

## Abstract

### Background

It is estimated that 33–49% of patients with type 2 diabetes do not meet critical targets in the areas of glycemic control, blood pressure, or cholesterol, placing them at risk for poor outcomes and additional comorbidities. The literature suggests a link between high patient confidence and improved glycemic control, as well health outcomes in patients that receive individualized diabetes self-management education (DSME). While DSME is the current recommendation, this method was not being utilized in the clinical setting.

### Methods

This project looked to evaluate whether the use of a diabetes self-management assessment tool aided in increasing knowledge of disease management and confidence among patients with type 2 diabetes, when compared to a standardized education plan in a two-month period. A prospective pretest/posttest interventional pilot study design was used to compare self-efficacy at baseline and following an individualized education session.

### Results

A total of seven participants who met inclusion criteria were enrolled from the medical/surgical unit. Of the seven project participants, 100% completed both the pre and posttests. Statistical significance was not accounted for due to small sample size. However, in analyzing the difference of the mean scores, there was a sizeable 18.8-point increase in self-efficacy from pretest to posttest.

### Conclusion

Although a small sample size, the findings are clinically significant and support the research that states patient confidence increases with individualized DSME. The findings are promising and indicate that continuation of the project could be beneficial in improving patient glucose and other health outcomes.