetes self-care schedule.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. I understand the proper way to manage low blood sugar reactions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

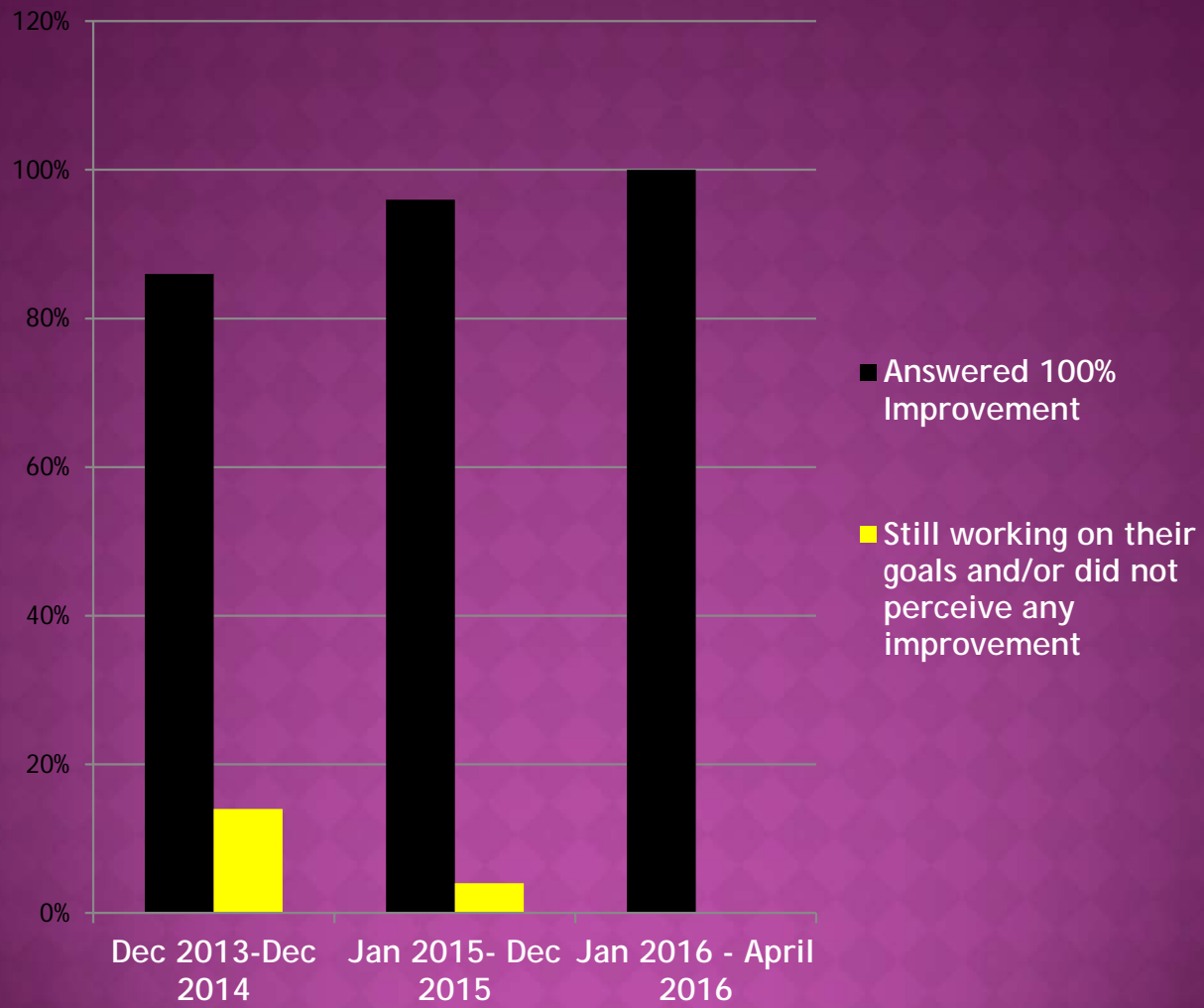
**Please let us know your health concerns:** \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

# AMERICAN DIABETES ASSOCIATION (ADA) BEHAVIORAL OUTCOMES

- Healthy eating
- Being active
- Taking medications
- Monitoring glucose
- Preventing, detecting, and treating acute complications/problem solving
- Preventing, detecting, and treating chronic complications/reducing risks
- Psychosocial adjustment/ healthy coping



# LIVING WITH DIABETES QUESTIONNAIRE



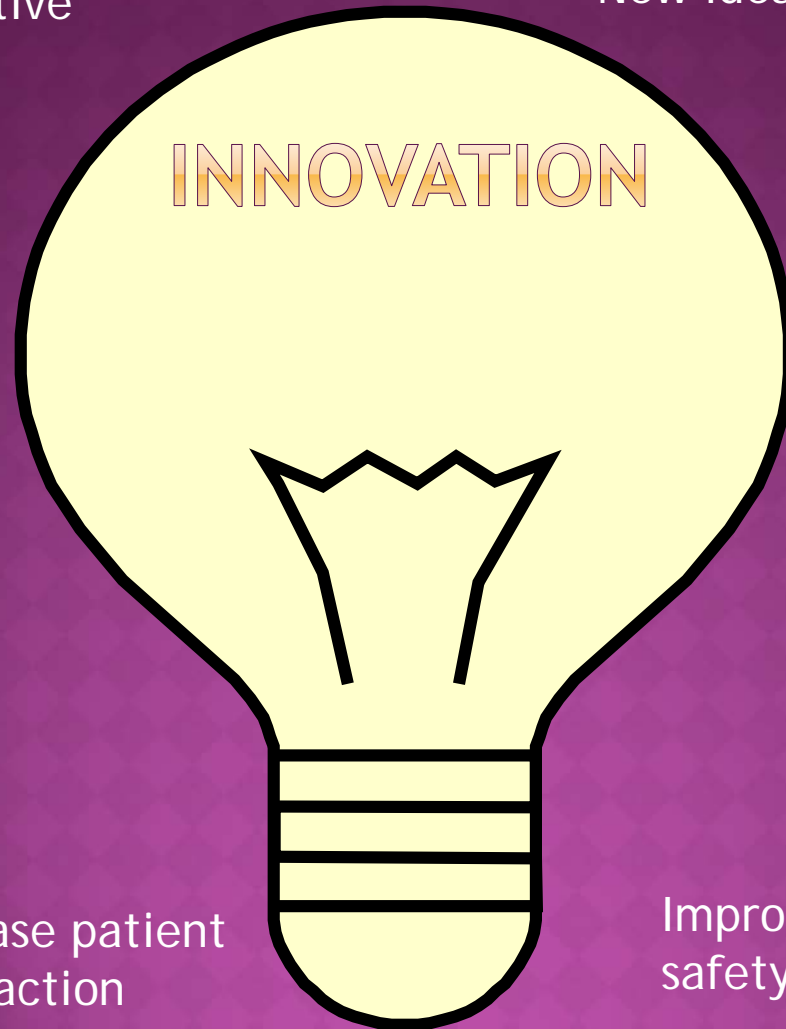


# PDSA

Plan  
Do  
Study  
Act

Be creative

New ideas



INNOVATION

Increase patient satisfaction

Improve patient safety

Patient/family centered

## SUMMARY

### Living with Diabetes Questionnaire

- Practical and focuses on self-management skills
- Creates an open dialogue atmosphere
- Measures perception of the impact of diabetes education
- Understanding and assessing the needs of our patients and the family members increases their satisfaction and self-reliance

# MARINERS HOSPITAL

## Diabetes Education Program



# REFERENCES

1. Diabetes Care Jan 2016, 39 (Supplement 1) S1-S2; DOI: 10.2337/dc16-S001.
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3. Chinese proverb. Attributed to Lao Tzu, Chinese Taoist Philosopher, c. 600 BCE. Lao Tzu, Dale, RA. The Tao Te Ching: Sacred Wisdom, London, UK: Watkins; 2006.