Evaluating Relative Effectiveness of Community Self-Management Programs

Disclosure to Participants

No conflict of interest

State of Knowledge

A - Diabetes Patient Education
B - Chronic Disease Self-Management Program
C - Diabetes Self-Management Program

Gaps in community practice that needed to be addressed

A - Diabetes Patient Education
B - Chronic Disease Self-Management Program
C - Diabetes Self-Management Program

• Will participation in a self-management program improve clinical and self-report outcomes and health care utilization?
• Is there a difference in the effectiveness between the programs?
3. Measures

Primary  A1C

Secondary  weight, cholesterol levels, lipid counts, waist girth, BP
self-efficacy, empowerment, quality of life, health distress, illness intrusiveness, communication, diabetes empowerment, health care utilization

Analysis

Tests to see if groups are equal at baseline
Repeated Measures ANOVA
  a) Comparison of 2 groups
  b) Comparison of 3 groups
  c) Repeated measures ANOVA - subjects with A1C of 7+

Equivalency of Groups

At baseline there were no differences between

DSMP (n=86)
CDSMP (n=63)
Control (n=89)
Drop Outs (n=101)
Discussion and Implications

- Effectiveness of SMP-Control
- No differences between groups
- A1C lower and above 7
- Gender
- Study population

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