

RESEARCH PROJECT



Adapting and evaluating a new delivery model of patient education to increase knowledge and promote behaviour change for diabetes patients in the Philippines



Institutions

Chong Hua Heart Institute Cardiac Rehabilitation Unit, Philippines
University Health Network (UHN), Canada



Investigators

Principal Investigator in Canada: Dr Paul Oh
Principal Investigator in the Philippines: Dr Maria Rosan Trani

Research Coordinator: Dr Gabriela Melo Ghisi (UHN)

Research collaborators:
Crystal Aultman (UHN)
Dr Shazna Bersabal (Chong Hua)
Dr Imelda Bilocura (Chong Hua)
Dr Rhea Karla Panilagao (Chong Hua)

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Summary

The prevalence of diabetes in the Philippines is increasing due to rapid urbanization and Westernization of the Filipino culture and the country is expected to have one of the highest number of newly diagnosed diabetes cases by 2025.

Considering that there is a positive association between knowledge about diabetes, treatment adherence and behaviour change, patient education is a fundamental aspect of diabetes care. The main objectives of educational interventions designed for diabetes patients are reducing the barriers for individuals with diabetes, their families and communities, and health professionals, and the promotion of efficient self-care. In addition, education interventions can improve clinical outcomes, prevent or delay diabetes and its acute and chronic complications, improve quality of life, and contribute to positive behavioural changes.

Despite the effectiveness achieved by diabetes educational interventions, most studies on this topic have been carried out in high-income countries, highlighting the need to study this theme in low- and middle-income countries such as the Philippines. Therefore, the purpose of this research project is to culturally adapt an education intervention for diabetes patients called Diabetes College and investigate its effects in the Philippines.



This project is divided into three phases:

1. Preparation: a group of healthcare providers who are experts in diabetes and primary and secondary prevention along with a group of patients reviewed the English version of the Diabetes College curriculum (developed in Canada). Both groups completed a short online survey to assess the understandability, actionability, and cultural relevance of these materials to diabetes patients in the Philippines.
2. Implementation: based on feedback received from patients and healthcare providers, previous national studies on diabetes education, and local guidelines, the Diabetes College materials were adapted to the needs of the target population in the Philippines. In this phase, the Canadian group hosted virtual meetings with the Filipino group to provide educational sessions on how to use the curriculum materials.
3. Assessment: a prospective longitudinal study in Filipino diabetes patients (attending cardiac rehabilitation or outpatient clinic of primary prevention) receiving education through the English Diabetes College materials (structured educational classes with videos, slides and facilitation for 4 to 8 weeks). There will not be a comparison group. Disease-related knowledge, number of steps taken per day, adherence to a heart-healthy diet will be assessed.

Progress: All 218 patients were recruited. Data collection is underway.



Key words

Diabetes Mellitus; Health Education; Patient Education; Philippines; Cultural Adaptation.