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Cognitive effect of standardized group education programme in diabetic population

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Background & Aim: The prevalence of diabetes in India has reached alarming levels with 8.7% of population affected as of 2015, which is expected to double in the future. The reasons for the rapid increase in prevalence of diabetes include genetic predilection of Indian population, economic boom, sedentary lifestyle, inadequate follow up and lack of disease awareness. The aim of the study was to overcome the self-care deficit which would help patients to be more compliant and better in managing their illness.

Methodology: The study was conducted at weekly diabetes clinic at AIIMS, Rishikesh in which 200 patients participated. Two sessions, each of 60 minutes were conducted fortnightly. The patients were educated by trained personnel using specially designed module in patients' own language. Each group consisted of 10-15 participants. Participants were tested at the beginning and after the educational programme using a 10 item questionnaire. Data was analyzed using MS Excel 2010. Paired t test was used to find any significant difference between pre and post test score. Average learning gain was computed by $\text{Pre-post}/10\text{-pre} \times 100$.

Results: A significant improvement in test scores after education session was noted. Average learning gain was $77.98\% \pm 23.27\%$ after the group education. 64% participants demonstrated more than 75% learning gain.

Conclusion: A dedicated group session programme implemented in an environment conducive to learning with specially designed module has a significant impact on patients' knowledge (64% participant demonstrated more than 75% learning gain) about the cause and treatment of their disease. The study can be extended to see if it impacts behavior by tracing changes in glycaemic control.

Biography

Kant R is currently working as an Associate Professor and Head, Division of Diabetes and Metabolism in the Department of Medicine at All India Institute of Medical Sciences, Rishikesh. He has developed the department of medicine at AIIMS Rishikesh. He has obtained Fellowship in Diabetes from CMC Vellore and from Harvard University. He is currently the Harvard Course Director for the certificate course in diabetes in India. He is also currently the secretary, South East Asian Foundation and the Editor of South East Asian Medical Clinics. He is international advisor to the journal of diabetes and endocrine society of Nepal and also journal of public health and holistic medicine.

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