

## 00318 Motivational Conversations With Type 2 Diabetes Mellitus (DM) Patients – An Exploratory Project

*Goh Chiang Choo, Nur Farhana Binti Che Yusof Ani, Lim Jia Huan Joanne, Lau Man Yi Mandy, Goh Soon Noi*

Changi General Hospital

**Aims:** This project aims to engage Type 2 DM patients in motivational conversations on self-management of their health condition to co-develop a sustainable support programme.

**Methodology:** An 18-week programme (over 6 sessions), comprising motivational interviewing techniques and self-management skills for Type 2 DM patients with HbA<sub>1c</sub> score above 9 was implemented by MSW between 18.7.17 to 7.11.17. There were two face-to-face interviews, followed up with three telephone calls and a final face-to-face interview. Quantitative data included 1) self-reported questionnaires (DDS17) for measuring participants' diabetes distress and self-efficacy at baseline and post-intervention, 2) glucose level monitoring, and 3) post-intervention evaluation form. Qualitative portion included thematic analysis for transcribed interviews.

**Result:** 5 participants were recruited. 2 participants completed all the six sessions; 1 participant completed 5 sessions while 2 other participants defaulted all sessions. Quantitative findings illustrated that the intervention did not significantly reduce participants' diabetic distress and glucose level or increase their self-efficacy. However, post-intervention evaluation feedback indicated that participants reported a high level of satisfaction towards the programme structure and coaches' competency. Participants also reported improved knowledge in DM, self-management skills and confidence in practicing their personalized self-management plan.

Through the narratives of patients' lived experience and challenges in managing their health conditions; it provided implications to improve the scripts, engagement skills of coaches and components of the intervention. Key themes emerged are considering participants' life stages and readiness to change; partnership with caregiver; rapport between participants and coaches, and empowering participants' strength and vision.

**Conclusion:** The project provided valuable preliminary findings from patients' perspectives for development of culturally-sensitive diabetes support program locally. Future interventions should incorporate patients' needs into program design, modified semi-structured scripts; enhanced coaches' skills via training to improve patients' self-efficacy in managing their health conditions.