

Theory-based Strategy to Enhance Nurses' Teaching Skills with Patients

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Background

- Diabetes growing public health problem
- Nurse lack confidence in diabetes education to patients
- Patients can be taught self-management strategies
- Nurses can start the education process
- Theory-based education designed to enhance nurses' confidence holds promise



Findings (Results)

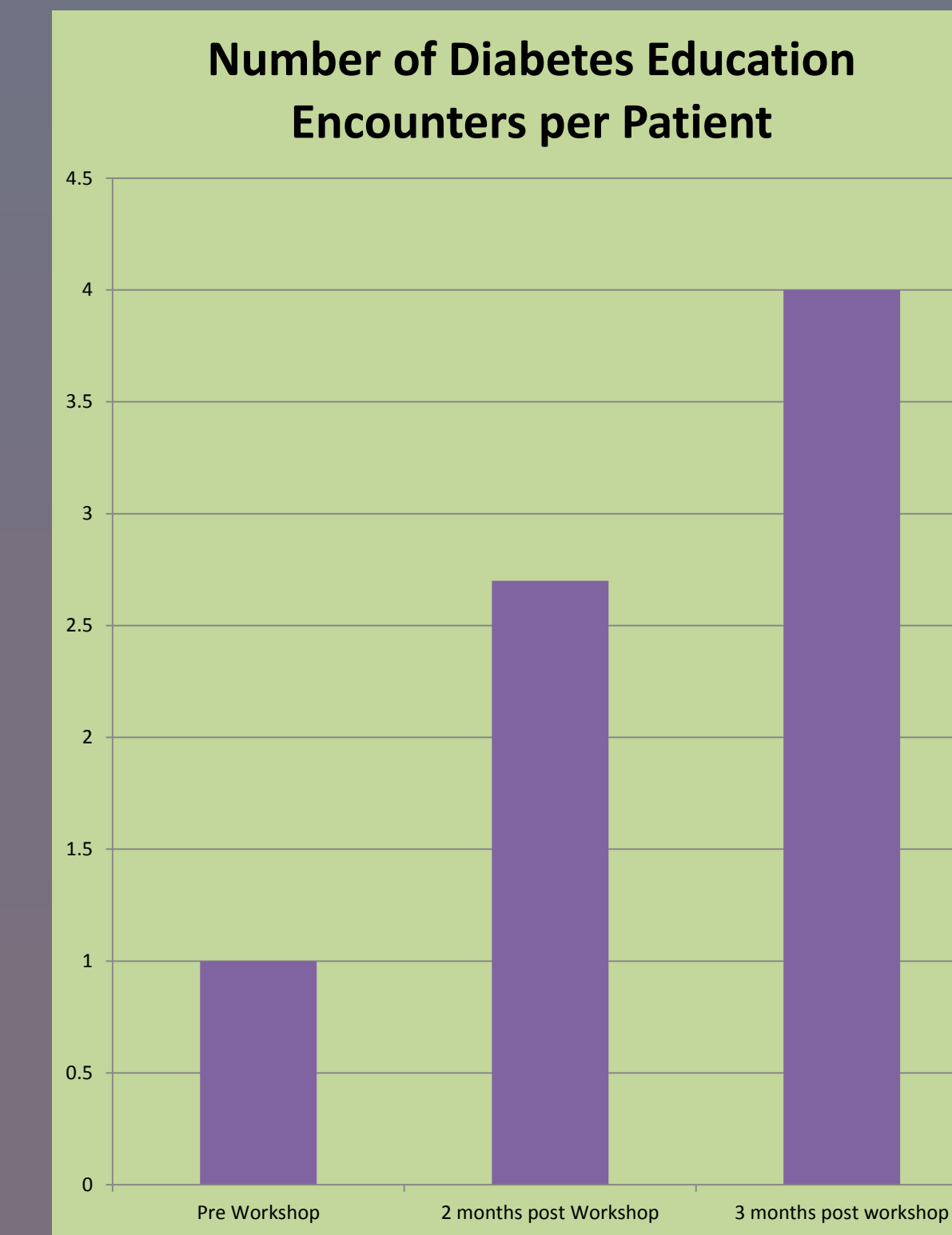
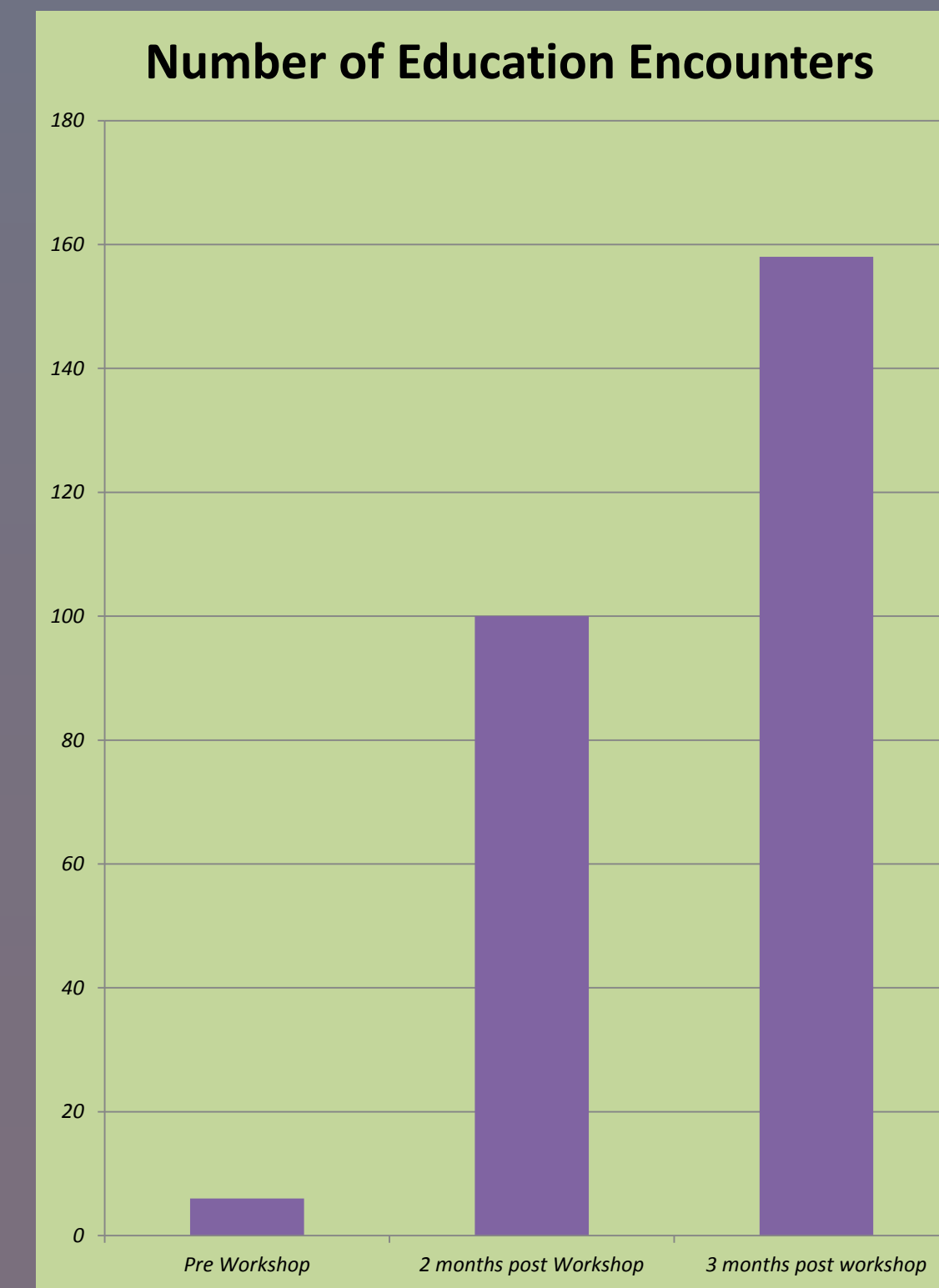
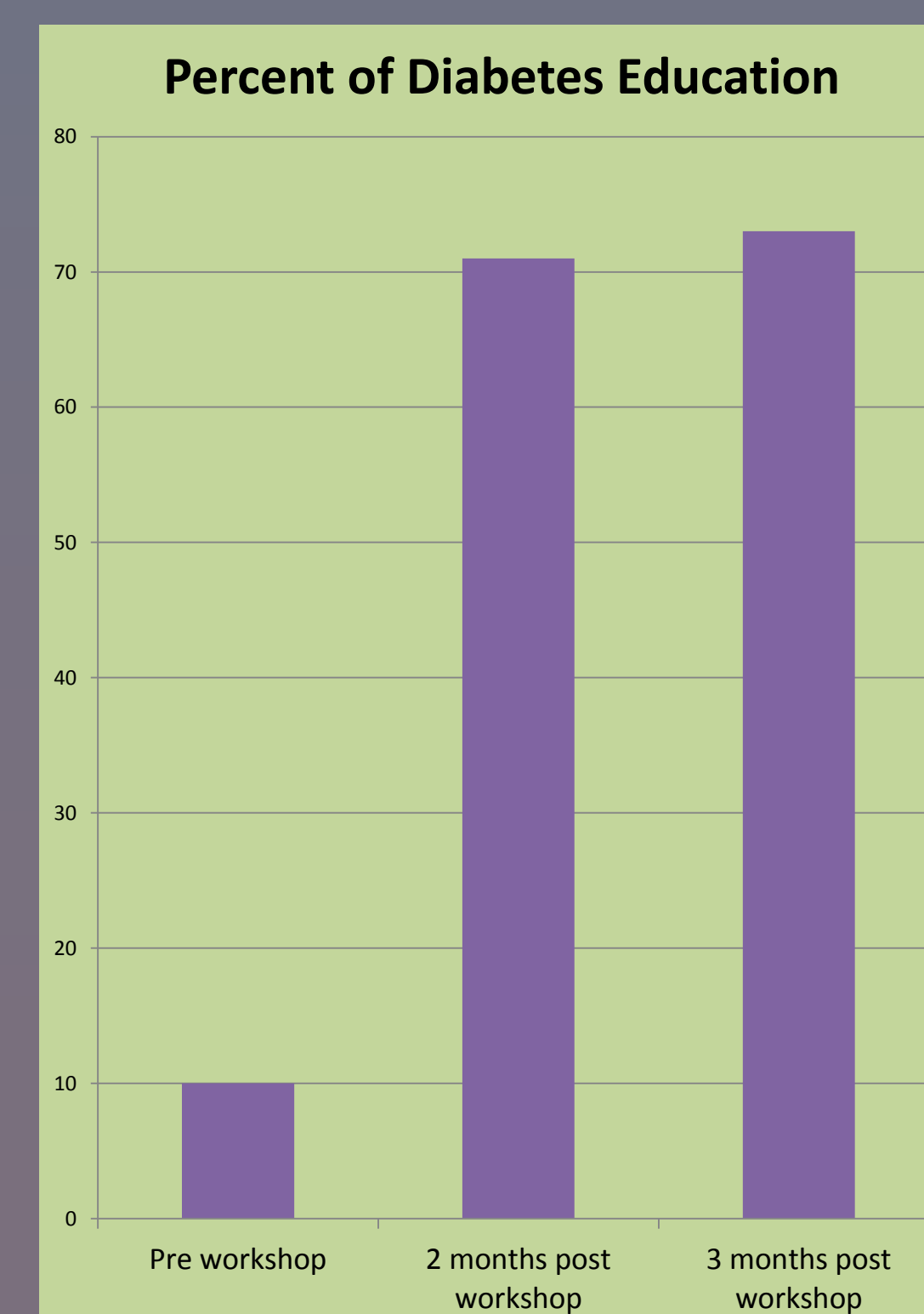
- Nurses significantly increased confidence and self-efficacy on every survey item
- Documentation of diabetes education increased from 10% to 73%
- Diabetes education encounters increased from 1 to 4 per patient per hospital stay

Conclusion

- Diabetes education increases when nurses' confidence increases regarding diabetes education
- Patients may improve self-management
- Patients may manage problems early and reduce complications
- Decrease hospital admissions and complications

Method

- Pilot study using quasi-experimental pretest-posttest design
- Convenience sample of 32 med/surg nurses
- Self-reported confidence and self-efficacy on a 10 item Likert-type scale
- 2 hour interactive educational workshop to learn methods of including diabetes education during patient encounters using motivational interviewing techniques



References

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