

The Value of a Promotora-led Diabetes Education Program

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The Value of a Promotora-led Diabetes Education Program

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Context

- Self management for chronic disease is an essential component of the Chronic Care model. While most diabetes programs are offered in English, the Promotora program provides diabetes education in Spanish to patients whose primary language is Spanish.

Study Goal

- Pilot study to determine if diabetes education in the patients' native language (Spanish) is feasible and might improve self management of diabetes through greater understanding of disease and self-management processes.

Design

- Volunteer cohort of diabetics, referred by primary care physicians.

Setting

- Three inner-city primary care locations with large Spanish speaking populations.

Population

- All Spanish speaking diabetic patients were eligible.

Intervention

- A six week diabetes education class taught in Spanish by a trained lay health worker. The curriculum focused on increasing patients' knowledge about self-management, including diet, ability to use and understand a glucometer, and prevention of long-term complications.

Promotora



Outcome Measures

- Knowledge was assessed through a pre/post-intervention questionnaire.
- The Patient Enablement Index (PEI) measured patient activation at the completion of the intervention and at 3 and 6 months.
- Focus groups were held post-intervention to explore patients' experiences in the group, with particular attention to the experience of learning in their native language, the role of group support in learning and activation, and how attitudes about illness may have shifted as a result of the intervention.



Aprendamos sobre la diabetes TM



Cuestionario del Conocimiento

Antes-de clases _____ Después-de clases _____

Nombre del paciente: _____

Grupo # _____

Puntos:

Sobre la Diabetes:

- _____ 1. (Marque uno) lo que causa la diabetes es:
- El páncreas no produce suficiente insulina (tipo 2)
 - Comes en exceso que contienen azúcar
 - El páncreas no alimentos produce nada de insulina (tipo 1)
- _____ 2. (Marque dos) tratamiento para la diabetes:
- Medicamentos
 - Ver a un nutricionista
 - Dieta/Ejercicio
 - Beber cosas naturales
- _____ 3. Si una persona tienen diabetes los hijos también tienen el riesgo de padecerla:
- Si
 - No
 - No se
- _____ 4. La diabetes:
- Se puede curar

Follow-up Questions for Participants

- How have you been able to control your diabetes in the past three months?
- Does your family support you with your diet and diabetes management?
- Have you visited your doctor since the last class and/or your last follow-up?
- Would you be willing to attend a refresher class to help you maintain your diabetes?
- Are you using your Glucometer?

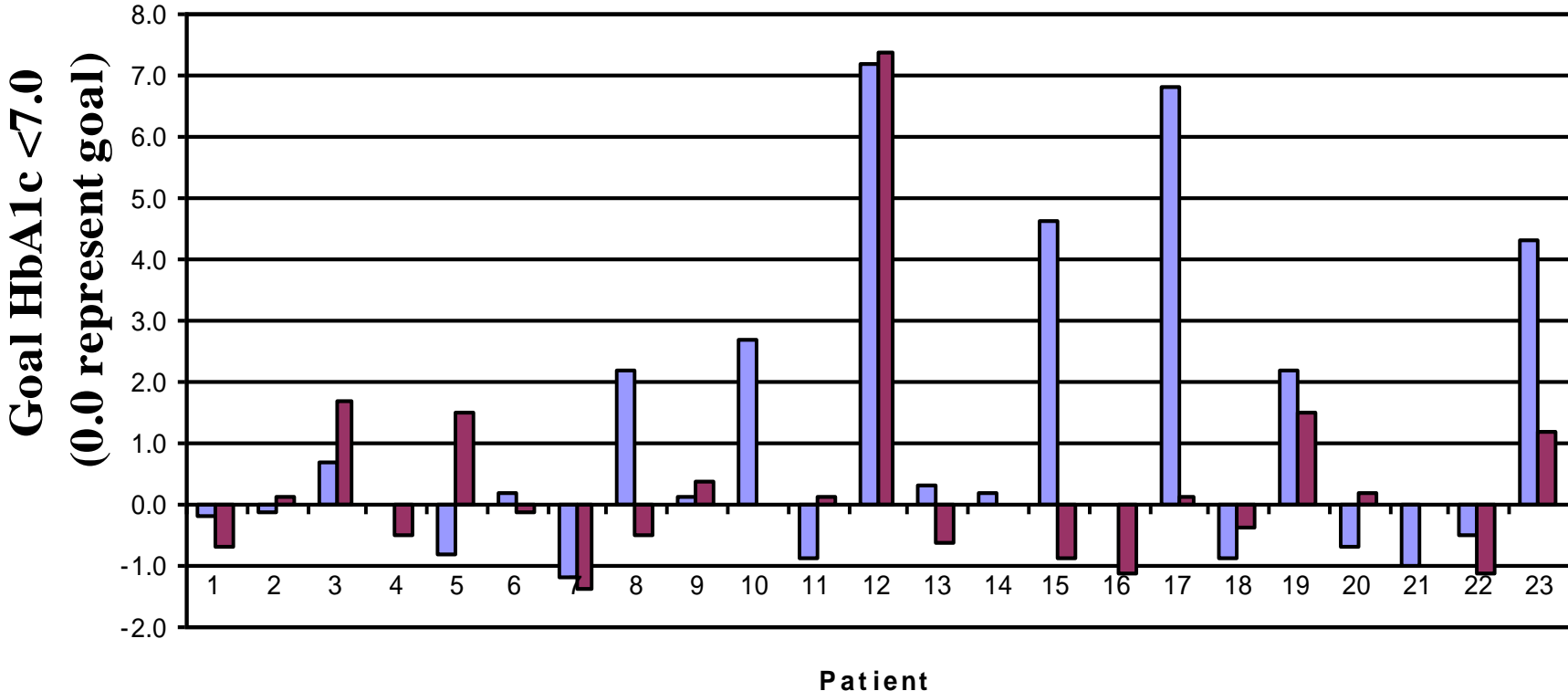
Results

- Respondents valued the classes and appreciated learning about diabetes in Spanish with sensitivity to their cultural identity.
- Key outcomes included:
 - increased knowledge about diet;
 - ability to check blood sugar using a glucometer; and
 - increased knowledge about diabetes self management.
- Clinical indicators did not change during the study period.

Promotora
Class 1 through 3
(6 months)

■ HbA1c <7.0 Prior

■ HbA1c <7.0 Post



Conclusions

- This pilot suggests that diabetes education in the patients' native language is feasible.
- Further research to describe outcomes should include clinical data markers, and longer follow-up periods for knowledge, activation and behavior change measures.

Questions?

