



Participants' feedback attending an in-person Discover Diabetes programme in the Tallaght Chronic Disease Hub in 2023

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BACKGROUND

The Discover Diabetes course is a Self Management Education Support (SMES) programme which was developed in 2019 as a Primary Care initiative by members of the Community Nutrition & Dietetic services teams of Cork & Kerry, the South East Community Healthcare Organisations and the National DSMES office for people living with Type 2 Diabetes and their families.

SMES programmes have demonstrated many benefits for service users including improved clinical outcomes; increased confidence in participating in their own self management; greater knowledge and understanding of diabetes as well as skills to address their psychosocial health.

In 2020, programme delivery changed from in-person to online due the restrictions with the Covid-19 pandemic. In 2023, the Tallaght Chronic Disease Hub decided to start delivering the Discover Diabetes course (4 weekly sessions) in person as Covid-19 restrictions eased. Participants were invited to complete a short survey at the end of the last session evaluating their personal experiences of the course.

AIM & OBJECTIVES

To evaluate feedback on how beneficial and useful participants found the programme and to identify changes made by participants since attending the course or changes that they would like to make as well as comments on the course content. The information collected could be used for the future development of the programme.

A database was developed to record and evaluate survey responses as well as collate attendance figures.

METHODS

The survey 'EVAL Q-My Personal Experience' from the National DSMES office was used and data was collected on 5 programmes.

Responses were recorded using a Likert scale for 12 statements.

Statements are on knowledge & skills; confidence (talking to family or healthcare professional (HCP) about Diabetes); health awareness and positive experiences including recommending other people with Type 2 Diabetes attend the course.

Changes that participants had made while attending the course or that they would like to make were grouped into themes: physical activity; diet related (food choices, portions, reading food labels & meal planning) and others (mental health-stress & relaxation management, medications and weight)

RESULTS

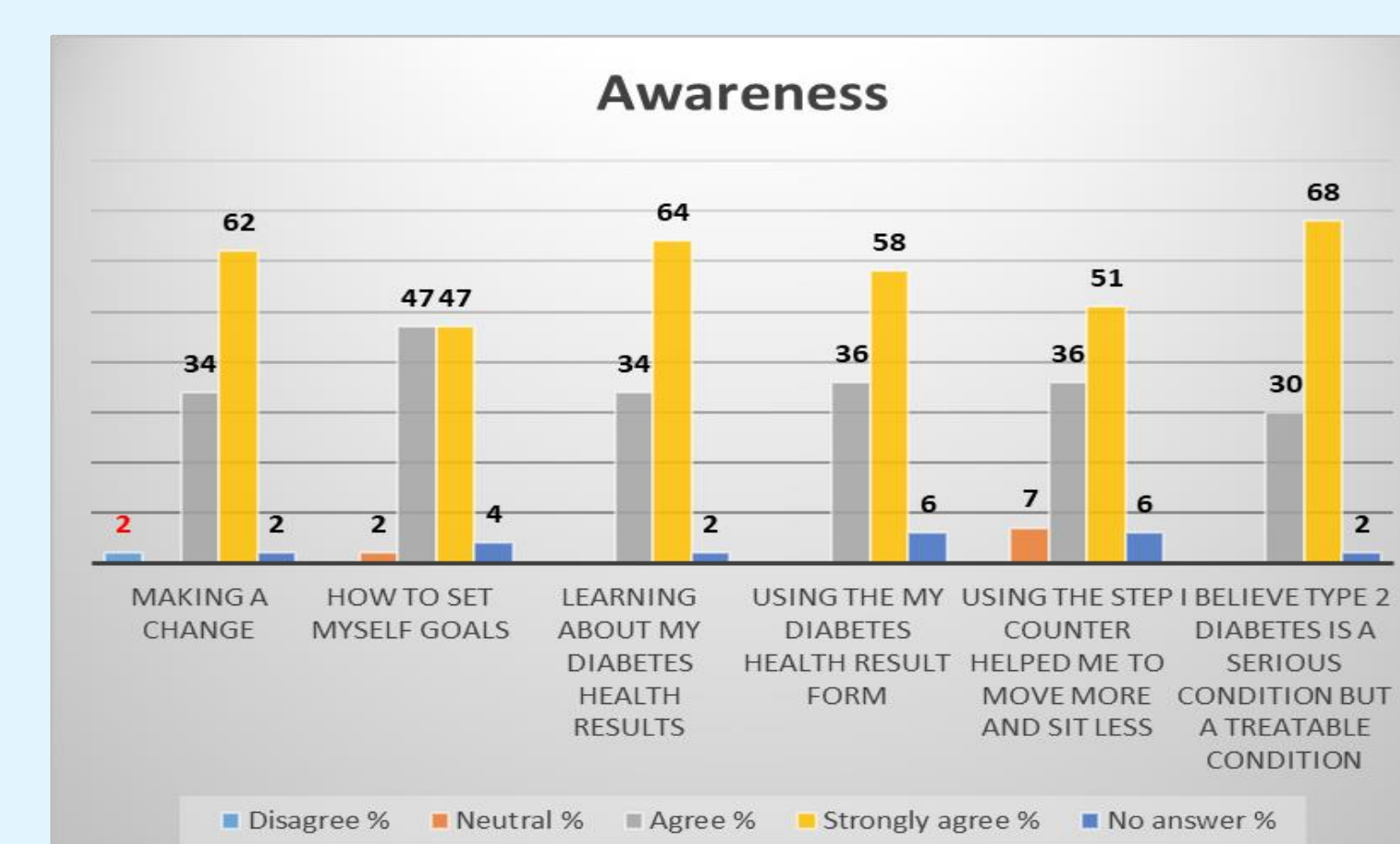
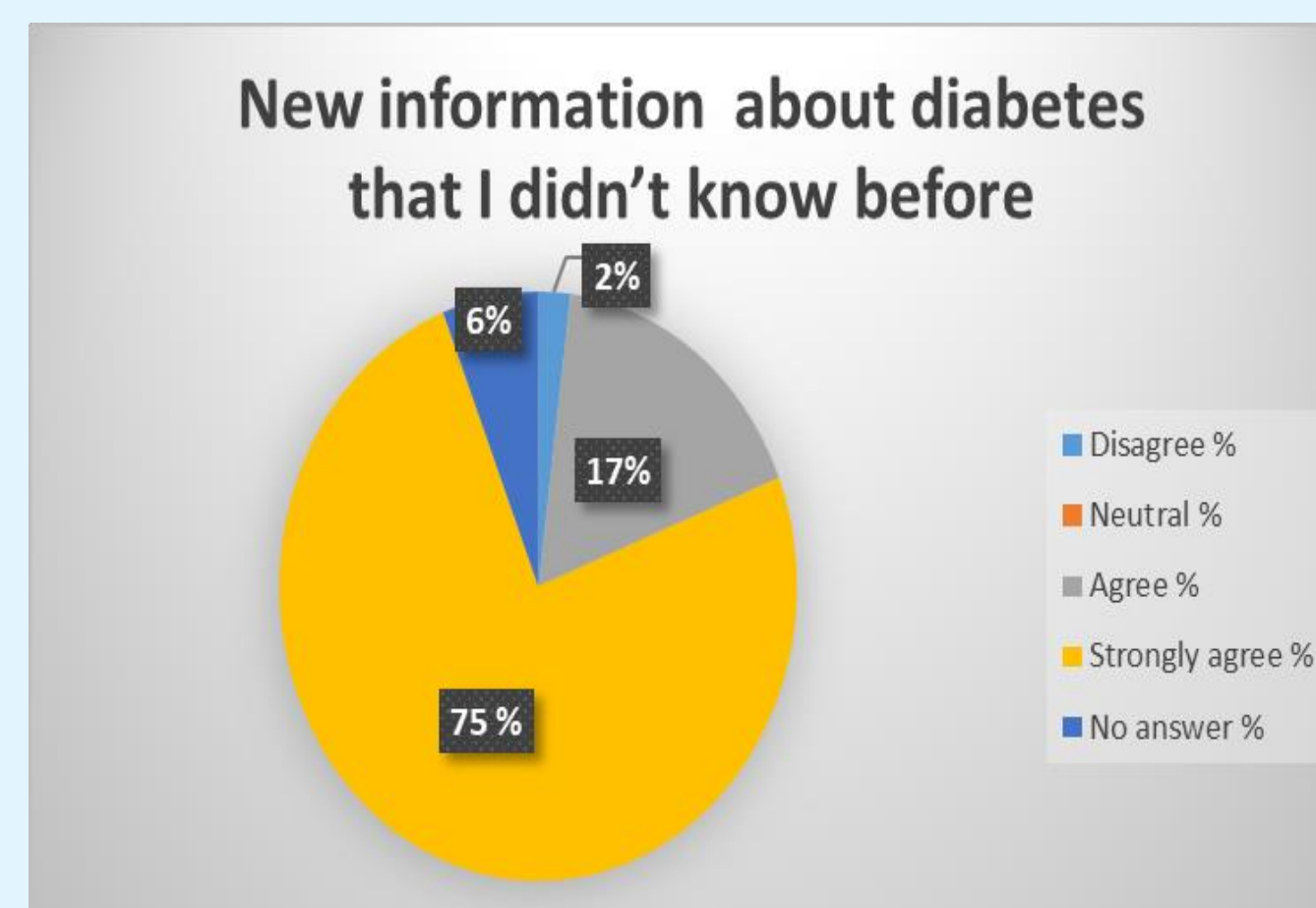
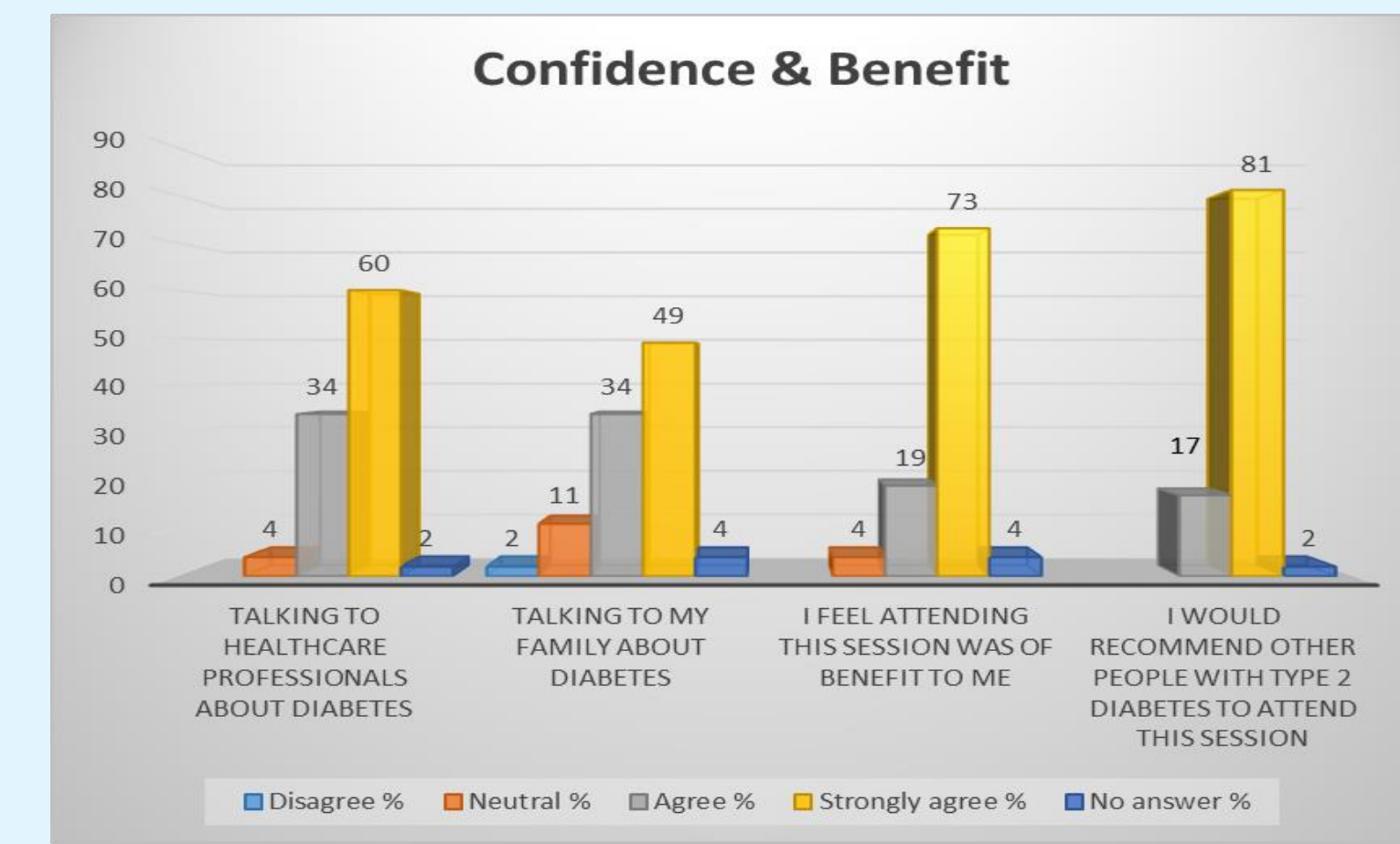
100 participants were recruited into the 5 programmes. 78% attended 2 or more sessions and 9% did not attend any sessions while 5% were confirmed dropouts at start of the course. Reasons for drop out were: unwell; unable to attend; changed their mind and prediabetes diagnosis.

53 participants completed the survey at the final session.

92% strongly agreed/agreed they learnt new information about diabetes and new skills to manage their diabetes . 94% strongly agreed/agreed they were more confident to talk to their HCP and 81% strongly agreed they would recommend attending the course.

70% of the changes stated were made during the course and these primarily were increases in physical activity (45%) and diet related (45%). 50% of changes that participants would like to make in the future were diet related.

Overall there was very positive comments about the course and additional information requested was on food labels, medication & complications.



CONCLUSION

These survey results provide us with reassurance that participants are receiving the knowledge, skills and confidence to self manage their diabetes and that the philosophy of the programme is maintained. Facilitating the completion of this survey will remain an integral & important part of the development and delivery of these programmes.

MY PERSONAL EXPERIENCE OF THE COURSE					
(Please circle the answer that best applies to you)					
I feel attending this session was of benefit to me	Strongly disagree	Disagree	Neutral	Agree	Strongly agree
I have learnt new information and new things about diabetes on this session that I didn't know before	Strongly disagree	Disagree	Neutral	Agree	Strongly agree
I have learnt new skills to help me manage diabetes	Strongly disagree	Disagree	Neutral	Agree	Strongly agree
I feel the time spent thinking about making a change was useful	Strongly disagree	Disagree	Neutral	Agree	Strongly agree
I feel the time spent on how to set myself goals was useful	Strongly disagree	Disagree	Neutral	Agree	Strongly agree
I feel the time learning about My Diabetes Health Results was useful	Strongly disagree	Disagree	Neutral	Agree	Strongly agree
I found using the My Diabetes health Result Form was useful	Strongly disagree	Disagree	Neutral	Agree	Strongly agree
I feel that using the pedometer helped me to move more and sit less	Strongly disagree	Disagree	Neutral	Agree	Strongly agree
I feel more confident talking to healthcare professionals about diabetes	Strongly disagree	Disagree	Neutral	Agree	Strongly agree
I feel more confident talking to my family about diabetes	Strongly disagree	Disagree	Neutral	Agree	Strongly agree
I believe type 2 diabetes is a serious condition BUT a treatable condition	Strongly disagree	Disagree	Neutral	Agree	Strongly agree
I would recommend other people with type 2 diabetes to attend this session	Strongly disagree	Disagree	Neutral	Agree	Strongly agree

Your Comments on the 4 sessions are welcome - Please share your comments below.

DISCOVER DIABETES - Type 2 Course Comments:

Comments are welcome - on any session or topic covered or topics you would like more information on.

Any Additional Comments on the course:

One change I am making since attending the course is:

One other thing I would like to change to help manage diabetes is:

THANK YOU FOR YOUR TIME

