

Title of Intervention: On any Saturday--a practical model for diabetes education

Intervention Strategies: Group Education, Provider Education, Environments and Policies

Purpose of the Intervention: To decrease barriers to diabetes education and control

Population: Patients with diabetes, their families and health care providers

Setting: Conference facility settings in rural communities in Arkansas; community-based

Partners: The Minority Health Consortium of Arkansas, Arkansas Department of Health, Arkansas chapter of the American Diabetes Association, health care providers, pharmaceutical representatives, health care suppliers

Intervention Description:

- **Group Education:** A four-hour workshop was created for patients with diabetes and their families. They were given an overview of diabetes including diagnosis and complications, information on diabetes medications and instructed on lifestyle changes, foot care and sick-day care. Demonstrations were held for measuring blood glucose. Information on diet and exercise was also provided.
- **Provider Education:** A four-hour workshop was created for local health care providers. Health care providers were updated on the pathophysiology of diabetes, care of elderly people with diabetes, diabetes medications, nutritional and lifestyle modifications, current research and the latest American Diabetes Association Guidelines for Diabetes Care.
- **Environments and Policies:** Prior to the start of the workshop, free blood pressure, glucose and total cholesterol testing helped identify people at increased risk for diabetes complications.

Theory: Not mentioned

Resources Required:

- **Staff/Volunteers:** Workshop faculty (three physicians, pharmacist, two Certified Diabetes Educators, Nutritionist)
- **Training:** Not mentioned
- **Technology:** Audiovisual equipment
- **Space:** Meeting site
- **Budget:** Not mentioned
- **Intervention:** Advertisement flyers, syllabus, patient education materials, screening materials
- **Evaluation:** Surveys

Evaluation:

- **Design:** Quasi-experimental
- **Methods and Measures:**
 - A survey was used to assess educational content, relevance of information, knowledge of speakers, workshop length, facilities and audiovisual aids.
 - Health care providers were asked to respond to open-ended questions about the intervention.

Outcomes:

- **Short Term Impact:** A reasonable number of patients and families stated they had a better understanding of diet and medication use. Feedback from community health care providers noted that attendance in local diabetes support groups increased after the workshops.
- **Long Term Impact:** Not measured

Maintenance: Not mentioned

Lessons Learned: Because diabetes is a life-long illness, both health care providers and patients must have avenues for continued diabetes education.

Citation(s):

Carter IR, Nash C, Ridgway A. On any Saturday--a practical model for diabetes education. J Natl Med Assoc. Feb 2002;94(2):67-72.