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### Biography

Mingzi Li is a professor of nursing school, and also department head of medical and surgical nursing, Peking University. Her research area is about the chronic disease management.

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## A CULTURALLY-SENSITIVE NURSE-LED STRUCTURED EDUCATION PROGRAM IN PERSONS WITH TYPE 2 DIABETES: A MIXED PILOT STUDY

**Aim:** To assess the feasibility and acceptability of a culturally sensitive nurse-led structured education program for persons with type 2 diabetes without insulin therapy, and the preliminary outcomes of the program.

**Methods:** A mixed-method study with a real-world quasi-experimental design and a quality study were employed. Forty-four participants with type 2 diabetes received a tailored 4-module structured education program. Quantitative data were collected at pre-intervention and at the end of a 3-month follow up. Qualitative data were collected post-intervention. Descriptive analysis, two-tailed Student's t tests and Wilcoxon Signed Rank Test were used to analyse the quantitative data. Thematic content analysis was used to analyse the qualitative data.

**Results:** Forty-four participants completed the program and the attrition rate was 20%. Three basic themes were generated: The program contributed to positive changes for participants; they enjoyed and accepted the program; and they needed ongoing support. Significant improvements in A1C, fasting blood glucose, low-density lipoprotein cholesterol, body weight, waist circumference, body mass index, diabetes related knowledge, self-efficacy and self-management behavior were reported three months after intervention.

**Conclusion:** Study finding demonstrated that culturally-sensitive nurse-led structured education program tailored for persons with type 2 diabetes without insulin therapy in China is feasible, acceptable, and its preliminary outcomes may be effective. Ongoing support, a control group, and long-term follow up should be included in the future study.



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