

中文題目：醫病共享決策在第二型糖尿病患提供全面的血糖監測機制

英文題目：Establish glycemic monitoring mechanism in patients with type 2 diabetes by using SDM

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Background: In Taiwan, at least 20% of people with diabetes need insulin to control their blood sugar, but patients are reluctant to accept insulin therapy. According to the study, the reasons including patient's cognition, attitude, ability, psychosocial / social disorders and other chronic conditions. Therefore, even after receiving insulin therapy, many people are worried that insulin may cause blindness, renal dialysis or even amputation.

In recent years, the medical model has shifted to the patient orientation. The medical information can be obtained from multiple channels so that the relationship between doctors and patients is becoming more tense and defensive.

In our hospital , there are almost 50% of patients with type 2 diabetes admitted in Department of Endocrinology. The rate of insulin injection is lower than 20%. The project hopes to enhance the health literacy of patients and their families ,and improve the blood glucose control and management in T2DM patients through SDM (Shared Decision Making).

Methods: According to the SDM architecture design decision support tools (Patient Decision Aids, PDAs),we designed a instruction "I am type 2 diabetes but with poor glycemic control, is it a good idea to use insulin?"

This manual is designed to help patients to understand diabetes control in a relaxed manner, and add QR code to patients and caregivers to facilitate scanning by mobile phone. According to some other study and our experience, we select the most three common myths: kidney dialysis, life-long injection and hypoglycemia to make three sessions of "Pancreas versus Insulin Dialogues". There are three physicians were invited to explained these three myths in the video. When we finally completed the SDM PDAs, we established the communication channels with medical staff and patients / caretakers by the inpatient and outpatient HIS system in our hospital and we also set this PDAs in our website, so that patients / caregivers can see SDM brochures and videos at home through the network , and make some discussions with their family.

When patients after educated by our diabetes educators, we designed questionnaires to evaluate the patient's concerns, decisions after seeing this tools, confidence in the control and treatment of diabetes and patient's anxiety levels.

Results : Patients showed helpful and easy-to-understand these informations

(98%). After educated, 50% of the patients indicated that they were willing to be treated with injectable drugs and their confidence in the treatment of blood sugar is increased (6.5 to 7.9)(the full score is 10). The anxiety level of treatment was decreased (8.4 to 6.8). The confidence in glyceemic control was significantly improved (5.9 to 8.5) and anxiety was also significantly decreased (7.9 to 6.2).The outcome shows that the SDM aids can effectively improve the teaching and learning process and enhance patients' confidence in injectable drugs and their confidence in the control of blood glucose. And reduce their anxiety which caused by uncertainty. The A1C control is also better than before(9.45% to 8.34%).

Conclusions:With this support tools, people with diabetes and their families are able to properly understand about their glyceemic control. And they could understand about their choice of medication, either during longer hospital stays or short-term outpatient visits, and to express themselves in the questions and concerns of Injecting drugs, so that doctors and diabetic educators can give the suitable solutions to patients and to achieve a better communication of disease.