Facilitating Healthy Behaviors: Educator and Patient Findings from the NDEP/AADE Diabetes HealthSense Study

Objectives

- Describe the NDEP’s Diabetes HealthSense resource and its unique role in facilitating behavior change and psychosocial support in diabetes.
- Discuss outcomes of NDEP’s 2015 evaluation of Diabetes HealthSense’s effectiveness, including impact on knowledge, readiness to change, self-efficacy, and self-management behaviors.
- Identify how to use Diabetes HealthSense in practice with patients, among colleagues, and in support of the national standards for DSME/S.
National Diabetes Education Program
- U.S. Department of Health and Human Services program established in 1997
- Jointly sponsored by National Institutes of Health and Centers for Disease Control and Prevention with over 200 public and private partners
- NDEP’s goal is to improve the treatment and outcomes for people with diabetes, promote early diagnosis, and prevent or delay the onset of type 2 diabetes

What is Diabetes HealthSense?

Diabetes HealthSense Evaluation

Evaluation Objectives
- To assess…
  - PWD/PAR changes in knowledge, attitudes, and behaviors following guided exploration of Diabetes HealthSense
  - Experience and satisfaction with Diabetes HealthSense among PWD/PAR and diabetes educators
Study Design

Site Recruitment and Screening

Randomize Sites:
- Intervention (n=5)
- Comparison (n=10)

Comparison Groups
- (n=10, 1 group per site)

Participant Pretest
- Comparison Group (n=207)

Participant Posttest
- Comparison Group (n=176)

DHS Introduction Session

Intervention Groups
- (n=15, 2-4 groups per site)

Educator Pre-interview (n=5)

Participant Pretest
- Intervention Group (n=187)

Participant Satisfaction Survey (n=144)

Independent DHS Use

Participant Posttest
- Intervention Group (n=135)

Participant Interviews (n=12)

Educator Post-interview (n=5)

Partnership with AADE

August 2013
- Initial discussion

Fall 2013 to Spring 2014
- Initial instrument development
- Instrument cognitive testing
- Introduction Session PowerPoint formative testing

Summer to Fall 2014
- Site recruitment and selection

Summer 2010
- Focus group testing for “Support for Behavior Change”

2013
2014
2015

Key Findings

Intervention participants made significant increases (p < 0.05) in self-reported...
- Knowledge
- Self-efficacy
- Healthy behaviors
  - Healthy eating
  - Physical activity
  - Coping
- Emotional health
  - Feelings of being overwhelmed with diabetes among PWD
  - Feelings of failure with diabetes/diabetes prevention regimen
- Following provider recommendations
- Outcomes by diabetes status
  - Both PWD and PAR benefitted from use of Diabetes HealthSense

Non-Significant Outcome Measures

- Emotional health
- Following provider recommendations
- Outcomes by diabetes status

Evaluation Conclusions

- Many positive outcomes
  - Significant improvements in:
    - Knowledge
    - Self-efficacy
    - Healthy behaviors
  - Educator and participant satisfaction with the site

Key Findings - Satisfaction

- Educators and participants generally satisfied with Diabetes HealthSense
- Participants described Diabetes HealthSense as “informative” and “educational”
- Majority of participants reported plans to continue using Diabetes HealthSense
- Participants also satisfied with Introduction Session

Using Diabetes HealthSense in Your Practice

Reduce Clutter!

Preparing for Behavior Change

Videos to Enhance Curriculum

Problem-Solving Resources

Healthy Coping Resources

AADE16

youtube.com/user/ndepgov

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Staff Development

- Medical assistants
- Administrative staff
- Students and interns

Meeting the National Standards

- Curriculum
- Ongoing Support
- Quality Improvement

Outreach to Colleagues

- Team development
- Journal club
- Marketing DSME/S services

A QI Case Study

- Objective: Increase physical activity
- Outcomes: Weekly minutes of PA, A1C and weight change
- Participants: 554 adult patients
- Methods: DHS resources, quarterly visits, team collaboration
- Results: 80% met PA goal, A1C ↓ 1.5%, Weight ↓ 4.2 lb

“ar’s important to show outcomes of diabetes education and Diabetes HealthSense has given me more tools to use to reach that goal” – Debbie Zlomek, RN, MSN, CDE, BC-ADM

Discussion

- Are you familiar with or have you used Diabetes HealthSense in your practice?
  - If so, do you have suggestions, comments, or gaps in resources you’d like to see addressed?
- How do you think you could use Diabetes HealthSense with your patients?

Thank you!

- Submit a resource to Diabetes HealthSense at ndep.nih.gov/healthsense
- Come visit us at NIDDK booth #1511
- Visit the NDEP Website at ndep.nih.gov

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