

### Evaluation Programme

The evaluation programme meets the key criteria developed by a Diabetes UK/Department of Health working party of users and providers<sup>1</sup> to fulfil the NICE guidelines<sup>2</sup>.



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Measure	Frequency			
	Baseline	Post X-PERT Programme	6 months post Programme	Annually post Programme
<b>Attendance</b>				
Attendance register		√		
<b>Clinical</b>				
HbA1c (%)	√		√	√
Weight (Kg)	√		√	√
BMI (Kg/m <sup>2</sup> )	√		√	√
Blood Pressure (mmHg)	√		√	√
Waist Circumference (cm)	√		√	√
Total Cholesterol (mmol/l)	√		√	√
LDL Cholesterol (mmol/l)	√		√	√
HDL Cholesterol (mmol/l)	√		√	√
Triglycerides (mmol/l)	√		√	√
ACR (mg/mmol)	√		√	√
<b>Prescribed Diabetes Medication</b>				
Type, strength & dosage recorded	√		√	√
<b>Quality of Life</b>				
Patient Evaluation Form		√		√
Diabetes Empowerment Score	√	√		√
<b>Patient Experience</b>				
Patient Evaluation Form		√		√
Diabetes Empowerment Score	√	√		√
<b>Degree of Self-management</b>				
Patient Evaluation Form		√		√
Diabetes Empowerment Score	√	√		√

<sup>1</sup> The criteria are available on the National Diabetes Support Team website at: [http://www.cgsupport.nhs.uk/downloads/NDST/Edu\\_prog\\_key\\_criteria.pdf](http://www.cgsupport.nhs.uk/downloads/NDST/Edu_prog_key_criteria.pdf)

<sup>2</sup> National Institute of Clinical Excellence (2003) *Guidance on the use of patient-education models for diabetes: Technology Appraisal 60*. London: NICE.



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**Copies of the following can be seen in the relevant section of the curriculum:**

- o Diabetes Health Profile (for patients' to have a written copy of their health results);
- o Patient Evaluation Form;
- o Diabetes Empowerment Questionnaire;
- o Attendance register.

**Standards**

Attendance

- o 95% of participants who agreed to participate in the programme have attended at least one session.
- o 80% of these participants will have attended four or more sessions.

Clinical

For X-PERT patients, 12 months after attending the programme:

- 1) the mean reduction in glycated haemoglobin will be 0.5% or more;
- 2) the mean reduction in systolic blood pressure will be 5mmHg or more;
- 3) the mean BMI will not have increased;
- 4) the mean waist circumference will have reduced by 2cm or more;
- 5) 50% of participants have either reduced their diabetes medication or remained on the same dose.

Psychosocial

Immediately post-programme from completing the X-PERT Evaluation Form, 70% of participants will:

- 1) have really enjoyed the programme and found it useful;
- 2) report that it will improve their self-management skills;
- 3) feel that attending the programme will positively impact on their health;
- 4) feel that attending the programme will help them live more successfully with diabetes.

N.B. For 70% of participants to report the above effects, the mean score for each of the above four criteria will be  $\geq 2.1$  out of a possible 3 and the total mean programme score will be  $\geq 8.4$  (range 4 to 12) (worked example available)

There will be a 40% improvement in the mean psychosocial self-efficacy/empowerment score at 12 months compared to the mean score at baseline i.e. if the mean score at baseline was 2.5 out of 5, at 12 months it should be 3.5 out of 5 (worked example available).