

Azienda Unità Sanitaria Locale di Ferrara







Complications Prevention in Diabetes Mellitus Type 2

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Background Information

Diabetes Mellitus, type 2 (DMT2) has assumed a **pandemic dimension**, with an increase of the prevalence rate that seems not to be influenced by primary prevention actions. The pathology evolution towards feared macro and microangiopathic **complications** seems **unmodified**, even though innovative drugs availability is increasing. DMT2 is a multifactorial pathology, where **environment factors** and those associated with **life style** are primarily **involved** in prevalence increment and development of complications.

Systematic education activity from health professionals to diabetes self management favors promotion of patient's self awareness and autonomy in order to manage the pathology by keeping metabolic index compensated.

Several clinical studies documented that

persistent life style modification favors, together with drugs, complications prevention or its delay.

But educational interventions for the promotion of life styles are not developed regularly in structured and effective mode, although declared in all clinical protocols.



Objective

The aim is to develop systematic health education activities for DMT2 patients through self evaluation process and psychological support.

Results

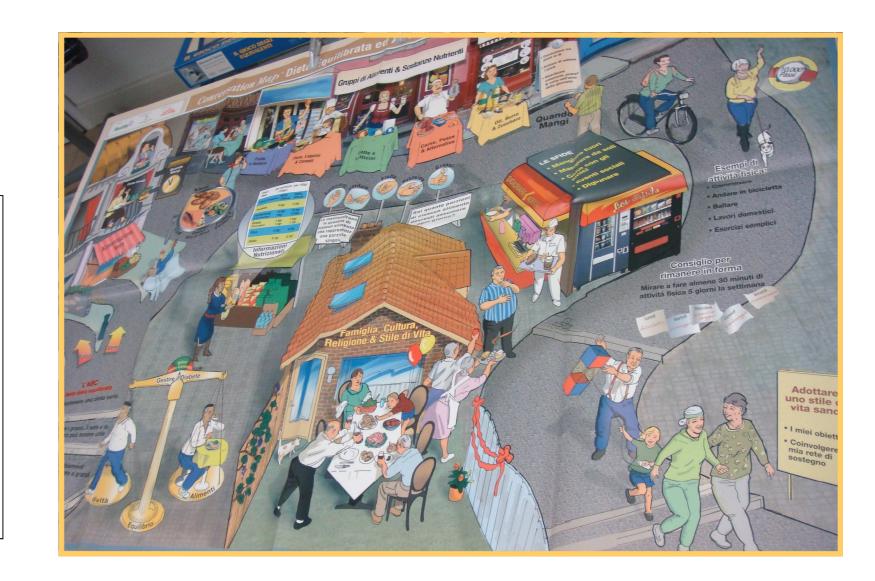
The expected results are:

Definition of uniform application principles of "Conversation Maps";

Assessment of the effectiveness of the educational group in terms of participation and satisfaction; Analysis of some indicators of disease compensation during and after the educational process.

Type of innovation

Utilization of the tool
Conversation Maps™
provided by
Eli Lilly Italia S.p.A
for developing group
health education program.



Trasferibility

The implementation of a **homogeneous approach** and the development of **group facilitation methods** may lead to apply the health education tool in a standard-ized way, giving the ability to replicate and transfer the methodology.



