

## **SELF- CARE GOALS OF ADULT PATIENTS WITH DIABETES: HOW DO PROVIDERS INTERACT WITH PATIENTS ABOUT THEM?**

Kasey Cornell (M-1)

(Robin L. Kruse PhD, Joseph W. LeMaster, MD)  
(Tamara M. Day, BSN, Cherith M. Moore, MSW, MPA)  
School of Medicine, Department of Family and Community Medicine  
(Cheryl L. Shigaki, PhD)  
School of Health Professions

**Background:** Diabetes is an increasingly common illness with potentially severe complications. Previous research has shown that controlling blood glucose, lipids, and blood pressure can help keep these complications at bay. While the expertise of doctors, nurses, nutritionists, and other health care providers is essential to managing of this complex disease, considerable self management from patients is also required. The struggle between maintaining ideal health measures and preserving a relatively normal lifestyle can be incredibly difficult for patients.

**Purpose:** Interactions between patients and care providers are critical to the overall well being of patients with diabetes. We have a poor understanding, however, of how patients with diabetes interact with providers to promote setting and achieving self-management goals. We conducted this study to elucidate how self-care goals are set, and to determine barriers and facilitators to setting self-care goals in the clinical setting. The study has two aims:

1. To understand how patients with type 2 diabetes mellitus interact with healthcare providers to set self-care goals.
2. To identify barriers and facilitators to successful self-care planning in this patient population.

**Methods:** This study was approved by the Health Sciences Institutional Review Board at the University of Missouri. We enrolled patients in six primary care practices in central Missouri. Audio recordings were conducted after informed consent was obtained from patients. Interactions with nurses and physicians were recorded. Interviews were transcribed and analyzed to reveal results.

**Results:** To date, data collection is complete in 5 clinics, and 33 patients have participated in the study.