

A NEW MODEL TO A GROUP PROGRAM, A PHYSICIAN-SPECIALIST TO HELP MOTIVATE PATIENTS

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BACKGROUND

Pre-DM is a state in which an individual's fasting glycemic levels and/or response to fasting glucose tolerance test are higher than normal but not high enough for diagnosis of Diabetes.

This disorder is classified as impaired fasting glucose (IFG) or impaired glucose tolerance (IGT).

Patients presented with this condition have 5-10x more likely chance of advancing to full-blown Diabetes Type 2 and cardiovascular complications than normal.

The challenge is to motivate them to take action against this disease.

At the Don Mills Family Health Team, we invited clinic patients diagnosed as pre-DM to attend a 4-week programme called: *Diabetes: Are You At Risk?*

Class format consisted of formal and informal teachings by Nurses, a Dietitian, and a Fitness Instructor.

Knowledge transfer included education of their pertinent blood work (fasting glucose, HbA1C), nutrition, and a Zumba class.

In the most recent iteration of this program, we added a **cardiologist**, who could provide a more authoritative perspective on the consequences of diabetes and poor lifestyle choices.

MISSION

- ❖ To see how the addition of a physician specialist will help motivate, disseminate knowledge and provide practical tips for implementing a successful group education program.

ATTENDEES

- Patients confirmed as Pre-DM according to Canadian Diabetes Guideline and documented in the EMR

CLASSES

- ❖ Interactive Participatory Classes
- ❖ 60-90 minutes each week for 4 weeks
- ❖ *Lecturers:*
 - Cardiologist – Q&A
 - Nurses – Understand your bloodwork
 - Dietitian – GI Meal Plan
 - Fitness Instructor - Zumba Gold

❖ Patient Questionnaire:

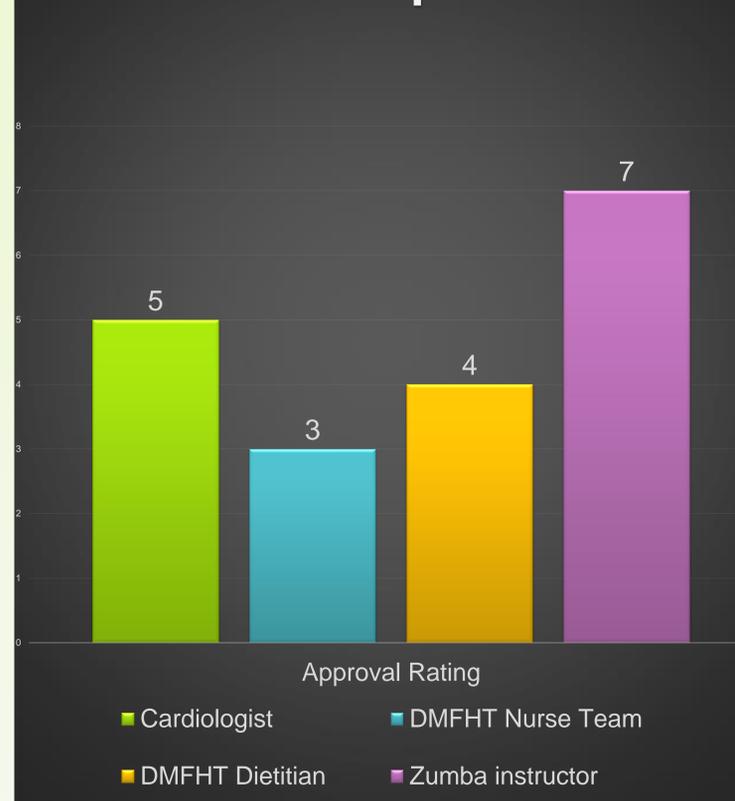
1. Did the program meet your expectations?
2. What did you like the most?
3. List some goals that you achieved?
4. Which class was helpful?
5. Were the handouts helpful?

RESULTS

- Total number of participants = 7.
- Rate of attendance = 100%
- Response rate = 100%

PATIENT'S EXPERIENCE

Which class did you find helpful?



PATIENT'S FEEDBACK

- ✓ 'This is my first diabetes program – informative'
- ✓ 'Pay more attention to my diet'
- ✓ 'Education – informative'
- ✓ 'Having a cardiologist available'
- ✓ 'I have never known a medical centre that is so interested in seeing their patients get back to the place they were before they got sick its called getting back to good healthy living'
- ✓ 'Everything'
- ✓ 'Exercising through slow zumba is fun!'
- ✓ 'Discovered movement can be fun when in the form of dance'

CONCLUSION

- ❑ 100% had a favourable opinion of the exercise class;
- ❑ 71% - cardiologist class
- ❑ 57% - Dietitian class
- ❑ 43% - Nurses class
- ❑ Patients valued sessions that involved the cardiologist, exercise and nutrition.
- ❑ This could be a model template for future group educational programs such as Smoking-cessation, Hypertension, Heart disease and Osteoporosis.

NEXT STEPS

- ✓ Obtain pre and post 3-month blood work involving FBS and HbA1C.
- ✓ Examine behavioral changes – patient readiness to change scale.

REFERENCES

1. Canadian Diabetes Association- *Living with Diabetes* 2014.
2. *Diabetes in Canada: Facts and figures from a public health perspective* – Public Health Agency Canada (www.publichealth.gc.ca) 2012

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