

Abstract

Objective: More than 34 million people are living with type 2 diabetes in the United States. uncontrolled diabetes can lead to serious complications such as heart disease, renal disease, stroke, blindness, and amputations. Successful self-management behaviors are vital to managing diabetes and preventing complications. High self-efficacy is key for patients to successfully complete self-management behaviors. One way to effectively increase self-efficacy is through collaborative goal setting.

Methods: This quality improvement project utilized a pre- and post-intervention design to evaluate self-efficacy, frequency of goal attainment, and patients' perceived benefit of weekly goal reminders. This 4-week intervention focused on promoting self-care management and behavioral changes in adult patients with poorly controlled type 2 diabetes through a brief collaborative goal setting session along with weekly reminders via an electronic medical record.

Results: Results showed some promise for improving self-efficacy, with the mean self-efficacy score increasing from 55.07 to 60.43, a difference of 5.36. In addition, the intervention led to the majority of patients at least attempting their SMART goal and incorporating a method for patient-provider communication that most patients found to be beneficial in working toward their goal and does not require face-to-face interaction or that needs to be performed in real time.

Conclusions: Findings from this project are promising for increasing self-efficacy, assisting patients to set and begin self-management behavioral goals, and fostering a simple and effective method for regular communication with patients to support them through their goals. This project is feasible and should be expanded to include more members of the healthcare team to support the patient in taking "baby steps" towards achieving successful self-management behaviors.

Implications: A brief goal setting intervention can help motivate patients to take initial steps toward self-management behaviors and potentially increase self-efficacy.

Key words: self-efficacy, diabetes, collaborative goal setting, patient-centered care