

# 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 self-management behaviors.

## Purpose

- The purpose of this project is to implement and evaluate a patient-centered goal-setting intervention with weekly reminders via an EMR in increasing participants' diabetes self-efficacy 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)
<b>Age, mean (SD)</b>	54.40 (10.65)
<b>Sex, n (%)</b>	
<b>Male</b>	8 (40%)
<b>Female</b>	12 (60%)
<b>Race, n (%)</b>	
<b>Black/African American</b>	10 (50%)
<b>Asian</b>	1(5%)
<b>White/Caucasian</b>	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

- Centers for Disease Control and Prevention. National Diabetes Statistics Report website. <https://www.cdc.gov/diabetes/data/statistics-report/index.html>.
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- Young-Hyman, D., de Groot, M., Hill-Briggs, F., Gonzalez, J. S., Hood, K., & Peyrot, M. (2016). Psychosocial Care for People with Diabetes: A Position Statement of the American Diabetes Association. *Diabetes care*, 39(12), 2126-2140. <https://doi.org/10.2337/dc16-2053>