

CLAHRCBITE

Brokering innovation through evidence

Structured Self-Management Education Programmes - Do They Help People with Diabetes?



Results

Self-management education programmes improve knowledge, skills, and motivation leading to better biomedical, behavioural, and psychosocial outcomes for people with diabetes.

Who needs to know?

People with diabetes, healthcare professionals and funders need to know about the benefits of attending diabetes structured self-management education programmes.

What did we do:

We searched for articles published worldwide between 1980 and 2017 on type 1 or type 2 diabetes and diabetes structured education self-management (DSME) programmes. We identified key components of robust DSME and biomedical, behavioural and psychosocial outcomes from these studies. We examined the methods of delivery, cost-effectiveness and cultural specificity of DSME. We discussed barriers and solutions to effective DSME uptake. Finally we discussed future priorities and research areas.

What we found and what does this mean:

We found that DSME are effective and cost-effective if developed robustly with an evidence-based structured curriculum and a person-centred philosophy and delivered by trained educators with ongoing quality assessment. People with diabetes who attend DSME are more likely to have improved knowledge and confidence enabling better diabetes self-management, which translates to improved wellbeing and satisfaction, diabetes control, medication adherence, management of cardiovascular risk factors and reduction in diabetes distress.

What next:

Despite the benefits, many people with diabetes are not referred or do not have access to self-management education. These programmes should be tailored to specific populations, taking into consideration the type of diabetes, and ethnic, social, cognitive, literacy, and cultural factors using innovative technology where appropriate. Ways to improve access to and uptake of diabetes self-management programmes are needed with active encouragement from healthcare professionals to attend.

Evidence:

Chatterjee S, Davies MJ, Heller S, Speight J, Snoek FJ, Khunti K. Diabetes structured self-management education programmes: A narrative review and current innovations. *Lancet Diabetes Endocrinol.* 2017. [http://dx.doi.org/10.1016/S2213-8587\(17\)30239-5](http://dx.doi.org/10.1016/S2213-8587(17)30239-5)

What is NIHR CLAHRC EM?

NIHR Collaborations for Leadership in Applied Health Research and Care (CLAHRCs) are collaborations between the NHS, universities and local organisations. Our goals are to conduct applied health research across the East Midlands and translate our research findings into improved outcomes for the public.

 @clahrc_em  www.clahrc-em.nihr.ac.uk  clahrc-em@leicester.ac.uk

This research is supported by the National Institute for Health Research (NIHR) Collaboration for Leadership in Applied Health Research and Care East Midlands (CLAHRC EM).