

Quality of life in patients with T2DM mellitus before and one year after a structured education program (KOMEKON)

Daniel Ringli¹, Telemachos Hatzisaak²

1 Land-Permanence, 8444 Henggart, 2 PizolCare-Praxis Wartau, 9477 Trübbach SG

Introduction

It is widely accepted, that patients with type 2 diabetes should change their lifestyle in order to gain life years and improve their quality of life (QoL).

PizolCare, an integrated medical network in Eastern Switzerland, developed a practical education program aiming at improving disease perception for (newly diagnosed) patients with type 2 diabetes mellitus. This program proved successful in significantly lowering HbA1c [1]. Similar programs have led to a significant and clinically relevant HbA1c reduction [2,3,4].

In this survey we address the participants' QoL-parameters.

Methods

The survey was conducted before and one year after patients attending the KOMEKON education program. After obtaining informed consent, data were filed and analyzed using MS Excel.

100 patients took part in the survey (38 women and 62 men) of whom 43 participants answered the questionnaire twice, i.e. at the beginning and one year after concluding the program.

Results

We observed a trend towards a better perception of health state and QoL after one year, although – with the participants getting older – impairment in daily activities grew, though not significantly. Psychological distress in relation to the disease led to slightly less physical activity in participants one year after attending the program, though no significance could be detected here as well. An insignificant increase of handicap regarding sexual activity was noted. Finally, time spent on diabetes treatment did not differ after one year.

Conclusions

Attending the KOMEKON structured diabetes education program proved safe for participants and showed a trend towards better disease perception and QoL after one year.

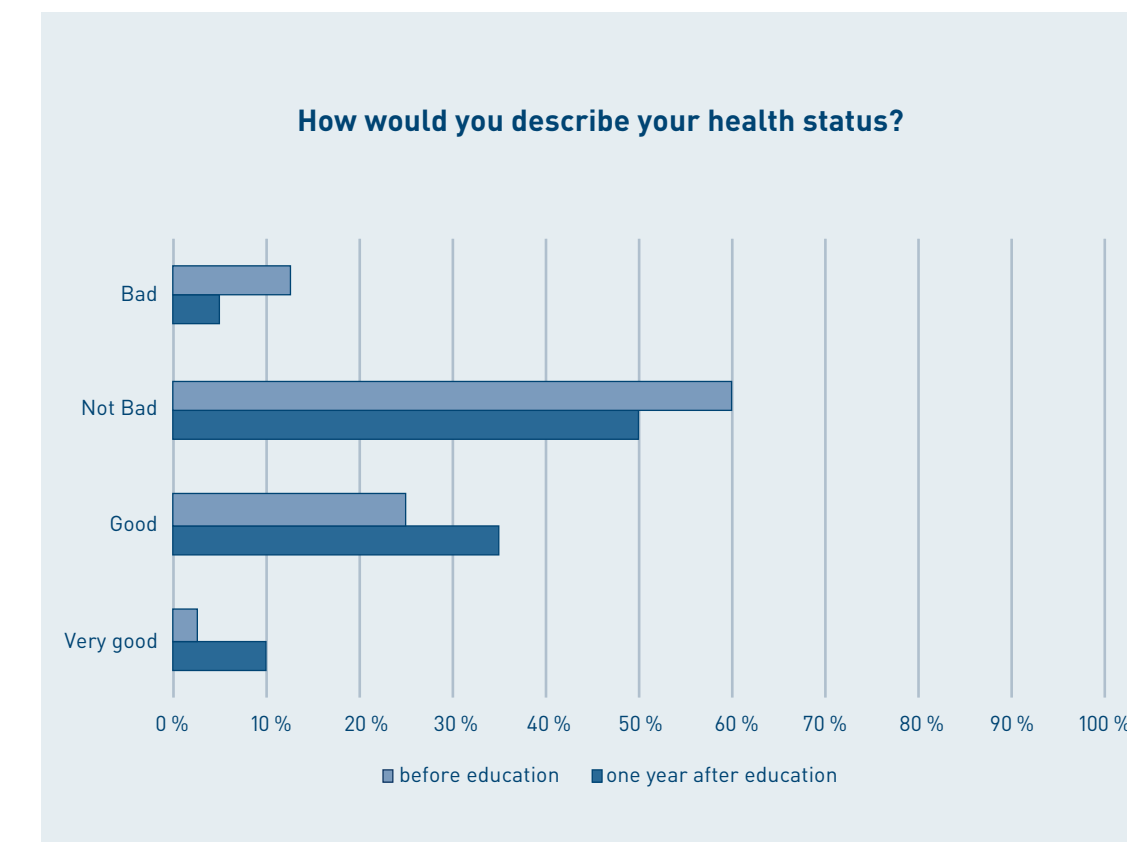
Literature

[1] Hatzisaak T, Keller U, Hatzisaak N. Changes of Metabolic Parameters in Participants of a Structured T2DM Education Program (KOMEKON), Poster SSGIM Congress 2019.

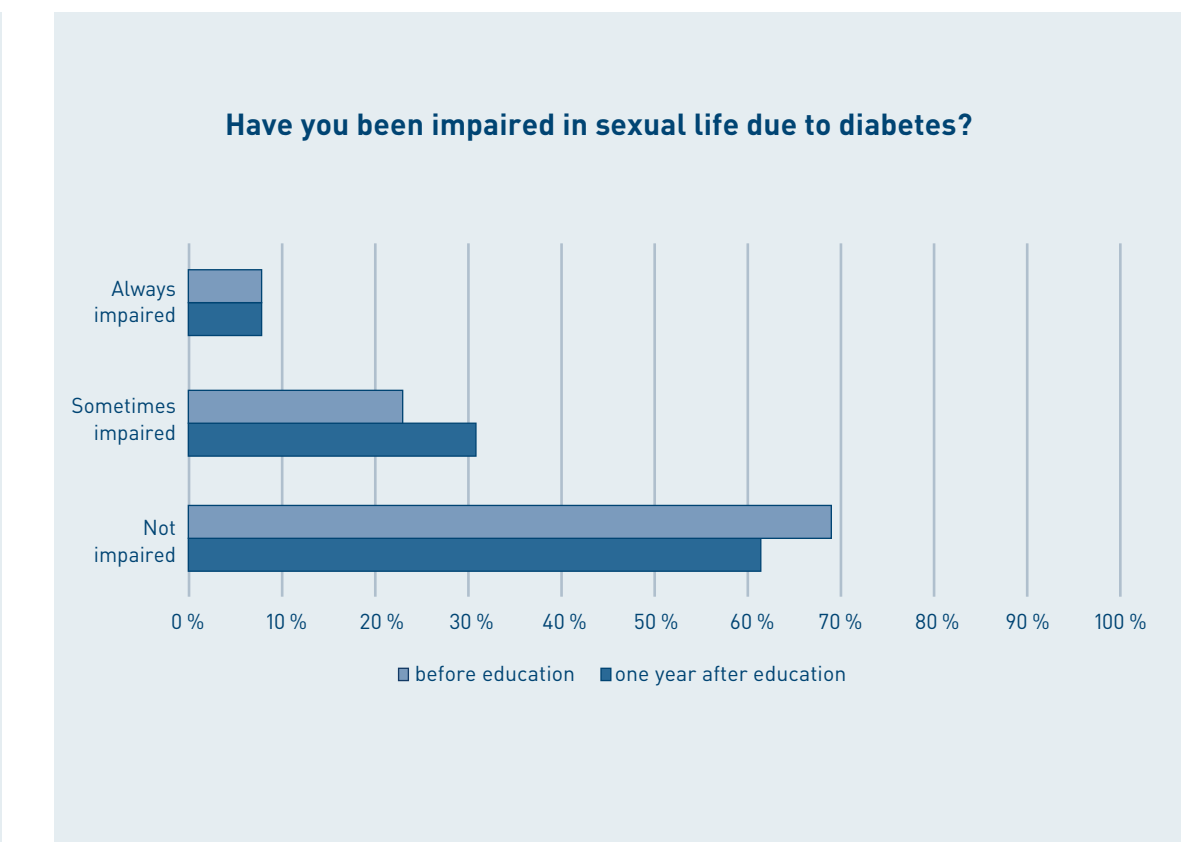
[2] Pal K, Eastwood SV, Michie S, et al. Computer-based diabetes self-management interventions for adults with type 2 diabetes mellitus. Cochrane Database Syst Rev 2013; CD008776.

[3] Gupta U, Gupta Y, Jose D et al. Effectiveness of a video-based lifestyle education program compared to usual care in improving HbA1c and other metabolic parameters in individuals with type 2 diabetes: An open-label parallel arm randomized control trial (RCT). Diabetes Ther. 2020 Mar; 11(3):667–679.

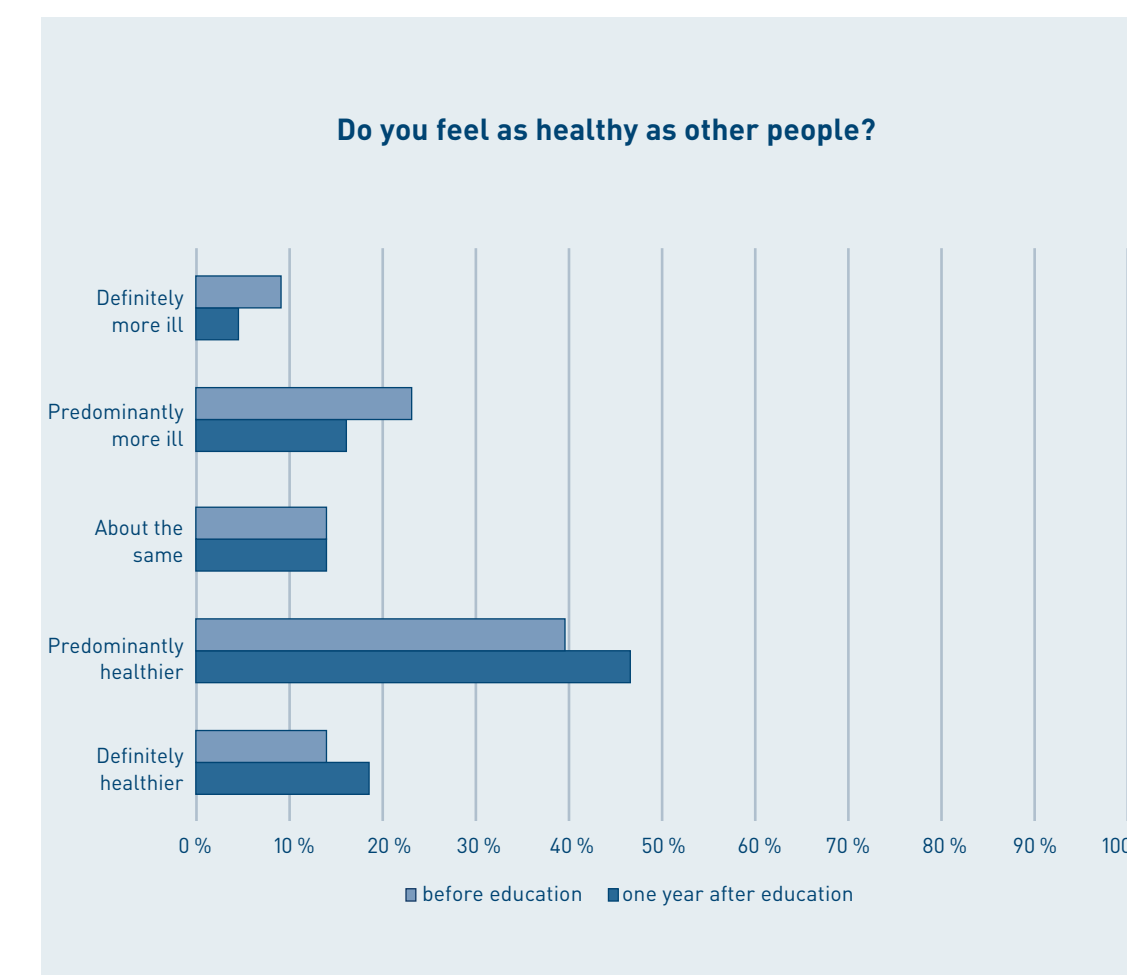
[4] De la Fuente Coria MC, Cruz-Cobo C, Santi-Cano MJ. Effectiveness of a primary care nurse delivered educational intervention for patients with type 2 diabetes mellitus in promoting metabolic control and compliance with long-term therapeutic targets: Randomised controlled trial. Int J Nurs Stud. 2020 Jan; 101:103417.



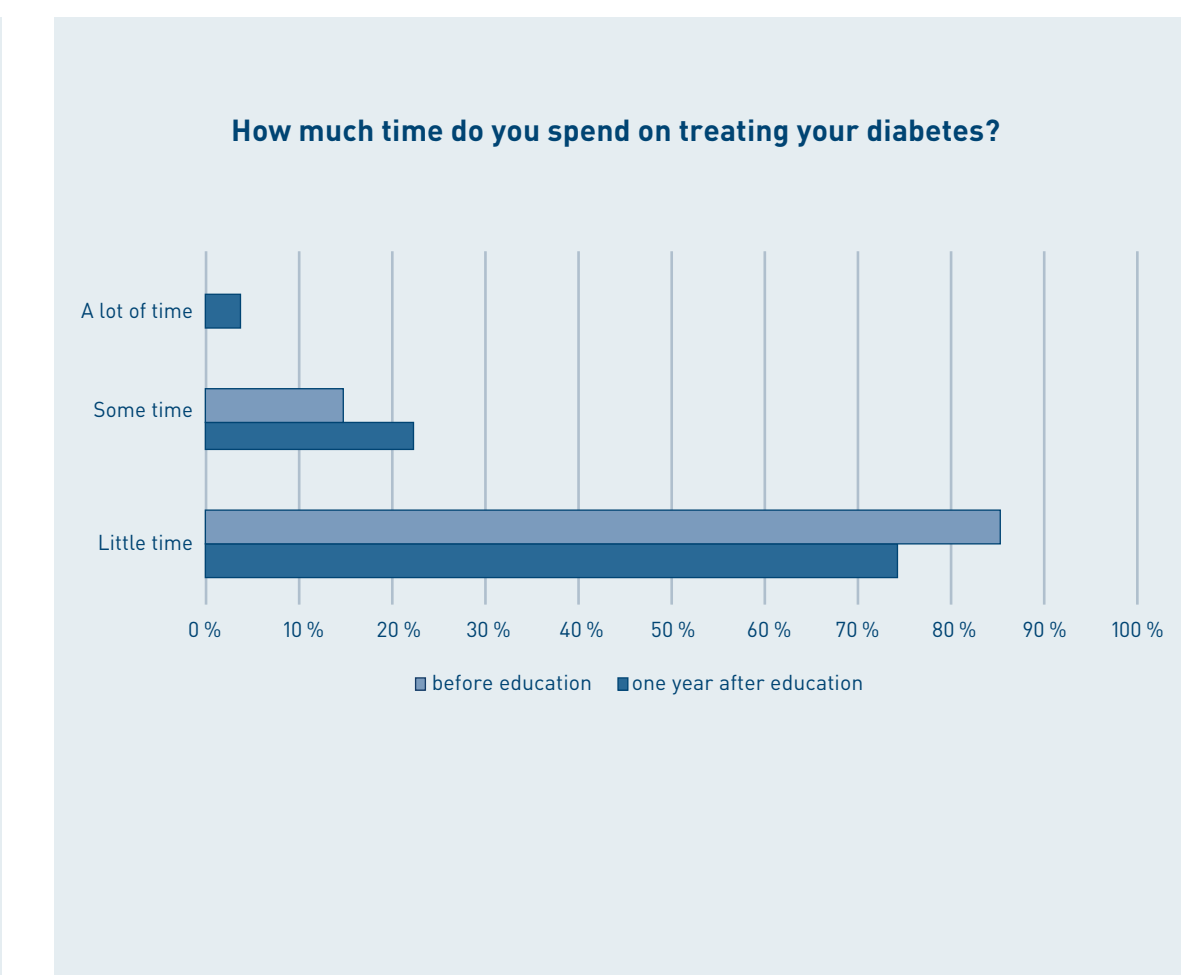
Graph 1: State of health



Graph 3: Sexual life impaired by type 2 diabetes mellitus



Graph 2: Disease perception



Graph 4: Time spent on treatment of type 2 diabetes mellitus