

Evaluating the Impact of a *Living with Diabetes* Self-Management Class

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Learning Objectives: To determine the impact of a diabetes self-management class on knowledge, skills, and attitudes of adults with diabetes.

Learning Codes: 6010, 5460

Pre- and post-quizzes were administered to 11 adults with newly diagnosed or pre-existing type 2 diabetes who participated in the *Living with Diabetes* class. The class consisted of a 2-hour session for four consecutive weeks. Subjects were recruited from two different class series; one began in September 2011; and the second in January 2012. Participant identification was blinded from the investigator. The survey was based on the behavioral capability construct of the Social Cognitive Theory, which suggests that in order to perform a behavior, the individual must understand the behavior and the skills needed. A Certified Diabetes Educator (CDE) and Registered Nurse (RN), as well as a Registered Dietitian (RD) facilitated the classes. Each class featured interactive and lecture-style learning to address problem solving and skill building related to diabetes self-management. To determine the effectiveness of the 4-class series, comparisons were made between pre- and post-quiz responses. Results are incomplete, but will be available upon completion of the study. It is expected that the *Living with Diabetes* class will elicit changes in the knowledge, skills, and attitudes related to diabetes self-management.