Waiting Room Diabetes Education Project

By: Jaleen Sims, MPH, MSII
Southern Illinois University SOM
National Medical Fellowships Scholar
Primary Care Leadership Program
Type 2 diabetes is becoming extremely prevalent among the adult and youth population.

In 2010, CDC reported the U.S. prevalence was 8.7%, while Mississippi’s prevalence was 12.4%.

Hinds county had a prevalence of 11.7% in 2008.
According to the CMHS Uniform Data System Report in 2011:

- 16% of all the patients served were living with diabetes

- In a random sample of 70 patients:
  - 53% had a Hemoglobin A1c of <7%
  - 14.3% had a hemoglobin A1c of 7-8%
  - 14.3% had a hemoglobin A1c of 8-9%
  - 18.5% had a hemoglobin A1c of >9%
Project/Methods

- Implement Diabetes related presentations in waiting areas
  - Power over Diabetes
  - Heart health
  - Foot care
  - Nutrition
  - Exercise and obesity

- **Quantitative analysis:** Conducted Pre and Post presentation surveys
  - Written at low literacy level
  - Strongly agree, somewhat agree, unsure, somewhat disagree, strongly disagree

- **Qualitative analysis:** asked patients tell me/write 1-2 things they learned
Most Significant Results

- **Power over diabetes**
  - Difference between type 1 and type 2 diabetes
  - Fasting blood sugar: 12.5% on pre and 100% on post
  - Pre/post results on charts

- **Foot Care**
  - A patient stated, “I didn’t know I shouldn’t use hot water on my feet”

- **Heart Health**
  - Many of the answers remained the same- discussed later

*Power over Diabetes Results*
Y-Axis: Number of people selecting each answer choice.
Results

- **Nutrition**
  - “I am aware of the difference between starchy and non-starchy vegetables” - 25% on pre and 85.7% on post.
  - Qualitative analysis: many commented about portion sizes and starchy foods.

- **Physical Activity**
  - “I know how being overweight is related to diabetes” - knowledge went from 0-75%
  - Results on chart

**Physical Activity Results**
Y-Axis: Number of people selecting each answer choice.
The project was effective in diabetes education.

Limitations:
- Setting, time available and number of participants
- Some of the patients may not have been able to read or may not have understood the survey
  - May have contributed to the same answers being written chosen for pre and post tests.

Improvement:
- Print Pre-test on 1 side and post on other
- Change answer choices to yes, no, somewhat, unsure
- Allow more time to collect more data
Conclusion

- More education should be devoted to:
  - Nutrition: Starches and portion sizes
  - Difference between type 1 and 2 diabetes
    - Patients need to know which they have
  - How physical activity helps people with diabetes

- Education is key... The “Why” component is important.
  - Sometimes if patients understand “why” they may be more likely to adhere to health plan.
Resources/Mentorship

- CDC
- Find The Data
- CMHS: Uniform Data System Report
- Dr. Robert Norris, MD
- Dr. Robert Smith, MD
- Dr. Geraldine Young, DNP
- Mr. Pat Gregory