

## Abstract presented at 2009 American Association of Diabetes Educators annual meeting



### Abstract Form

Title Utilizing Diabetes *Conversation Maps* as an Interactive Reinforcement Mechanism

### Location

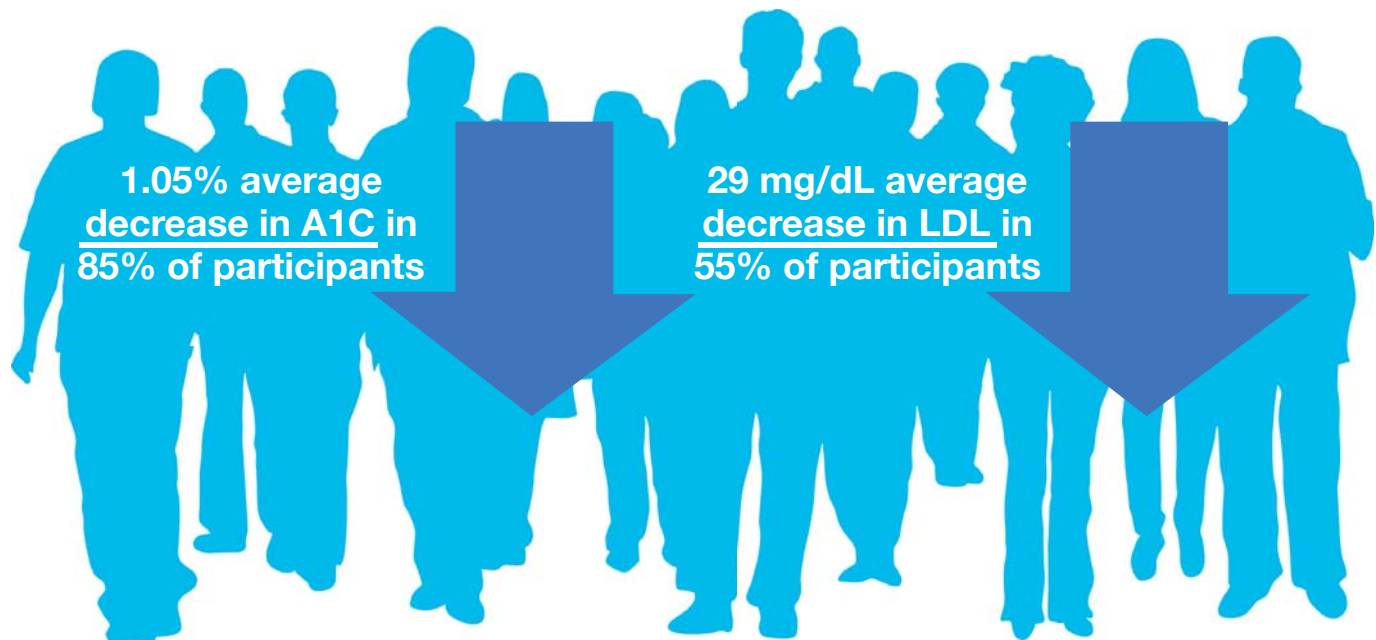
South University School of Pharmacy and Tuttle Army Health Clinic

Program Objective Use *Conversation Maps* as an interactive reinforcement mechanism of information learned during a previous diabetes education session

### Methods

Pre and post *Conversation Map* sessions laboratory results at 3 and 6 months

### Outcomes



- 42 mg/dL average decrease in cholesterol in 70% of participants (95% meeting the desirable <200mg/dL)
- 114 mg/dL average decrease in triglycerides in 75% of participants
- 11 mg/dL average increase in HDL in 55% of participants
- 0.5% increase in A1C in 15% of participants while maintaining it at less than 7%

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## Abstract Form

Title New Tools in a New Places: Using Diabetes *Conversation Maps* in Community Education Settings

## Location

Rutgers: New Jersey Agricultural Experiment Station

## Program Objective

Evaluate satisfaction and learning at the *Conversation Map* session

## Methods

Survey

## Outcomes

0% 100%

**Rated the sessions “valuable” or “very valuable”**

**97%**

For participants who completed 2-part sessions:

**Rated the class format as “very effective” or “effective”**

**96.1%**

**Rated the class format as “much better” or “better”  
than other ways to learn about diabetes**

**84%**

## • 94% reported using information learned by implementing one of the following behaviors:

- Identifying factors that can make their blood glucose go up and down
- Recognizing signs and symptoms of low blood glucose and treating it
- Controlling food portions
- Reading food labels for carbohydrates and fat content
- Discussing health issues with physicians

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## Abstract Form

**Title** Educator experience with Group Interactive Dialogue to Educate and Activate (IDEA) using U.S. Diabetes *Conversation Maps*;

## Location

HealthPartners Research Foundation, Minneapolis, MN  
Lovelace Clinic Foundation/ABQ Health Partners, Albuquerque, NM



## Program Objective

The objective of this analysis was to report results of the educator evaluations of the IDEA group sessions using U.S. Diabetes *Conversation Maps*

## Methods

The analysis data consisted of a total of 148 nurse and dietitian educator evaluations of the four maps from 24 educators at two geographically disparate sites. The mean scores of the educator rated Likert questions about the educational experience were calculated and compared for each site and for each of the four different content maps.

## Results

See following page for data

## Outcomes

Group IDEA shows promise to improve diabetes patient self-management behaviors and clinical and behavioral outcome data is forthcoming. Overall, the IDEA method was perceived positively by educators due to its ability to promote patient interaction, sharing, and meaningful discussion. For the groups to be successful, however, educators need specific training tips and practice on facilitating groups as it relates to disruptive patients, handling distractions, addressing variance in patient literacy and covering intended content in a group context, especially as it pertains to the nutrition map.

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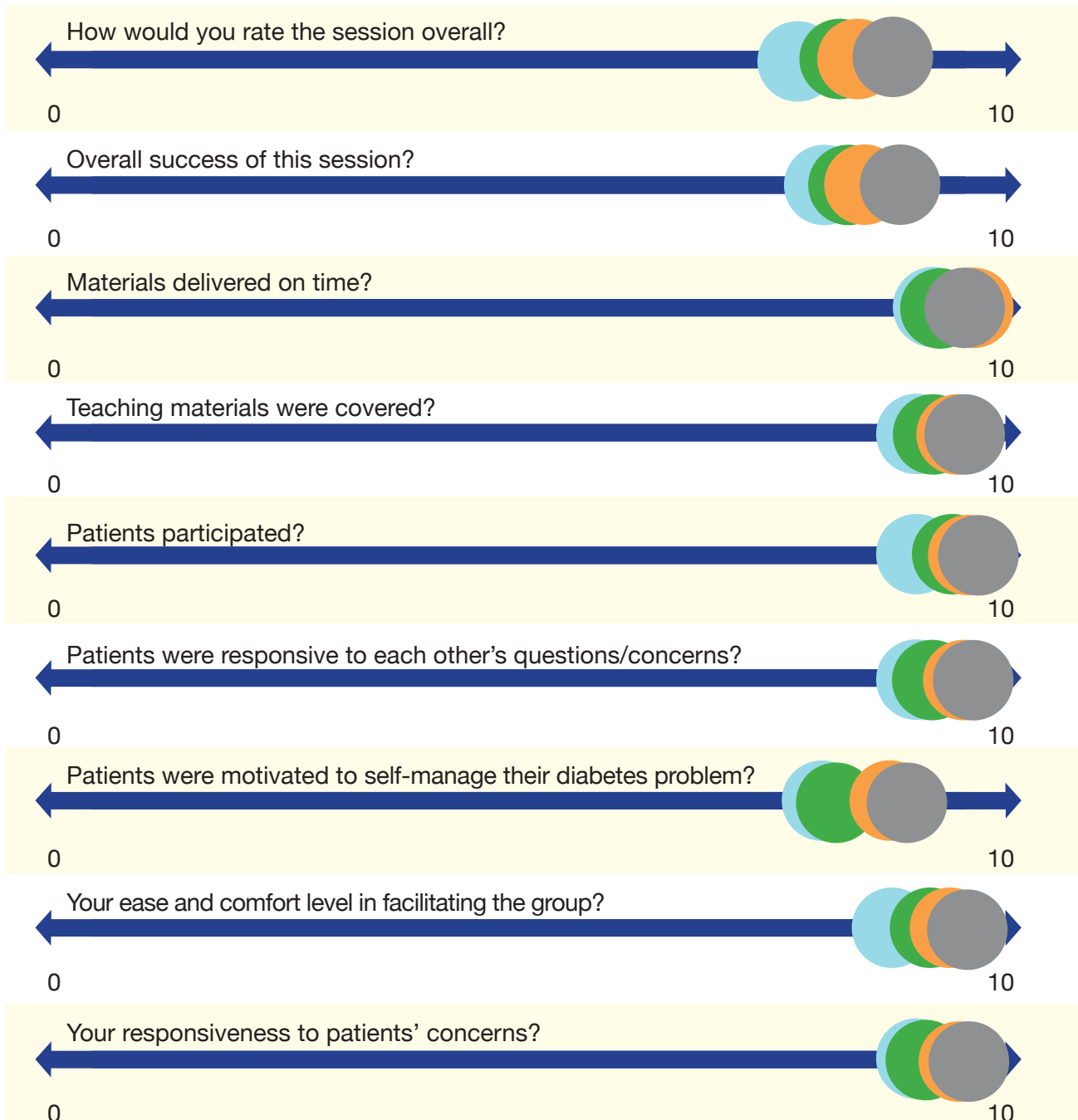


Likert scale results for the Educator experience with Group Interactive Dialogue to Educate and Activate (IDEA) using U.S. Diabetes Conversation Maps



Rating: (0 = worst; 10 = best)

Mean



# Abstract presented at 2009 American Diabetes Association Scientific Sessions



## Abstract Form

**Title** Attitudes Toward Diabetes Correlate with Self-Efficacy, Clinical and Behavioral Outcomes

**Location** HealthPartners Foundation, Minneapolis, MN  
Lovelace Clinic Foundation/ABQ Health Partners, Albuquerque, NM

## Program Objective

The purpose of this analysis is to determine if there are correlations at baseline between patient attitudes toward diabetes and clinical, behavioral, and self-efficacy outcomes.

## Methods

At the randomization visit, 167 female and 172 male patients (mean age 63 years, mean A1c 8.1) who were enrolled in 2008 in the Merck funded Journey for Control of Diabetes IDEA Study completed a baseline survey. The following validated instruments were embedded in the survey: (1) Diabetes Attitude Score (a section of the Diabetes Care Profile from Michigan Diabetes Research and Training Center) (2) Recommended Food Score (RFS) (3) Physical Activity Level (from BRFSS) (4) Diabetes Empowerment Scale Short Form (DES-SF). Pearson correlations were used to assess associations between patient attitudes and the most recent A1c, diet, physical activity, and self-efficacy at baseline.

## Outcomes

We found modest, statistically significant correlations between attitudes and self-efficacy (Table). A1c, diet and physical activity were correlated, albeit weakly, in hypothesized directions. We confirm from this analysis that a patient's attitude towards diabetes (including fears and feelings) is an important variable in determining self-efficacy and other patient outcomes. Attention to how educational and care strategies positively or negatively impact patient attitude may be important to obtaining desired improvement in patient behaviors and clinical outcomes.

## Results

### Correlation coefficients

Attitude Dimension	A1c	Diet Score (RFS)	Physical Activity	Self-Efficacy
Positive Attitude	-0.24*	0.03	0.12*	0.39*
Negative Attitude	0.17*	-0.11	-0.10	-0.35*
Care Ability	-0.33	0.09	0.21*	0.44*
Importance of Care	-0.01	0.06	0.01	0.22
Self-care Adherence	-0.30*	0.12*	0.19*	0.44*

\*p<0.05