The Efficacy of a Diabetes Self-Management Education Program at a Rural Critical Access Hospital

Clair Hefner  
_Mariners Hospital_, clairh@baptisthealth.net

Victoria McCue  
_Mariners Hospital_, victoriamc@baptisthealth.net

Courtney Dorchak  
_Mariners Hospital_, CourtneyD@baptisthealth.net

Follow this and additional works at: [https://scholarlycommons.baptisthealth.net/se-all-publications](https://scholarlycommons.baptisthealth.net/se-all-publications)

_Citation_
Hefner, Clair; McCue, Victoria; and Dorchak, Courtney, "The Efficacy of a Diabetes Self-Management Education Program at a Rural Critical Access Hospital" (2019). _All Publications_. 3277.  
[https://scholarlycommons.baptisthealth.net/se-all-publications/3277](https://scholarlycommons.baptisthealth.net/se-all-publications/3277)

This Conference Poster – Open Access is brought to you for free and open access by Scholarly Commons @ Baptist Health South Florida. It has been accepted for inclusion in All Publications by an authorized administrator of Scholarly Commons @ Baptist Health South Florida. For more information, please contact Carrief@baptisthealth.net.
Efficacy of a Diabetes Self-Management Education Program at a Rural Critical Access Hospital

Clarinda Hefner, MSN, RN, CDE; Victoria Y. McCue, MSN, PhD(c), RN, CPN; Courtney Dorchak, RD, LDN, CDE

**BACKGROUND**

Diabetes is a condition in which the body is not able to produce or respond to insulin resulting in decreased energy to perform activities of daily living. Mariners Hospital has had a Diabetes Self-Management Educational (DSME) program since 2008. However, the program has never been evaluated for its effectiveness.

- American Diabetes Association certified program.
- Only ADA certified education program in Monroe County, Florida.

**PURPOSE**

The purpose of this research study was to test the efficacy of Mariners Hospital’s Diabetes Educational program and the impact the program has on improving coping skills and quality of life for people living with diabetes.

**METHODS**

- Design: Quasi experimental
- Data collection (pre and post Education Program)
- Utilized the Living with Diabetes Questionnaire, content validity established
- Based on five-point Likert Scale
- All patients enrolled in the program were invited to participate
- No identifiable information collected from participants
- 32 participants enrolled
- 50% completed the post survey questionnaire

**RESULTS**

- There was an increase in the patients’ Living with Diabetes rating post-program (M = 66.38, SD = 5.8) compared to pre-program as shown by t-tests. (M = 51.94, SD = 9.75), t (46) = 5.44, p < .001, Cohen’s d = 1.80. Results proved to be statistical significant.
- The average score for the pre education was 3.6 on a 5 point Likert Scale, whereas post education score was 4.5.
- Post education program average score was 4.5
- 25% increased in participants perception in their coping skills and quality of life with diabetes.
- The results demonstrated that participants were able to increase their understanding and coping skills of diabetes self-management after the structured outpatient educational program.

**CONCLUSION**

- The educational program showed a significant improvement in the quality of life for people living with diabetes, which will result in positive outcomes for the individual, their families and the community.
- Increased understanding of diabetes self-management will:
  - Decreased emergency room visits
  - Decreased hospitalizations and LOS
  - Prevent and decrease diabetes complications