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The effect of structured group education on HbA1c levels in patients with Type 2 diabetes

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Aims:
To determine the effectiveness of structured group education as per Diabetes Education Self-Management for Ongoing and Newly Diagnosed (DESMOND) national standards on HbA1c levels in Nottinghamshire patients with Type 2 diabetes.

Methods:
Records from Nottinghamshire Healthcare NHS Foundation Trust patient database of 1,123 adults with Type 2 diabetes were examined between 1 April 2016 and 31 July 2018. HbA1c blood results for the cohort were collected at baseline, six and 12 months post completion of education. Changes in HbA1c levels were analysed for statistical significance using two-sided paired T-tests.

Participant Demographics:
1123 Total Participants
52.2% Male
62 yr/old Average Age
Newly-Diagnosed (diagnosis <12 months) or Foundation (diagnosis >12 months) patients

Results:
6 months
Mean HbA1c difference from baseline (mmol/mol)*
-10.9
HbA1c at 6 months
n= 878
Baseline HbA1c
n= 1,123

12 months
Mean HbA1c difference from baseline (mmol/mol)*
-8.4
HbA1c at 12 months
n= 645

* p <0.0001

Learning Outcomes of the DESMOND course:
- Improves understanding of diabetes
- Lows HbA1c
- Is administered in one dose and effective for 12 months
- Reduces depression
- Is an effective smoking cessation intervention
- Improves other biomedical outcomes
- Supports weight reduction
- Promotes positive behaviour change
- Improves levels of physical activity

What makes our DESMOND team successful?

DEDEDICATED
Dedicated DESMOND team (educators and administrative support)

CONSISTENCY
Low staff turnover and continuity of educators

DEVELOPMENT
Effective clinical supervision and relevant external training undertaken

EXCELLENT
Excellent links with DESMOND national office

ESTABLISHED
Well established links with Clinical Commissioning Groups and other Healthcare Professionals

Ongoing Support:
- MyDESMOND Online programme
- Option for one-to-one dietetic intervention
- Facebook & Twitter

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