Comparative Effectiveness of Diabetes Self-Management Education Interventions for Marshallese Type 2 Diabetes Patients: A Randomized Controlled Trial

Pearl A. McElfish, Christopher R. Long, Brett Rowland, Peter O. Kohler

INTRO
- Marshallese Pacific Islanders in Arkansas experience extremely high rates of T2D and face multiple barriers to self-care
- Prior DSME studies failed to document changes in HbA1c among Marshallese

METHODS
1. A culturally-adapted DSME that included participants’ family members was developed and compared with standard DSME in a randomized controlled trial
2. Participants (n=221) were randomized and provided data at pre-intervention, post-intervention, 6 months, and 12 months
3. Data were analyzed via linear mixed effects regression models, adjusting for baseline covariates

RESULTS

Marshallse participants receiving culturally-adapted DSME with family showed significant reductions in mean HbA1c at 12 months compared with those receiving standard DSME.

DESCRIPTION OF THE ADAPTED DSME
- Family members attended sessions
- Lessons delivered by a Marshallese community health worker
- Utilized “talk story” as a culturally preferred way of sharing knowledge
- Collective interviewing and family goal setting
- Used analogies common to Pacific Islander culture
- Used culturally-specific concepts

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