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## Developing a System for the Evaluation and Analysis of a Diabetes Self-Management Education Program

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**Background:** Diabetes self-management education is acknowledged by the American Diabetes Association (ADA) as an integral component of patient care. The Northeast Health Diabetes Center at Albany Memorial Hospital is an outpatient education clinic that provides this training to people diagnosed with all types of diabetes. The center's comprehensive education program consists of ten hours of education administered in group and individual settings designed to assist adults with the management of type 2 diabetes.

**Objectives:** To develop a system to examine the impact of the comprehensive program on diabetes management in participants by (1) creating a database to collect information on patients' clinical and behavioral diabetes outcomes; (2) devising an instrument to monitor the progress of patient self-management goals throughout the program and (3) performing preliminary analyses on chosen patient outcomes.

**Methods:** Patient baseline information was collected from existing hospital electronic medical records and outcome measures were chosen based on ADA standards of care for diabetes management. A goal sheet was developed from the comprehensive program curriculum to track participants' self-reported progress towards achieving behavioral change. Analysis of outcomes was performed on the cohort of patients who completed the program in the second quarter of 2007.

**Results:** An electronic database and goal sheet were developed and implemented to monitor the impact of this education program on participants' diabetes management. Initial analyses of chosen indicators showed improvement in both clinical and behavioral outcomes post-program, providing support for the importance of self-management education in diabetes care.