

Title of Intervention: Empowering Your Patients: A Hands-On Approach to Teaching, Counseling and Behavior Change

Intervention Strategies: Provider Education

Purpose of the Intervention: To train providers in enabling patients to make informed decisions about their own diabetes care

Population: Diabetes educators from Michigan

Setting: Learning facility in Michigan; worksite-based

Partners: None mentioned

Intervention Description:

- **Provider Education:** The core of the intervention was an intensive, three-day skills-based workshop for experienced diabetes educators. The intervention used a four-step patient empowerment counseling model that served as a basic framework for counseling skills. To learn counseling skills, demonstrations were performed and educators practiced on volunteers. Role playing with other participants and videotape review of counseling sessions was also used. Each educator was required to follow a simulated diabetes care regimen for three days. The regimen involved taking two daily injections of two different types of mock insulin, following a strict diet, daily aerobic exercise, self-monitoring of blood glucose, daily foot care and extensive record keeping.

Theory: Patient Empowerment Approach

Resources Required:

- **Staff/Volunteers:** Volunteers for mock counseling session, workshop facilitators
- **Training:** Not mentioned
- **Technology:** Videotapes, recorders
- **Space:** Learning space
- **Budget:** Not mentioned
- **Intervention:** Supplies to conduct the diabetes simulation, educational materials
- **Evaluation:** Questionnaire

Evaluation:

- **Design:** Cohort
- **Methods and Measures:**
 - Counseling skills were assessed by provider responses to typical patient statements and an audiotape of a pre- and post-counseling session
 - Questionnaires assessed educators' attitude towards diabetes.

Outcomes:

- **Short Term Impact:** Participants showed significant improvement in counseling skills. Participants' attitudes toward patient autonomy and diabetes management also improved significantly.
- **Long Term Impact:** Not measured

Maintenance: The Diabetes Research and Training Center developed a set of continuing education materials made available to program graduates. Some participants presented in-service trainings to their colleagues.

Lessons Learned: Not mentioned

Citation(s):

Anderson, R. M., M. M. Funnell, et al. (1991). "Learning to empower patients. Results of professional education program for diabetes educators." *Diabetes Care* 14(7): 584-90.