

LTCS BEST PRACTICE CATALOG SUBMISSION

Project Title: The Diabetic Program

Function Category:

PATIENT-FOCUSED

ORGANIZATION

STRUCTURES

Sub-category(s): (C) Care of Patients & (D) Education Heading: (C5) Programming & (D1) Patient

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Hospital: Patton State Hospital

The following items are available regarding this Best Practice:

Photographs

Video Tape

Drawings

Manual

1. **SELECTION OF PROJECT/PROCESS AREA** (Describe how and why your team selected this project/process area for improvement.):

Unit staff evaluation of all units at Patton State Hospital revealed poor compliance in the diabetic patient population with diet restrictions due to a lack of patient education.

2. **UNDERSTANDING EXISTING CONDITION WHICH NEEDS IMPROVEMENT**

(Describe the relationship of your project to your goals for improvement, and describe current process performance.):

Goal of the diabetes Program was to provide a formal mechanism for patient education about the risks of uncontrolled diabetes and to provide a milieu of support for these patients within their peers with diabetes.

3. **ANALYSIS** (Describe how the problem was analyzed.):

4. **IMPLEMENTATION** (Describe your implementation of the solution.):

The program is of 5-½ weeks (decreased from 7 weeks) duration for 6 hours per week, with an additional 1 hour mandatory support group while cycle is in session. The program has ongoing support groups held weekly for 1 hour per week.

Patient outcome tools include glycated hemoglobin laboratory results before and after the program, and a test of patient knowledge about diabetes given before and after completion of each cycle.

5. RESULTS (Demonstrate that an improvement has occurred as a result of the project/process area implementation.):

Patients participating in the diabetes program have had improvement in blood sugar control after the program.

	Mean	Standard Deviation	T Value	P value	N
PRE TEST	15.94	2.949			54
POST TEST	19.14	2.930	-6.284	0.00000	44
PRE HBA1C	9.74	2.641			48
POST HBA1C	8.42	2.052	3.796	0.00076	38
ATTEND	0.84	0.147	18.440	0.00000	16

Evaluation of outcome of the program have showed statistically significant ($P < 0.05$) improvement in both blood sugar control and patient knowledge about diabetes after completion of the program.

6. LEARNING (Describe what the team learned and how they used those lessons to continuously improve the success of this Best Practice.):

The diabetes program has completed 7 cycles. During this time, the team has learned that patients improve in blood sugar management with patient education. Impediments to improvement include patient unwillingness to participate. With unit staff education and the inclusion of diabetic education in the formal treatment plan, patients are more likely to attend a diabetic education group. The provision of a forum for diabetic patients to meet and discuss concerns can provide a therapeutic environment and improve compliance with diabetic regimens.