

**Title of Intervention:** Intensive education to improve knowledge, compliance and foot problems in people with Type 2 diabetes

**Intervention Strategies:** Group Education

**Purpose of the Intervention:** To increase foot care knowledge and compliance as well as decrease foot problems among those with diabetes

**Population:** Type 2 diabetes patients over 30 years old

**Setting:** Clinic; health care facility-based

**Partners:** Media, general practitioners, diabetes centers, hospitals

**Intervention Description:**

- Group Education: The features of the intensive program were extended time span, greater patient contact time, inclusion of practical foot care training sessions and use of cognitive motivational techniques. Group members were given simplified realistic medical information about foot complications, visualizations of the impact of foot complications on their lives and a persistent message that foot complications could be avoided by self care. Detailed foot care recommendations and demonstrations were given with regard to the following topics: washing, drying and inspecting feet; cutting toe nails; distinguishing between foot problems which can be self-treated, problems needing the attention of a podiatrist or those needing the attention of a medical professional urgently; treating minor foot problems themselves; suitable footwear; and dealing with temperature extremes. A central part of the intervention was to give individuals the opportunity to practice most parts of the recommended foot care procedures during the sessions. Participants were assisted to reach and announce a free personal decision about whether or not they wanted to commit themselves to following the recommended foot care procedures over a long period of time.

**Theory:** Cognitive Motivation Theory

**Resources Required:**

- Staff/Volunteers: Podiatrist, psychologist
- Training: Not mentioned
- Technology: Not mentioned
- Space: Classroom space
- Budget: Not mentioned
- Intervention: Recruitment materials, education materials
- Evaluation: Questionnaire

**Evaluation:**

- Design: Pre-/post-test, delayed intervention group
- Methods and Measures:
  - Foot care knowledge and foot care routine compliance was assessed with a multiple choice questionnaire.
  - Foot assessments were conducted to determine problems present and those requiring treatment.
  - Peripheral vascular disease was assessed by physical examination of peripheral pulses.

**Outcomes:**

- Short Term Impact: The intervention group showed significantly greater improvements in foot care knowledge. The intervention group also showed significantly greater improvements in compliance with the recommended foot care routine and initial compliance with the advice to consult a podiatrist for further treatment.
- Long Term Impact: At the one-month follow-up visit, the intervention group demonstrated a significantly greater reduction in the number of foot problems requiring treatment.

**Maintenance:** Not mentioned

**Lessons Learned:** The implementation of the intervention is more expensive than the implementation of a conventional approach. It involves eight additional man-hours per group or about one hour per person for a group of 8-10 participants. These time and financial investments have resulted in greater improvements in knowledge, compliance and foot problems.

**Citation(s):**

Barth R, Campbell LV, Allen S, Jupp JJ, Chisholm DJ. Intensive education improves knowledge, compliance, and foot problems in type 2 diabetes. *Diabet Med.* Feb-Mar 1991;8(2):111-117.