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.