

Title: Impact of an educational program on type2 diabetes control in Portuguese Primary Health Care Units - MINERVA Study

Background: Studies show that implementing a health strategy based on personalized disease management of people with diabetes increases adherence to treatment, improving glycemic control.

Aims: The MINERVA Study was implemented in Primary Health Care Units in Portugal to assess the impact on treatment compliance (pharmacological, diet and exercise) of an education programme and 1 year follow up applied to people with type 2 diabetes treated with oral anti-diabetics versus standard clinical practice. It will also assess the impact of the education program on self assessed patient's quality of life and level of satisfaction with treatment and medical care, and the impact of compliance with treatment on glucose control, versus standard clinical practice.

Methods: Prospective, comparative study, including 260 people with type 2 diabetes treated with oral anti-diabetics, randomized 1/1 to the Programme or Control group. It will collect: socio-demographic and diagnostic data; co-morbidities and diabetes complications; treatment (medication, diet and exercise); laboratory parameters. The educational programme in the Programme group includes a script with key ideas to use in the medical visit (study procedures and importance of complying with treatment); training sessions on motivation, diet and exercise, therapy and glycemic control; and follow-up telephone calls every two weeks. Control group is followed according to standard clinical practice. All participants receive a leaflet with information about diabetes and a diary card to record self-reported compliance with treatment goals. During the follow-up period, treatment data and laboratory parameters are recorded and participants complete the diary cards. Also, the Audit of Diabetes-Dependent Quality of Life and the Diabetes Treatment Satisfaction Questionnaires are completed at the first and at the final visit.

Results: despite inclusion of 170 people with Diabetes in the study, only 138 had initial data collected and only for 69 were diaries available with some data recorded. As such it was not possible to meet study objectives as set at the beginning.

Discussion: We expect that the implementation of an education programme and 1 year follow up compared to standard care practice increases treatment compliance, promotes changes in lifestyle (healthy diet and regular physical exercise) and improves treatment effectiveness and glycemic control of people with type 2 diabetes treated with oral anti-diabetics.

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