

# research snapshot

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## Café Diabetica: How Does Engagement Impact the Diabetes Experience?

### What is this research about?

Workshops aimed at improving health are often based on what healthcare professionals think are important. Knowledge Mobilization (KMb) values support research that enables clients to direct the information they gain. The researchers ran a pilot project to consider the benefits of client-directed workshops on health. The workshops were created to help people with diabetes (PWD) learn and develop personal insights about diabetes management.

### What did the researchers do?

The project explored:

1. The impact of client-centred workshops on diabetes by comparing measures of health before and after the workshop.
2. Questions on diabetes and diabetes management from PWDs.
3. The different ways that PWDs learn and their preferred activities.
4. Using art to express feelings and thoughts that come with living with diabetes.

There were three groups of participants in the pilot:

1. PWDs: helped to develop the workshop topics.
2. Registered Nurse Health Coaches (RNHCs): ran

### What you need to know:

Positive changes can emerge when the roles of participants and workers change to explore and share health experiences. People with diabetes felt empowered by helping to set group topics and by the self-discovery that happened in group. Health coaches felt there was a better balance of power between them and clients. Pharmacists felt better at sharing information with people with diabetes.

10 workshops while using empowering client-centred tools.

3. Pharmacists: used client-centred tools during bi-weekly contact with PWDs over a six month period.

PWDs listed topics that would be useful to learn about diabetes management. RNHCs used these topics to create the workshops.

Art activities were used within workshops as the arts typically increase accessibility of information and conversation. It has been found that the arts can help to inform and inspire change.

### What did the researchers find?

All PWDs described how their health improved during the study. A low attendance per workshop and good general health of PWDs affected the researchers' ability to gauge impact with statistics. Thus, no causal

connection could be made between improved health and the workshops or meetings with a pharmacist.

Each group's experience was used to measure the impact of changes to the group format and work with pharmacists. A composite story was developed for PWDs to summarize their experiences. RNHCs and pharmacists wrote about their experiences as well. The researchers found that:

- Increased self-confidence was noted by the PWDs.
- PWDs enjoyed using art to help explain issues related to managing their diabetes.
- Pharmacists learned ways to build relationships with PWDs. They felt their relationships caused them to change how they provided information.
- RNHCs found that using topics suggested by PWDs to develop of workshops helped improve the balance of power between them and PWDs.

### How can you use this research?

This research provides an understanding on the experiences of PWDs, RNHCs and pharmacists working on sharing health information. Health care professionals may consider the positive effects of KMB on similar community health projects. It may help to decide if similar changes would benefit their own work with clients.

### About the Researchers

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### Keywords

Diabetes, Art, Knowledge translation, Participatory research design

### Knowledge Mobilization at York

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