

Diabetes Chronic Disease Management Studies

Three distinct studies over time to measure effectiveness of the community-based health delivery system

Type of Research

HbAc1 Outcomes

Key Findings

BCBS Self Management

Study description

- 2002 study of 291 African Americans
 - 60% Medicaid/Medicare
- Activity studied: Diabetic self-management using Stanford CDSMP
- 6 mo. classes with results compared to a control group to measure health improvement

Self Management

Control Group

- Pre-test mean value 6.93
- Post-test mean value 6.89

Intervention Group

- Pre-test mean value 7.89
- Post-test mean value 7.3

Self Management

The researchers found that the intervention group made significantly greater progress in reducing this key indicator as a result of the brief period of disease self-management, when compared to the control group, which showed negligible improvement

MCDN Physician Charting

Study description

- 1998,2000, 2002 studies of 2003, charts of individuals with type 2 Diabetes
 - On average: 72 PCPs and 668 patients
- Activity studied: Effects of uniform charting and clinical protocols

Physician Charting

Patients with HbA1C < 7.0

- 1998 = 24%
- 2000 = 41%
- 2002 = 54%

1998 - 2002 Mean = 42% for

Physician Charting

There was a statistically significant improvement when comparing patients who met all 4 goals for HbA1C, fasting blood sugar, LDL, and blood pressure.

Uniform charting and disease management protocols did improve health outcomes.

Call To Care MFC Disease Management

Study description

- 2007 - 2009 study of 138 low-adhering individuals with type 2 Diabetes
- Activity studied: combined effect of community health worker home visits and PCP office visits over time
- Focus on Diabetes education and self management

Disease Management

Home visits showed a drop in HbA1C starting with the 2nd visit through the 11th visit

- Each home visit averaged a 0.45 drop in HbA1C

PCP visits only showed a random relationship to HbA1C reductions

Disease Management

Home visits by community health workers are clearly effective in lowering HbA1C in just 5 months. After the 10th visit, this impact is diminished.

- About 20% of the reduction to HbA1C is attributed to home visits
- PCP office visits need more data to determine their impact.