

STRUCTURED DIABETES EDUCATION PROGRAM (SDEP)

FOR NURSES

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BACKGROUND

- Diabetes is a complex chronic disease affecting millions of people worldwide.
- Patients must receive extensive education on proper diabetes self-care to reduce risks of complications, and improve quality of life and health outcomes.
- Nurses play key role in patient and family teaching.
- Nurses must obtain knowledge and skills, and be confident teaching diabetes-specific topics to patients and families to promote better glycemic control and reduce disease burden.
- Structured diabetes education programs (SDEPs) have shown to improve participants' understanding and management of diabetes.

PURPOSE

To develop and implement Structured Diabetes Education Program (SDEP) to improve nursing knowledge and skills in an organized manner, using standardized tools and techniques to ensure patients and families receive proper training on diabetes self-care prior to discharge.

TEAM

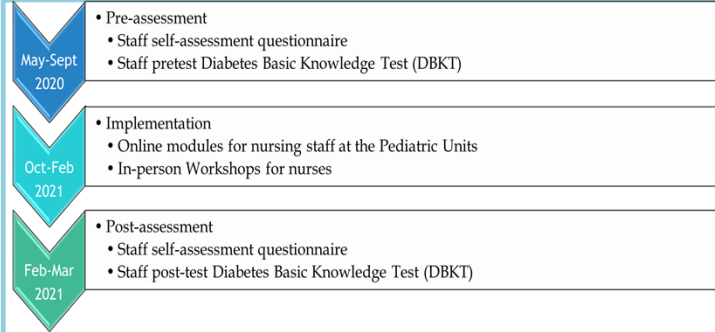
Diabetes Education Task Force (DETF)

Interprofessional team of clinicians from all specialties involved in diabetic patient care and education

- Works on standardization and utilization of best available patient care practices and education materials
- Collaborates with local, intra-hospital, and community organizations to bring support and resources to patients, families and clinical team



PROJECT DESIGN & TIMELINE



BLENDED LEARNING PLATFORM

- Online modules for nursing staff at the Pediatric Units
 - Learning Management System (LMS)
- In-person Workshops for nurses
 - Review standardized tools and education materials
 - Review Diabetes Education Competency Checklist
 - Practice scenarios
- Teaching diabetes management topics to patients/families
- Communicating with interprofessional team

TEACHING RESOURCES

Teach nurses to use Competency Checklist & Blood Glucose Monitoring Log when educating patients and families

Review Pink Panther "Understanding Diabetes" book with staff & ensure they're comfortable using it for patient/family education

RESULTS

SDEP project is currently at the pre-assessment stage. Diabetes Education Task Force (DETF) is evaluating methods and forming timeline for nursing education. Staff questionnaire was conducted to assess nurses' knowledge and confidence teaching patients' diabetes management. The next step would be to release Diabetes Basic Knowledge Test (DBKT) to assess nurses' knowledge objectively for baseline quantitative data.

CONCLUSIONS

- Studies have shown positive outcomes using diabetes self-management programs.
- Since nurses are primary clinicians that teach patients and families about diabetes care prior to discharge, more research is needed to implement and evaluate structured diabetes education programs for nursing staff.
- With ongoing research initiatives, the goal is to establish favorable methods of teaching that would be user-friendly, time and cost-effective for learners and health organizations

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