

**Title of Intervention:** A group approach to the management of diabetes in adolescents and young adults

**Intervention Strategies:** Group Education

**Purpose of the Intervention:** To improve adherence, self-management and metabolic control for inner city, black, young adult women with diabetes

**Population:** Inner city, black, women with Type 1 diabetes between 17 to 23 years of age

**Setting:** Hospital setting; health care facility-based

**Partners:** University-affiliated Medical Center

**Intervention Description:**

- Group Education: Following an initial hospital evaluation, health care staff met with patients as a group once a month for eighteen months. The monthly Saturday morning sessions began with a joint staff/patient cafeteria breakfast and followed with a discussion and detailed analysis of the previous week's records of several group members. Group discussions covered a wide range of diabetes-related topics but focused on the group's educational needs, insulin requirements, cultural issues relevant to the group and the psychosocial problems of adjustment.

**Theory:** Not mentioned

**Resources Required:**

- Staff/Volunteers: Nurse clinician, psychologist, dietitian, physician
- Training: Not mentioned
- Technology: Not mentioned
- Space: Cafeteria and other meeting space
- Budget: Not mentioned
- Intervention: Food/activity/medication records, food for breakfast
- Evaluation: Materials to collect and analyze blood samples

**Evaluation:**

- Design: Cohort
- Methods and Measures:
  - Blood samples were collected to measure fasting glucose levels and cholesterol.
  - Food/activity/medication records provided an indication of self-management capabilities.

**Outcomes:**

- Short Term Impact: Psychosocial adjustment to diabetes improved and was reflected by better self-management. Group members were more willing to increase the number of daily insulin injections and reported an increased openness and ease in integrating diabetes into interactions in school, work, social and family settings. In addition, those attending school reported fewer missed days.
- Long Term Impact: There was a significant improvement in plasma glucose, HbA<sub>1c</sub> and cholesterol levels.

**Maintenance:** Not mentioned

**Lessons Learned:** Issues, including ideal body proportions, dietary preferences and attitudes toward the health care system, differ among groups present in American society. These have a strong influence for patient compliance.

**Citation(s):**

Warren-Boulton, E., B. J. Anderson, et al. (1981). "A group approach to the management of diabetes in adolescents and young adults." *Diabetes Care* 4(6): 620-3.