

The Impact of Diabetes Education on A1c Values

Wendy Tran, MD, Collin Leach, MD, Lourdes Pira, MD
Family Medicine Residency Program, Hennepin Healthcare, Minneapolis, MN



Background

- Rates of Diabetes Mellitus have been rising and are associated with significant comorbidities including vascular and renal disease.
- Numerous interventions have been implemented including diabetes education.

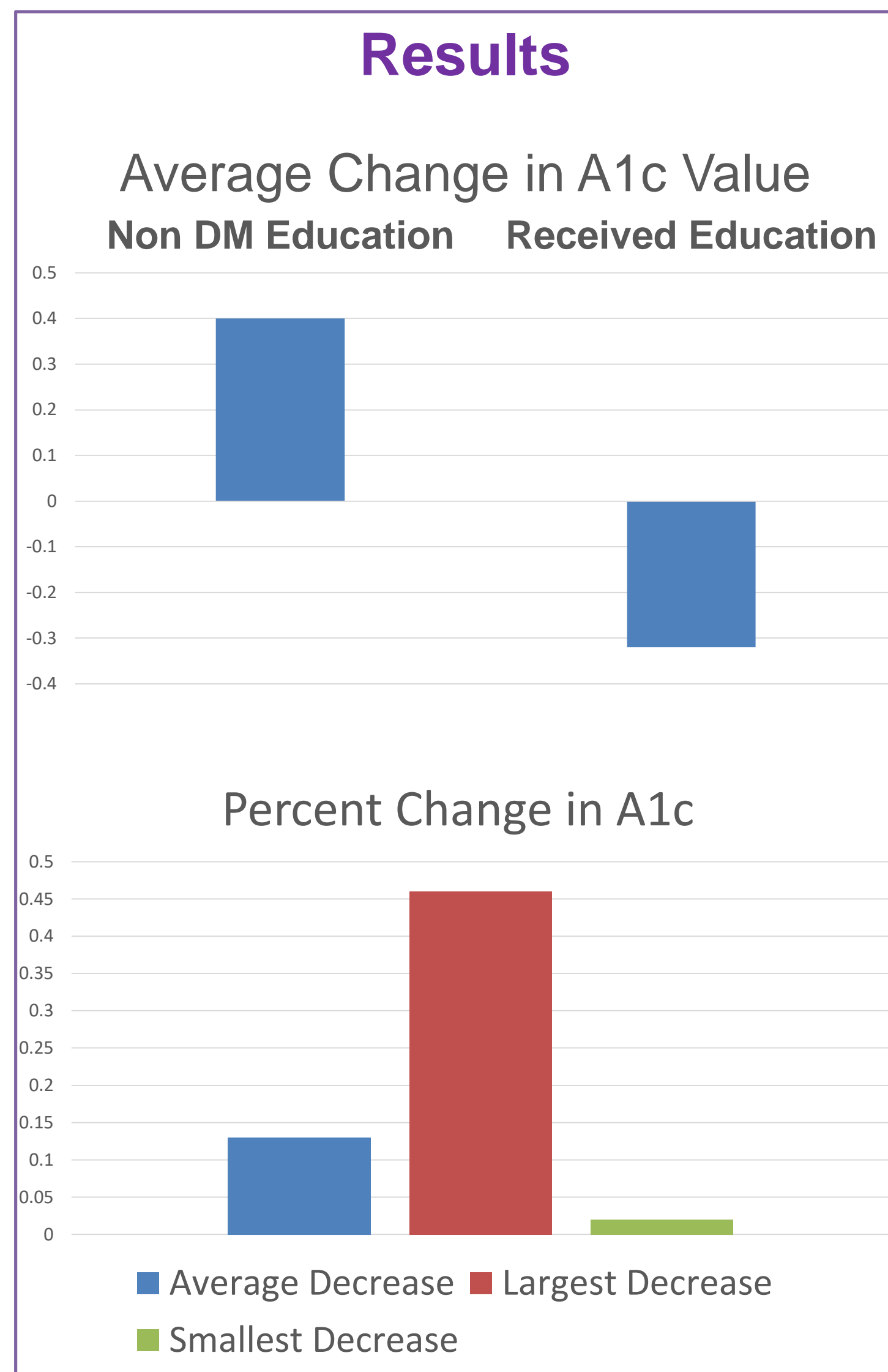
Objective

- To assess the impact of the diabetes education program at Whittier Clinic within the Hennepin Healthcare system on A1c values.

Methods

- Chart review of known diabetics established at Whittier Clinic with varying degrees of diabetes control.
- Looked at A1c values before and after diabetes education and compared these to A1c values of diabetic patients who have not had diabetes education for at least 2 years.

Results



Conclusion

- There was a significant improvement in A1c values of diabetics who attended diabetic education appointments at Whittier Clinic compared to diabetics who had not been to a diabetes education appointment in at least 2 years.
- However, the changes in A1c values were highly variable.

Implications

- Diabetes education may be beneficial to do intermittently

Considerations

- There are numerous variables that affect diabetes control and our patient population tend to have very labile A1c values.
- Diabetes education may have a more significant impact for diabetics with higher A1c values.