

Therapeutic patient education: A therapeutic purpose or alternative to conventional therapy for improving the quality of life in patients with type 2 diabetes?

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Therapeutic patient education is the patient's/family's capacity building process on the basis of integrated actions to care project. It is also the set of practices to allow the patient skills, to support actively the illness, care and monitoring, in partnership with the healthcare team. This is a co-construction between the treated and the caregiver, a comprehensive care most optimal in a cognitive behavioral perspective and psycho-emotional through which the evaluation of quality patient's life is paramount.

Introduction: The study DAWN2 France showed that people with diabetes have an impaired quality of life. An alteration efficiency of the management of this pathology. This study also showed that French patients seem more anxious than in most other countries, the fear of hypoglycemia is a very important point, as the fear of injections and that the transition to insulin is seen as a penalty. By giving patients educational sessions, group and individual, medically, dietary, physical, psychological and social, the ETP has significantly improved the management of patients.

Methods: An observational study is to evaluate the evolution of the quality of life and the metabolic balance of a cohort of 100 patients who completed a personal ETP program, developed about 18 educational National Conferences, full hospitalization. A day hospital monitoring is proposed at 3, 6 and 9 months. The desired main criterion is the quality of life. The questionnaire used to assess the quality of life is the SF-36. The biological and anthropometric parameters also measured. The main characteristics of the patients included in this study were: Age between 18 and 70 years; Type 2 diabetes diagnosed for at least 6 months; HbA1c > 7%; BMI > 30; Patient treated by at least two oral anti diabetics; No severe proliferative diabetic retinopathy; associated metabolic syndrome; Lack of thyroid dysfunction; No modification therapy (treatment) for at least 2 months.

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