ABSTRACT

RESEARCH SUBJECT: Effect of Diabetes Management Program on Glycemic Control and Quality of Life in Adults with Diabetes

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Diabetes Mellitus is a common disorder that can lead to multiple costly health complications. Disease management programs that control blood glucose can prevent complications and chronic co-morbidities. Research has not yet confirmed the elements of an effective management program that ensures optimal glycemic control. The purpose of this study was to determine the effect of a tailored management program on glycemic control and quality of life. The program was based on the standards of the American Diabetes Association. This longitudinal study was a partial replication of a study by Malijanian, Grey, Staff, and Aponte (2002). The target population included adults referred to the Diabetes Life Care program at one Midwestern hospital. Potential participants had a new diagnosis or a history of type 1 or type 2 diabetes mellitus. The sample was 50 inpatients. Data were collected at baseline and after 3 months, 6 months, and 12 months in the program. Health-related quality of life was measured by the Medical Outcomes Study 36-Item Short-Form (SF-36) health survey (Ware & Sherbourne, 1992). Findings add to what is known about the effectiveness of a management program in a broad range of adult patients with diabetes mellitus.