

D2: Diabetes Self-Management Education Participant Outcome Measurements

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Diabetes is a chronic disease that requires the patient to be an informed active participant in their care. The goal of diabetes self management education (DSME) is to provide knowledge, help with developing skills, facilitate problem solving and coping skills to achieve diabetes self care skills. However, people with diabetes are not a homogenous group. They vary by type of diabetes, treatment regimen and psychosocial variables. These aspects of the DSME experience create a challenge for educators to devise methods that monitor and measure outcomes for persons with diabetes. Behavior change is the unique outcome measurement for DSME. The American Association of Diabetes Educators (AADE) National Diabetes Outcome Measurement Standards identify seven diabetes self care behavior measures that determine the effectiveness of DSME. Additional outcomes such as knowledge, clinical indicators and health status can be used to demonstrate the relationship between DSME and behavior change of persons with diabetes. Immediate outcomes (knowledge scores and skills) and intermediate outcomes (clinical indicators and behavior changes) can be used to guide interventions and improve care. Pre and post program assessment tools are needed to identify self care behavior, knowledge, clinical indicators and long term outcomes (complications). DSME programs will also need to consider methods to collect and track data that objectively measures behavior change and other outcomes over a specified period. Using the data to create an individualized diabetes self care progress report can enhance the DSME experience for the person with diabetes. The advantages of measuring outcomes include: demonstrates the effectiveness of DSME interventions, informs participants of their health status, identifies areas for improvement, and identifies high risk individuals and the need to revise interventions.

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