Health Coaching with Peer Support to Improve Diabetes Self-Management Education

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Objectives

By the end of this session, you will be able to:

1. Identify and discuss components of a diabetes health coaching program.
2. List 3 characteristics for diabetes health coaching.
Purpose

• Improve ability of patients to self-manage type 2 diabetes (T2DM)
• Educate patients & families on disease process & how to better manage T2DM
Methods
Preparing for Project Implementation

• Institutional Review Board (IRB) approval
• Patient criteria selected based on literature
  • T2DM
  • Age 45-64
  • African-American
  • Overweight, BMI ≥ 25
  • Prescribed at least 1 medication for DM
• Consents obtained from each participant
Methods
Health Coaching Program

Foundations Class: required at start of program

- Assess readiness to change
- Pre-test Questionnaires:
  - Perceived Stress Scale (Cohen, Kamarck, & Mermelstein, 1983)
  - Summary of Diabetes Self-Care Activities (Toobert, Hampson, & Glasgow, 2000)
- Watch video on Behavior Modification
Methods
Health Coaching Program

Four Class Series:
- Stress Management
- Exercise
- Medications, Complications, & Screenings
- Nutrition

Classes offered once per week & series starts over each month

Patient can join program at anytime
Methods

Health Coaching Program

Included in each 2 hour class:

• Weight checks
• Teaching session about T2DM
• In class activity
• Interdisciplinary speaker engagement

• Homework assigned
• Peer discussion forum
• Healthy snack or meal
• Handouts, packets, &/or DM supplies
• Log review from previous week
What About The Coaching?

Telephone coaching at least once per week to discuss:

• Compliance with homework
• Attendance at next class
• Other health related issues or questions that arise

Peer Support

• Encourage fellow peers & offer empathetic support
• Openly discuss DM related issues
Hallmarks for Good Health Coaching

• Treat patient as a health care partner, not a student.

• Allow patient to identify his/her own need for making lifestyle changes.

• Be the “cheerleader” but understand that patient will fail sometimes. Stay focused on the positive.
Hallmarks for Good Health Coaching

• Let patient guide the learning experience based on his/her needs.
• Utilize multiple teaching tools & techniques as everyone learns differently.
• Changes should be made in “baby steps”.
• Reward positive behavior changes.
Outcome Findings

Comparison of Health Coaching Pre and Post Intervention Results

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<th>Variable</th>
<th>M pretest</th>
<th>M posttest</th>
<th>p-value</th>
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<td>4.56</td>
<td>.031*</td>
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<tr>
<td>Specific Diet</td>
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Note. *n = 8; a reported in days per week; c calculated according to PSS scoring guidelines; d measured in pounds; e reported in mg/dL; * p < .05

Overall improvement as a group in all areas!

Limitations
- Small sample size
- Patients from one hospital
- Age range

Barriers
- Patient perceived health threats
- Transportation issues
References


Questions