

Evaluating a Multidisciplinary Diabetes Education Program for Improving Cardiovascular Risk Factors and Glycaemic Control: A Retrospective Cohort Study

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Abstract

With a growing trend favouring fewer medications and greater emphasis on self-management through lifestyle change, health education programs offer a cost-effective and easily implementable method that could pave the future for management of chronic diseases such as diabetes and associated cardiovascular disease. Limited research exists on the efficacy of these programs for improving cardiovascular disease and diabetes, particularly in regard to objective measures of glycaemic control and cardiovascular risk. Such programs have the potential to be implemented across a wide variety of community settings. In this study, we evaluate a community-based education program aimed at informing, engaging with and empowering patients with type 2 diabetes mellitus (T2DM) to make effective lifestyle changes. The significant proportion of patients who underwent nil or positive change in relation to their glycaemic control and cardiac medications highlights the value of education as both a supplementary and stand-alone tool. This is not only convenient and generally preferred by patients, but is also of financial benefit on a patient and government level. Beyond this, these programs may translate to reduction in overall downstream risk associated with cardiovascular and cerebrovascular adverse events. This also acts to reduce the burden on resources and efforts focused on addressing these dreaded further complications, in addition to improving patient prognosis. The research also draws attention to the significance of empowering patients to seize control of their health through supporting them in

developing self-management strategies and healthy habits that potentially carry benefit for a lifetime.

Biography:

Marly Ranasinghe is a Credentialed Diabetes Educator with 13 years of experience in managing Type 1 and 2 in private consulting, hospital, GP clinic and community health settings. She also has 8 years educating in Gestational Diabetes at the Royal Women's and Mercy Hospital. Marly is also a Certified Insulin Pump Trainer with multiple years managing insulin pumps. She has a strong interest in diabetes research and has structured and executed a multidisciplinary health education program for patients with Type 2 Diabetes in Melbourne's south-east.

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