

## Careum Congress 2014

17./18.03.2014, Basel

«Machtfaktor Patient 3.0» – Patienten verändern das Gesicht des Gesundheitswesens

"The power of patients 3.0" – Patients are changing the face of health care

### CAR14-131

---

#### Integrating health literacy in diabetes self-management education

Van den Broucke, Stephan\* (1)

(1) *Université Catholique de Louvain, Louvain-la-Neuve, Belgium*

**Teaser:** Low health literacy reduces the effectiveness of diabetes self-management education. Using health literacy friendly support materials can increase the effectiveness of self-management education programmes.

**Background, objective:** Diabetes affects more than 285 million adults worldwide, and its prevalence is expected to increase to 439 million adults by 2030. The treatment of diabetes is costly, and takes up a considerable share of the health expenditure. Because diabetes requires extensive self-care, the capacities of patients to manage their own illness and care process are key determinant of treatment outcome. To enhance these capacities, education on self-management and lifestyle modification for people with diabetes is widely recommended. Yet, while a variety of diabetes self-management education programmes exist, ranging from individual education to group education, support groups, self-help, and IT-based programmes, little is known about the relative effectiveness of these approaches, especially for people with limited levels of health literacy.

**Approach, methods, patient engagement:** The DIABETES LITERACY project, funded through the 7th EU research framework programme, was launched in 2012 to investigate the critical success factors of diabetes self-management. The project is carried out by a consortium of research institutions representing nine countries in the EU, Israel, the US and Taiwan. Starting from a systematic inventory and analysis of existing diabetes management strategies in the EU, it will compare the (cost-) effectiveness of individual and group education, IT-based education, and self-help approaches to diabetes self-management; consider the conditions for programme effectiveness in the organization of the programme providers, and assess the role of implementation fidelity.

**Findings:** As a key patient characteristic, it will also consider the moderating role of health literacy in diabetes self-management education, and develop and test web-based diabetes self-management support materials and tools suitable for patients with lower levels of health literacy.

**Discussion and implications:** In the presentation, the project outline and method will be presented, as well as the preliminary results. Implications for increasing the effectiveness of diabetes self-management education will also be discussed, as well as applicability to other chronic disease where self-management education plays a role.

**Key terms:** diabetes, self-management, health literacy