



Other Abstracts

A Randomized Controlled Trial of a Diabetes Self-management Program for Older People: the Preliminary Results

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Purpose of the Project:

To evaluate the effectiveness of a 8-week self-management program for older people with type 2 diabetes in the community setting

Material & Methods:

Subjects aged 50 or older with type 2 diabetes who were receiving medical treatment were recruited. Subjects were randomized to either the treatment group (TG) or the wait-list control group (CG). The TG subjects received the 8-week diabetes self-management program, while the CG subjects received usual care. Core components of the program included educational talks, exercise practice, peer group discussion, action planning and problem solving. Physical outcome measures included two-hour postprandial blood glucose levels, glycosylated hemoglobin levels (HbA1c), blood pressure levels, body mass index, and waist-to-hip ratio. Other outcome measures were Medical Outcomes Study 36-item Short Form (SF-36), a diabetes knowledge test consisting of 14 questions, and the Diabetes Quality of Life Questionnaire (DQOL). The changes of outcome measures after 8 weeks were compared between two groups using independent t-test or Mann-Whitney U test.

Results:

In total, 49 TG and 44 CG subjects finished the 8-week study. After the 8-week program, subjects in the TG had significant improvement in diabetes-related knowledge when compared with CG subjects ($p < 0.005$). The HbA1c level of subjects in the TG was reduced, although it did not reach significance compared with CG subjects ($p = 0.222$). There were also trend of improvements in the mental component of SF-36 in the TG subjects ($p = 0.077$). No significant improvement was found in other physical measures and other domains in DQOL and SF-36.

Conclusions:

The preliminary results revealed that the diabetes self-management program can improve subjects' diabetes-related knowledge. More subjects needed to be recruited in order to determine its effectiveness in the physical and psychosocial outcomes.