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

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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.

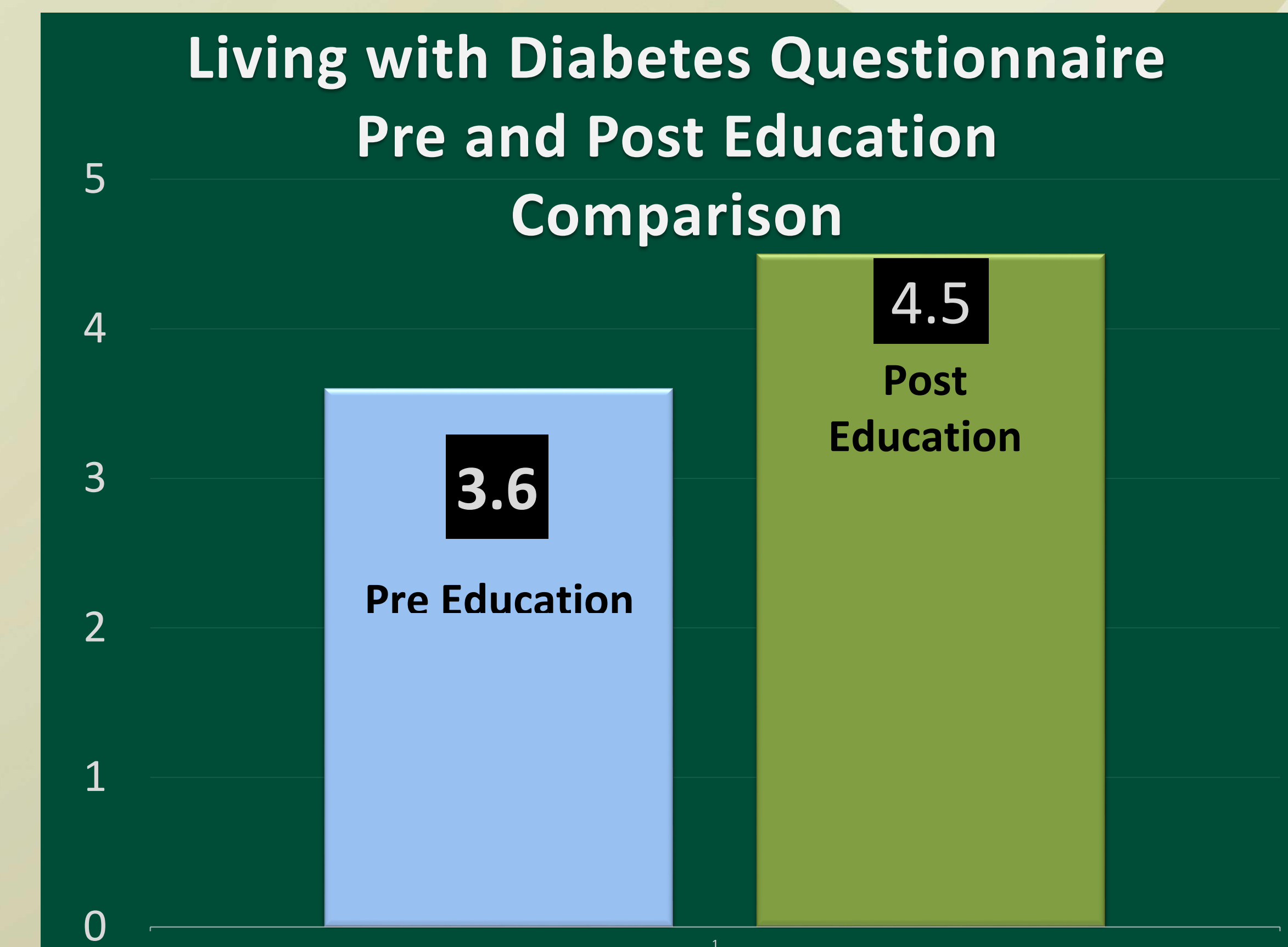
Mariners Hospital has had a Diabetes Self-Management Educational (DSME) program since 2008. However, the program has never been evaluated for its effectiveness.

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



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.



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.

Survey Tool

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.

	Strongly Agree	Agree	Unsure	Disagree	Strongly Disagree
1. I feel comfortable choosing healthy meals at a restaurant.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I feel confident that I have all the information needed about my own routine diabetes check-ups.	<input type="checkbox"/>	<input type="checkbox"/>	<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"/>	<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"/>	<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"/>	<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"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I can usually enjoy my day to day life with diabetes.	<input type="checkbox"/>	<input type="checkbox"/>	<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"/>	<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"/>	<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"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. I am satisfied with my current exercise regimen.	<input type="checkbox"/>	<input type="checkbox"/>	<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"/>	<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"/>	<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"/>	<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"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please let us know your health concerns: _____

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

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

REFERENCES

Available upon request

