Abstract

  Background & Purpose: Self-management is essential to prevent diabetes-related morbidity and mortality. Although diabetes self-management education and support (DSMES) improves quality of life and glycemic control, low-income uninsured adults face barriers to accessing it with the recommended frequency. Therefore, purpose of this quality improvement project was to develop, implement, and evaluate the effects of an educational bundle delivered via social media on the AADE 7 Self-Care Behaviors© for uninsured adults with Type 2 diabetes.

Methods: The project utilized a pre/post-test design. An evidence-based educational bundle was delivered to a single group of participants via social media. Participants' self-management behaviors and glycemic control were compared before and after the intervention. Self-management was evaluated through the Diabetes Self-Management Questionnaire© (DSMQ) with a paired t-test. Glycemic control was evaluated with patients' self-reported Hemoglobin A1C (A1C) through a Wilcoxon signed rank test. Due to insufficient patient enrollment, a learning data set was used to demonstrate hypothetical results.

Results: Learning data set participants (n=44) improved their total DSMQ© score (mean difference=1.4, SD= 1.4, p<.001) and A1C (mean=-0.9%, SD=0.9%, p<.001) from pre- to post-intervention.

Conclusion: There was a hypothetical improvement in diabetes self-management and glycemic control following a digital DSMES intervention. Further study is needed to better understand barriers to digital DSMES in this population.

Implications: Implementation of digital DSMES with the AADE 7 Self-Care Behaviors© in low-income, uninsured populations is feasible and potentially beneficial.

Keywords: Diabetes, self-management, social media, digital education, uninsured