Educational Intervention for improving Self-Management in low-Income Mexican people with Type 2 Diabetes

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Significance

Type 2 diabetes is one of the main Public Health problems in the worldwide. For Mexico it represents a challenge and many tasks have been done but we need more in order to help people with this chronic disease living with the disease and maintain their Health.

Purpose

To test the feasibility of the educational intervention (including its acceptability, and further refine intervention materials and study procedures) for improving self-management in low income Mexican people with type 2 diabetes.

Methods

Randomized two-group design. We will test the initial efficacy of the intervention on participants with type 2 diabetes on glycemic control (HbA1c), adiposity, weight, and diabetes self-management from Time 1 (Baseline-0 months), Time 2 (Post Intensive Intervention-2 months), and Time 3 (After 3 months on their own-5 months).

Participants were randomized into either the intervention (n = 25) or the control (n = 25) group. Participants in the experimental group received the 8 weekly classes focused on diabetes self-management behaviors in Spanish and then will have 3 months on their own. The control group received usual care.

Institutional Review Board (IRB) approval was obtained from the Instituto Nacional de Salud Pública and the Universidad Autónoma de Tamaulipas School of Nursing, Tampico, Tamaulipas, México. Data analysis will include descriptive and inferential statistics in the SPSS program.

Results

The major potential benefit of this study is the provision of new knowledge in nursing about ways to improve outcomes for participants from México with T2DM. This program is expected to provide them with the skills and support necessary to manage their T2DM. If the intervention is successful, this will provide an evidence-based practice rationale for nursing intervention with Spanish-speaking participants from México.

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