

Health Coaching with Peer Support to Improve Diabetes Self-Management Education

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Objectives

By the end of this session, you will be able to:

1. Identify and discuss components of a diabetes health coaching program.
2. List 3 characteristics for diabetes health coaching.

Purpose

- Improve ability of patients to self-manage type 2 diabetes (T2DM)
- Educate patients & families on disease process & *how* to better manage T2DM

Methods

Preparing for Project Implementation

- Institutional Review Board (IRB) approval
- Patient criteria selected based on literature
 - T2DM
 - Age 45-64
 - African-American
 - Overweight, BMI ≥ 25
 - Prescribed at least 1 medication for DM
- Consents obtained from each participant

Methods

Health Coaching Program

Foundations Class: required at start of program

- Assess readiness to change
- Pre-test Questionnaires:
 - Perceived Stress Scale (Cohen, Kamarck, & Mermelstein, 1983)
 - Summary of Diabetes Self-Care Activities (Toobert, Hampson, & Glasgow, 2000)
- Watch video on Behavior Modification

Methods

Health Coaching Program

Four Class Series:

- **Stress Management**
- **Exercise**
- **Medications, Complications, & Screenings**
- **Nutrition**

Classes offered once per week & series starts over each month

Patient can join program at anytime

Methods

Health Coaching Program

Included in each 2 hour class:

- Weight checks
- Teaching session about T2DM
- In class activity
- Interdisciplinary speaker engagement
- Homework assigned
- Peer discussion forum
- Healthy snack or meal
- Handouts, packets, &/or DM supplies
- Log review from previous week







What About The Coaching?

Telephone coaching at least once per week to discuss:

- Compliance with homework
- Attendance at next class
- Other health related issues or questions that arise

Peer Support

- Encourage fellow peers & offer empathetic support
- Openly discuss DM related issues

Hallmarks for Good Health Coaching

- Treat patient as a health care partner, not a student.
- Allow patient to identify his/her own need for making lifestyle changes.
- Be the “cheerleader” but understand that patient will fail sometimes. Stay focused on the positive.

Hallmarks for Good Health Coaching

- Let patient guide the learning experience based on his/her needs.
- Utilize multiple teaching tools & techniques as everyone learns differently.
- Changes should be made in “baby steps”.
- Reward positive behavior changes.



Outcome Findings

Results				
<i>Comparison of Health Coaching Pre and Post Intervention Results</i>				
	Variable ^a	<i>M</i> pretest	<i>M</i> posttest	<i>p</i> - value
SDSCA ^b	General Diet	3.45	4.56	.031*
	Specific Diet	3.63	4.38	.164
	Exercise	3.38	4.00	.227
	Glucose Testing	1.88	6.00	.004*
	Foot Care	3.38	5.13	.078
PSS ^c	Stress Score	23.13	16.75	.004*
Biometric	Weight ^d	247.9	245.0	.191
	Blood Glucose ^e	136.9	127.4	.066

Note. ^a *n* = 8; ^b reported in days per week; ^c calculated according to PSS scoring guidelines; ^d measured in pounds; ^e reported in mg/dL; * *p* < .05

Overall improvement as a group in all areas!

Limitations

- Small sample size
- Patients from one hospital
- Age range

Barriers

- Patient perceived health threats
- Transportation issues

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