A Pre and Post Survey to Evaluate Patient Perception of Group Diabetes Self-Management Education in Rural Health Clinics

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Diabetes is a significant clinical issue in the primary care setting. Providers struggle to overcome barriers to facilitate therapeutic interventions for populations served. The specific aim of this study is to assess group diabetes self-management education from a patient perspective. Evaluation of diabetes knowledge and self-efficacy confidence was conducted in rural primary care clinics using pre and post surveys. This study utilized a one-group pre-test-posttest design to patients receiving group diabetes self-management education in Southeast Kansas rural primary care clinics. The surveyed population included individual’s ages 18-65 with prediabetes, type I, or type II diabetes who received education led by a certified diabetic educator between December 1, 2018, and February 28, 2019, at five rural primary care clinics in Southeast Kansas.

Diabetes remains the seventh leading cause of death in the United States with over 30 million Americans diagnosed (CDC, 2017). The Centers for Disease Control reports 8.9% of adults living in Kansas in 2015 as having a diagnosis of diabetes. This is a significant increase from 1995 where the CDC reported 4.7% of Kansas adults having diabetes. From 1995 to 2015 the number of individuals diagnosed has almost doubled. Diabetes is a chronic health condition that causes blood sugar to be higher than normal. Too much sugar can negatively impact several body systems, the most common being the eyes, kidneys, skin, heart, blood vessels, and nerves. The American Diabetes Association (2017) estimated diagnosed diabetes costs $327 billion per year and found that individuals with diabetes incurred healthcare cost 2.3 times higher than individuals without diabetes. Early intervention programs and self-management of individuals diagnosed with diabetes is an essential component of improving health outcomes, patient satisfaction, and efficacy of diabetes education.

**RESULTS**

![Figure 2. Comparison of Diabetes knowledge pre-test and posttest.](image)

**Figure 2.** Comparison of Diabetes knowledge pre-test and posttest.

![Figure 3. Comparison of Diabetes confidence pre-test and posttest.](image)

**Figure 3.** Comparison of Diabetes confidence pre-test and posttest.

![Figure 4. Demographics of Participants](image)

**Figure 4.** Demographics of Participants

**REFERENCES**

4. Garrett, K. (2012). Diabetes initiative. Published by Robert Woods Johnson Foundation: [https://www.rwjf.org/content/dam/farm/reports/reports/2012/tr02/2/rwjf403006](https://www.rwjf.org/content/dam/farm/reports/reports/2012/tr02/2/rwjf403006)