

Cognitive Effect of Standardized Group Education Programme in Diabetics Population

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Sir,

Diabetes is most challenging public health problem of 21st century. Indian diabetes federation had mentioned 69.1 million cases of diabetes in India in 2015 with prevalence of 8.7% that will be doubling in near future.¹ Indians have a peculiar genetic composition that predisposes them to have higher propensity to metabolic syndrome, diabetes mellitus and coronary artery disease. Epidemiological transition, economic boom, physical inactivity, trendy dietary patterns and environmental factors also add to this risk. Indian healthcare professionals and patients in India face a number of challenges such as clinical inertia in achieving glycemic control, inadequate follow-up and lack of disease awareness.²

Self-care deficit exist when self-care demand is not met. We cannot expect the patient to follow the regimen when they lack basic understanding on rationale, procedure and requirements of their regimen. Patient education is the needed solution for self-care deficit and fostering patient compliance and adherence.

The American Diabetes Association recommends assessment of self-management skills and knowledge of diabetes at least annually, and provision or encouragement of continuing diabetes education.³ High prevalence of diabetes in India and lesser doctor population ratio makes it difficult to give one to one education. We thereby designed a standardized group education programme including following topic with two sessions 15 days apart.³

- Basics of diabetes
- Deal with physical symptoms
- Healthy eating and nutrition : Meal plan was prepared by dietician
- Appropriate use of medications
- Relaxation Techniques, Physical exercises

- Preventing or delaying complications
- Communicating effectively with friends, family, and medical team

Two hundred patient were exposed to the group education and was found be highly effective in improving the cognition of patient regarding diabetes. Average learning gain was 77.98 % ± 23.27 % after the group education. Sixty-four percent of participants demonstrated more than 75 % of learning gain. Changes in BMI, glycaemic control needs around 6 months to exhibit, so only change in knowledge score is unveiled in this study, long term benefit study is going on. Patients felt free to ask question and express opinion regarding their socio-cultural and psychological issues. Sharing each other's experiences on coping with the diabetes was appreciated by participants as it gave them platform to discuss their psychosocial problems. Also such programme helped them to have an open dialogue with health care providers.

With the growing burden of diabetes and out of pocket expenditure to individual, achieving the therapeutic goal and preventing the complications is of utmost importance. Diabetes education plays an important role in management of diabetes. This Group education programme was found to be feasible, effective and acceptable to patients which can be implemented on routine basis for all diabetic patient annually.

References

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