

EDUCATIONAL INTERVENTION IN HEALTH PROFESSIONALS AND ITS IMPACT ON THE METABOLIC CONTROL AND QUALITY OF LIFE OF THEIR DIABETIC PATIENTS

AIMS

To evaluate the effectiveness of an educational intervention on health professionals and to measure its impact on the metabolic control and quality of life (QoL) of Catalonian diabetic patients.

METHODS

Pseudo-experimental community study.

Aleatory intervention in 8 Health Centres (4 intervention / 4 control) in Catalonia.

Health professionals are invited to a reflective approach on the motivations and attitudes towards diabetes, in order to facilitate self-learning, using workshops based on the experience, aiming to improve their communication and psycho-pedagogical skills.

Variables:

Metabolic parameters: *HbA1c*, Blood Pressure, *BMI*, Lipid profile.

Smoking.

Quality of Life (direct / indirect): *EsDQOL* test/ *A&E* attendance or hospital admissions.

RESULTS

The improvement of metabolic parameters and smoking cessation is bigger in the intervention group.

The perception of improvement on quality of life (*EsDQOL* test) is better in all sub-scales in the intervention group.

The *A&E* attendances and the hospital admissions are reduced by one third in the intervention group.

CONCLUSIONS

This study demonstrates the effectiveness of educational intervention on self-learning using workshops based on the experience. The aim is to achieve the improvement of both communication and psycho-pedagogical skills of health professionals, as well as the metabolic control and quality of life of their diabetic patients.