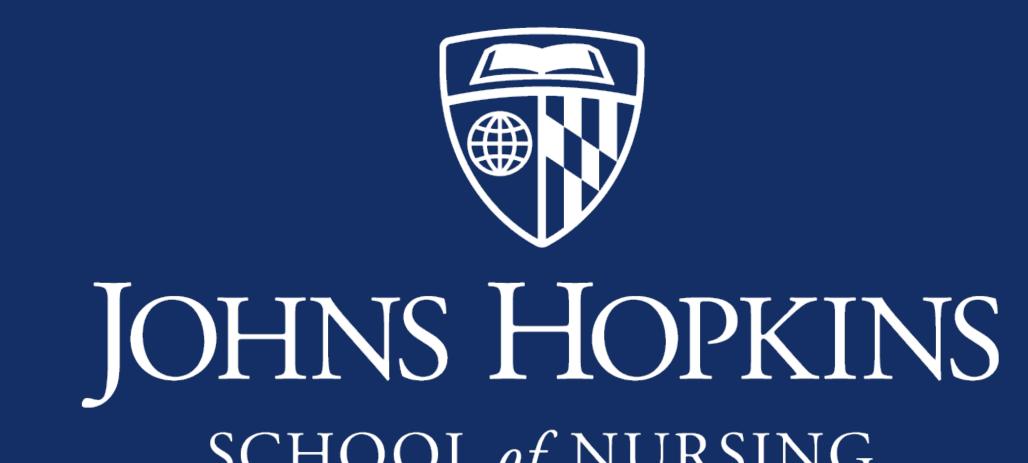
# Patient-Centered Goal Setting to Improve Diabetes Care

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### Introduction

- More than 34 million people are living with type 2 diabetes in the United States.
- Poorly controlled diabetes can lead to 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 selfmanagement behaviors.

## Purpose

The purpose of this project is to implement and evaluate a patientcentered goal-setting intervention with weekly reminders via an EMR in increasing participants' diabetes selfefficacy as well as participants' perceived benefit in attaining their set goal(s)

#### Results

	Pre- intervention (Mean, SD)	Post- intervention (Mean, SD)	Change (Mean, SD)	P-value
Diabetes Self- Efficacy	55.07 (9.11	60.43 (8.428)	5.36 (7.344)	.017

Goal Attainment	N(%) Total participants 14
1= No Success/ Did not start goal	2 (14.3%)
2= Attempted but limited success	6 (42.9%)
3= Partial success	5 (35.7%)
4= Complete Success	1 (7.1%)

Perceived Benefit Score	N(%) Total participants 13
1	1(7.69)
6	3(23.08)
7-8	4(30.77)
9-10	5(38.46)

## Sample

Demographic characteristics	(N = 20)
Age, mean (SD)	54.40 (10.65
Sex, n (%)	
Male	8 (40%)
Female	12 (60%)
Race, n (%)	
Black/African American	10 (50%)
Asian	1(5%)
White/Caucasian	9(45%)

#### Conclusion

Collaborative goal setting in combination with weekly goal reminders can increase self-efficacy and support the patient in taking 'baby steps' towards achieving successful self-management behaviors.

#### References

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