Introduction

- The WHO estimated that 422 million adults were living with diabetes globally, compared to 108 million adults in 1980. 1
- Patient knowledge and perception of T2DM are key variables for managing this disease. 2
- Primary care becomes a central point for T2DM management because of the lower costs of managing chronic illness and its holistic approach to care.3

Sample Characteristics

- 30 participants (100% participation rate; 88% participants completed all survey questions)
- Ages ranged from 48 to 82, with a mean of 67.53 years

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<tr>
<th>Ethnicity</th>
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Discussion/Limitation

- Enhanced participants’ self-glucose monitoring skills, medication adherence, and a healthy lifestyle, including a nutrition guide and a list of physical activities that reduce glucose levels.
- Improved patient satisfaction about the interview experiences and facilitated patient-provider rapport.
- Limitations: Small sample size, COVID related challenges, a short period time to implement the project.

Conclusion

- Sustainability: Similar individualized approaches may have other applications in chronic disease self-management. The project can be replicated by clinicians following the same process to evaluate this and other chronic diseases in primary care settings, even during the COVID-19 pandemic.

References