

Self-Efficacy Diabetes Scale: A quality improvement project

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Introduction & Background

- Worldwide the number of people with diabetes is expected to surpass 550 million people by 2030
- DSME has been shown to lower A1C by up to 1% as well as improve quality of life, decrease the incidence of diabetes related complications, and improve self-efficacy and empowerment
- 33–49% of patients do not meet targets for several measures such as glycemic control, blood pressure, or cholesterol
- Currently there is no standard for assessing patient confidence and baseline self-management skills within the project setting

Purpose & Aims

Purpose: Increase knowledge and confidence of diabetes management amongst patients with type 2 diabetes

Aim 1: increase self-efficacy as it pertains to diabetes self-management when compared to baseline among hospitalized patients with type 2 diabetes within a two-month time period

Aim 2: focuses on nurse educators using the Self-Efficacy Diabetes Scale to guide individualized DSME among hospitalized patients with type 2 diabetes within a two-month time period

Methods

Setting: 25 bed Medical/Surgical unit within a large academic teaching hospital in the mid-Atlantic

Design: A prospective pretest/posttest interventional pilot study

Inclusion criteria: all patients with type 2 diabetes admitted to the unit

- Due to Covid, intervention took place over 1 month
- No patient demographics were collected

Intervention

- Assess unit census for patients with type 2 diabetes
- Self-Efficacy for Diabetes Scale questionnaire as a pretest to gauge baseline confidence
- Create individualized education plan based on pretest results
- Conduct patient education session
- Administer same questionnaire as posttest to assess for change in self-efficacy scores

Results

- Seven total project participants
- 100% completed both the pre and posttests
- Pretest data mean score was found to be 57, with the mean posttest score of 75.8
- 18.8-point increase in self-efficacy from pretest to posttest

Conclusion & Dissemination

- Patients reported finding the individualized education sessions beneficial
- Findings are clinically significant and support the research that indicates patient confidence increases with individualized DSME
- Present results to site mentor and at EBP Council meeting

County-level Estimates of Diagnosed Diabetes among Adults aged ≥ 20 years
United States, 2007

