

INTERVENTIONAL STUDY: TYPE 2 DIABETES MELLITUS EDUCATION CLASS IN KLINIK KESIHATAN MERSING KANAN AND OUTCOMES

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ABSTRACT

INTRODUCTION: Type 2 Diabetes Mellitus Education Class has been introduced in Mersing Kanan Health Clinic since 2021 to achieve better glycaemic control among the diabetes patients from Mersing Kanan Health Clinic. The prevalence of Type 2 Diabetes Mellitus in Mersing Kanan Health Clinic is 1,391, with 13.5% of cases having poorly controlled HbA1c level. OBJECTIVE: The aim of this study was to measure the success rate of this educational intervention program in achieving better glycaemic control among diabetes patients at the Mersing Kanan Health Clinic. METHODOLOGY: The Type 2 Diabetes Mellitus Education Class was carried out in Mersing Kanan Health Clinic from February 2024 until August 2024. Participants were chosen from individuals whose HbA1c levels were above 10%. It was conducted by a multidisciplinary team. The doctor and diabetic educator will offer comprehensive information on all aspects of Type 2 Diabetes Mellitus, while the pharmacist will explain the roles of various oral hypoglycemic drugs, different types of insulin and injection technique of insulin. At the same time, the dietitian will provide guidance on diabetic diet, and the occupational therapist will give foot care advice. The outcome variables were HbA1c level for follow-up done through routine blood investigation from Year 2023 and Year 2024. RESULTS: There were 5 out of total 26 participants (19%) able to lower down their Haemoglobin A1c. Among the 26 participants, 18 were female and 8 were male, with 1 from the Chinese population and 25 from the Malay population. The target of achieving at least 10% improvement in glycaemic control among the participants is achieved. At the same time, the data from National DM registry showed that a total 30.4% achieved HbA1c <6.5% in the Mersing population cohort from July 2023-June 2024. CONCLUSION: This study demonstrated that the Type 2 Diabetes Mellitus Class in Mersing Kanan Health Clinic is effective in improving glycaemic control.

Keywords: Type 2 Diabetes Mellitus Education Class, glycaemic control, HbA1c, Interventional study
