

Title of Intervention: Diabetes self-management education with frequent follow-up for African American men

Intervention Strategies: Individual Education, Supportive Relationships

Purpose of the Intervention: To improve clinical, patient performance and quality of life outcomes among African American men with Type 2 diabetes

Population: African American men with Type 2 diabetes from Washington, D.C.

Setting: A free-standing, community-based diabetes self-management skills training center operating as a group practice in Wheaton, Maryland; community-based, home-based

Partners: Media, Diabetes Education Society, health professionals

Intervention Description:

- Individual Education: The program consisted of eight hours of self-management education. The Diabetes Education Society's Lifeskills Diabetes Self-Management Training Program served as the guide for education.
- Supportive Relationships: One group had a monthly follow-up phone call. The other had a follow-up phone call once every three months. Phone calls typically lasted 10-15 minutes.

Theory: Not mentioned

Resources Required:

- Staff/Volunteers: Teaching staff of licensed clinical social worker and nurse practitioners who were Certified Diabetes Educators
- Training: Not mentioned
- Technology: Audiovisual presentation equipment
- Space: Clinic space
- Budget: Not mentioned
- Intervention: Monetary incentives, public service announcements in print and broadcast media, Diabetes Education Society's Lifeskills Diabetes Self-Management Training Program, telephones
- Evaluation: HgA₁C measurements, questionnaires and surveys

Evaluation:

- Design: Randomized controlled trial
- Methods and Measures:
 - Follow-up phone calls were used as a way to evaluate whether patients were having problems with self-management of their diabetes as well as to track the progress of selected outcomes.
 - A health survey was used to assess the general health perception of the study participants.
 - A patient history questionnaire was distributed to gather information about health history and attitudes towards diabetes.
 - A knowledge test was given to assess educational needs of each participant.
 - HgA₁C measurements were taken.
 - A brief survey was given to assess patient satisfaction with the intervention.

Outcomes:

- Short Term Impact: Changes in knowledge and perceptions of general health improved but were not significant.
- Long Term Impact: There were no significant differences in adhering to the medication, diet, exercise or daily foot care regimens. All of the participants had a decrease in their HgA₁C levels. No significant change was noted for quality of life perceptions.

Maintenance: Not mentioned

Lessons Learned: African American men are more motivated to adhere to their treatment regimen when their Certified Diabetes Educator is genuinely caring and encourages them to stick to their regimen for reasons that are personally relevant to them.

Citation(s):

Hendricks LE, Hendricks RT. The effect of diabetes self-management education with frequent follow-up on the health outcomes of African American men. *Diabetes Educ.* Nov-Dec 2000;26(6):995-1002.