

Title of Intervention: Peer coaching for diabetes management

Intervention Strategies: Supportive Relationships

Purpose of the Intervention: To promote positive behavior change associated with managing diabetes

Population: Middle class adults with both Type 1 and 2 diabetes

Setting: Community-based; home-based

Partners: None mentioned

Intervention Description:

- Supportive Relationships: Coaches, or those known to be successfully managing their diabetes, were paired with individuals who were struggling with behavior change associated with managing diabetes. The pairs were matched according to gender, age and physical appearance. Coaches initially met with participants in a face to face meeting for one hour and then spoke with them once a week for 10 to 15 minutes for the next eight weeks. The initial interview and subsequent phone conversations focused on the person's problems and efforts at behavior change. Peer coaches were used to maintain motivation and enthusiasm for the eventual outcome of behavior change.

Theory: Transtheoretical Model

Resources Required:

- Staff/Volunteers: Diabetes nurse educators, coaches
- Training: Coaches
- Technology: Video recording materials
- Space: One-time meeting space
- Budget: \$20 paid to participants, \$50 to coaches
- Intervention: Telephones
- Evaluation: Videotaped focus groups

Evaluation:

- Design: Cohort
- Methods and Measures: Pairs participated in a videotaped focus group to discuss views on coaching and its influence on behavior change

Outcomes:

- Short Term Impact: Participants reported that coaching was personal, useful in disease management and helpful in the quest to establish and adhere to routines of care.
- Long Term Impact: Participants reported making progress toward changing their behavior related to diet, exercise, and blood glucose monitoring. Sustained behavior change was not measured.

Maintenance: Not mentioned

Lessons Learned: Peer coaching appears to have merit as a viable, low-cost intervention with the potential of helping individuals with diabetes that need to change their behavior.

Citation(s):

Joseph, D. H., M. Griffin, et al. (2001). "Peer coaching: an intervention for individuals struggling with diabetes." *Diabetes Educ* 27(5): 703-10.