

Expert patients as a coach in a selfmanagementprogram for newly diagnosed patients with diabetes type 2: a randomised controlled trial

No registrations found.

Ethical review	Not applicable
Status	Pending
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON25586

Source

Nationaal Trial Register

Brief title

DIO

Health condition

Expert patients, selfmanagement, self-efficacy, coping, quality of life, quality of care

Sponsors and support

Primary sponsor: Nursing Sciences

UMC Utrecht

The Netherlands

Source(s) of monetary or material Support: Diabetes Fund

Intervention

Outcome measures

Primary outcome

Self-efficacy

Secondary outcome

1. Quality of life;
2. Coping;
3. Selfmanagement behaviour;
4. Quality of care

Study description

Background summary

Recently diagnosed patients with diabetes type 2 are confronted with many new selfmanagement tasks and guidelines regarding lifestyle and coping with their disease. The main purpose of this study is to investigate if selfmanagement coaching by expert patients leads to more perceived control over diabetes and better quality of life in newly diagnosed patients with diabetes type 2.

200 patients that are included in the study within one year will be randomised and stratified for sex.

Patients in the experimental group (N=100) are coached by an expert patient for 3 months. A selfmanagement program is used with a focus on diet and physical activity. The coaching is given additional to the usual care by the general practitioner, dietician and diabetic nurse. Before, 3 and 6 months after the intervention, all patients complete a questionnaire about quality of life, quality of care, self-efficacy, selfmanagement behaviour and coping. It is expected that the intervention will result in more self-efficacy, better selfmanagement, better quality of life, less depressive symptoms and a better quality of care as compared with patients only receiving usual care.

Study objective

Selfmanagement coaching by an expert patient leads to more control and better quality of life in newly diagnosed patients with diabetes type 2.

Selfmanagement coaching by an expert patient leads to better coping in newly diagnosed patients with diabetes type 2

Selfmanagement coaching by an expert patient leads to better quality of care in newly diagnosed patients with diabetes type 2

Intervention

Selfmanagement coaching by an expert patient: patient-tailored information and counseling about diabetes and its consequences for functioning and lifestyle.

200 patients, included in the study within one year, will be randomised and stratified for sex. Patients in the experimental group (N=100) are coached by an expert patient for 3 months. A

selfmanagement program is used with a focus on diet and physical activity. The coaching is given additional to the usual care by the general practitioner, dietician and diabetic nurse. Before, 3 and 6 months after the intervention, all patients complete a questionnaire about quality of life, quality of care, self-efficacy, selfmanagement behaviour and coping.

Contacts

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Eligibility criteria

Inclusion criteria

1. Patients with diabetes type 2;
2. Good understanding of Dutch language

Exclusion criteria

1. Impaired cognitive function
belonging to minority group for which separate intervention is needed (Turkish, Maroccon, etc.)

Study design

Design

Study type:	Interventional
Intervention model:	Parallel
Masking:	Single blinded (masking used)
Control:	Active

Recruitment

NL	
Recruitment status:	Pending
Start date (anticipated):	15-09-2007
Enrollment:	200
Type:	Anticipated

Ethics review

Not applicable	
Application type:	Not applicable

Study registrations

Followed up by the following (possibly more current) registration

No registrations found.

Other (possibly less up-to-date) registrations in this register

No registrations found.

In other registers

Register

NTR-new

NTR-old

Other

ISRCTN

ID

NL932

NTR957

:

ISRCTN91626621

Study results