

中文題目：短期健康教練在第二型糖尿病治療的效果

英文題目：Effectiveness of short-term health coaching according to willingness of participants in coaching groups: a diabetes coaching pilot study

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**Background:** Diabetes is a serious chronic disease that affects people worldwide and it is the fifth leading cause of death in Taiwan. Since the size of the aging population is growing and the prevalence of diabetes continues to rise, health behavior counseling become more and more important. The aim of this study was exploring the effectiveness of HbA1c lowering and self-management efficacy of short-term coaching intervention.

**Methods:** This study was a two-armed coaching intervention study. We report the results of the first three months follow-up. This study a two-armed, quasiexperimental trial that was approved by the Institutional Review Board of Cathay General Hospital. After providing signed informed consent, participants selected the group they wished to join: (1) coaching intervention every two weeks or (2) coaching intervention only when they returned for a check-up every three months. The study design was not blinded. Data collection to evaluate outcomes difference between baseline and upon completion of the first 3-month intervention. We enrolled 116 participants who presented type 2 diabetes at a medical center. The main outcome variables were HbA1c level and self-management efficacy.

**Results:** The range of HbA1c changes during the study period was -3.0 to +1.0 in the intervention group and -3.2 to +1.7 in the control group. Overall, 75.9% of participants in the intervention group and 53.6% in the control group had decreased HbA1c levels. While most participants in the intervention group had decreased HbA1c, most in the control group experienced only slight decreases or even increases in HbA1c. Most participants in the intervention group changed their selfblood glucose monitoring behaviors, but this change was not evident in the control group. We found that three months of biweekly health coaching can reduce HbA1c by approximately 0.64%. Both physical activity and self-management efficacy were benefitted by health coaching.

**Conclusion:** On top of current “Diabetes Share Care Network,” and standard diabetes treatment in Taiwan, we found that three months of biweekly health coaching significantly reduced HbA1c and increased self-management efficacy and physical activity. Health coaching might be an effective strategy to enhance selfmanagement for diabetes patients. More studies with designs that yield higher quality evidence for the role of health coaching in diabetic patients are needed in Taiwan.