Multidisciplinary Team Approach: Working Together to Improve Glycemic Control in Hispanic Adults With Uncontrolled Type 2 Diabetes

PURPOSE
The primary objective is to assess the effectiveness of using a specialized multidisciplinary diabetes team (SMDT) program approach to improve glycemic control in Hispanic adults with uncontrolled type 2 diabetes (T2DM) residing in the Rio Grande Valley (RGV). The goal is to reduce HgbA1C by 1% in at least 80% of the participants compared to the traditional model of care.

BACKGROUND
Despite new medical treatments and technology advances there continues to be a growing prevalence of diabetes and poor glycemic control, especially among Hispanic adults residing in South Texas. The literature illustrates the use of a team approach and remote glucose monitoring can help improve clinical outcomes for patients with diabetes; however, there is limited data on the use of both interventions for Hispanic adults.

METHODOLOGY
This study is designed to compare a multidisciplinary team approach with remote glucose monitoring for the management of uncontrolled diabetes in Hispanic adults. The program includes a combination of office visits, phone calls and weekly glucose monitoring provided by a specialized diabetes team.

RESULTS
Participants in the intervention group showed an improvement in glycemic control as noted by a mean decrease in HbA1c level from pre- to post-intervention of -2.0%. Results for the matched pairs t-test showed this to be a statistically significant change (t = -6.903, df = 29, p<.001). Additionally, 86% of participants in the intervention group experienced a 1% decrease in HbA1c test results after program completion.

IMPLICATIONS
Use of a team approach that incorporates remote glucose monitoring is an effective approach to improve glycemic control, decrease diabetes distress and increase patient treatment satisfaction amongst Hispanic adults with uncontrolled diabetes residing in the RGV. A team-based approach and technology advances in glucose monitoring add value as an effective strategy to incorporate to help improve the management of T2DM.