

THE IMPACT OF REHABILITATION FOR PERSONS WITH TYPE 2-DIABETES



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BACKGROUND

The Centre for Diabetes and Heart Diseases (CfDH) in Copenhagen provides a person-centered differentiated rehabilitation program for people with type 2-diabetes (T2DM) or heart disease. The aim of the program is that the patients are empowered and get competencies to manage everyday life with their chronic disease. In Denmark there is lack of evidence proving the effect of rehabilitation in a municipal setting.

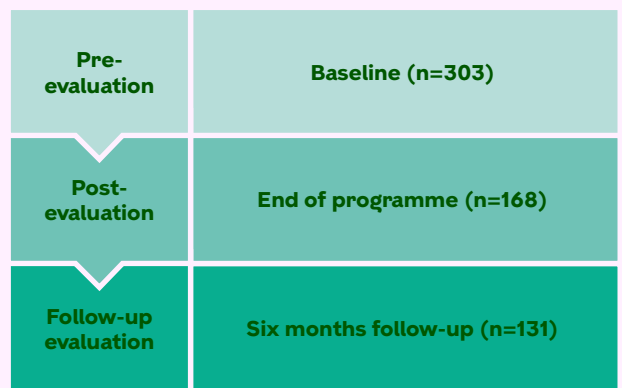
The purpose of this study is to investigate whether person-centered differentiated rehabilitation has a positive effect on HbA1c, diabetes-distress and achievement of goals.

APPROACH

The study population included patients referred to diabetes rehabilitation in CfDH from November 2018 until June 2019. The full data collection was performed in the period 2018-2021. Physiological measurements and questionnaires were obtained at baseline, end of program, and at six months follow-up.

The physiological measurement were among others HbA1c and were based on standard operating procedures.

The questionnaire included among others information on diabetes-distress, and goal achievement. When possible, validated questionnaires were used, such as the questionnaire PAID-5 to identify diabetes distress.

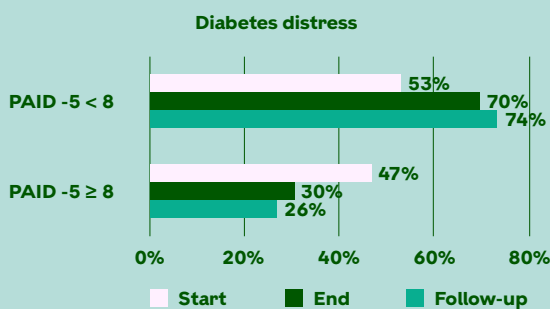


OUTCOMES

From the baseline measurement to the end of program measurement HbA1c falls by 6.5 mmol/mol. This is maintained six months follow-up evaluation and the change is statistically significant.

n=131	Start	Start-end	Start-foll.
HbA _{1c} mmol/mol avg (95% CI)	58.5 (55.8;61.2)	-6.5* (-9.0;-4.1)	-5.8* (-8.8;-2.8)

A very high proportion of the patients has Diabetes distress at baseline (47%). By the end of the program, this percentage has halved, and the trend is maintained six months follow-up evaluation.



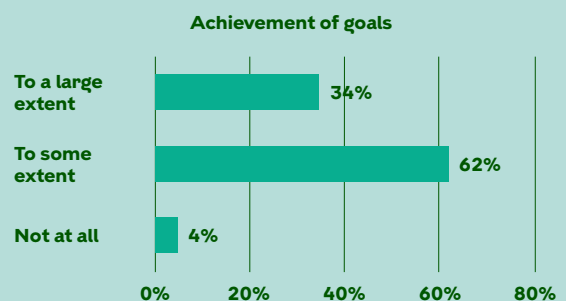
Distribution of patients in relation to diabetes distress (n=103)

TAKE HOME MESSAGES

- The results from this study indicates that there is significant effects on physiological and psychological parameters of the diabetes rehabilitation program offered at CfDH
- Rehabilitation efforts varies depending on context, location and demographics. To get more insights on your own practice; measure, collect and analyse data on impact



To ensure that the patients are empowered and get competencies to manage everyday life, one of the cornerstone in the program is setting individual goals.



Patients' end-of-programme assessment of whether they achieved their goals (n=143)

96% of patients have a perception of reaching their goals set at baseline during the rehabilitation program.