

## THE EFFECTIVENESS OF GROUP VISITS FOR DIABETES

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**Introduction:** Diabetes affects nearly 20 million Americans and is a common disease state encountered by family physicians. The goal of the study is to determine the effectiveness of group visits on quality indicators for patients with diabetes at University Family Medicine.

**Methods:** All patients with diabetes at University Family Medicine were identified. During a regular office visit, these patients had an intake assessment and were scheduled for diabetes group visits in our office. Group visits consist of a four hour educational program adapted from an ADA curriculum, with multi-disciplinary educational approach including physicians, nurses, dieticians, and pharmacists. Data is collected at baseline and after six month follow up, and includes quality indicators and standardized knowledge and behavior assessments.

**Results:** Currently, 437 patients with diabetes have been identified and 56 (13%) were enrolled in group visits. Eleven evening and 5 Saturday classes have occurred, and 23 patients (41%) have completed the group visits. Mean HbA1c values have improved in attendees (baseline 9.0%, follow-up 7.1%,  $p < 0.05$ ). Blood pressure and lipid values have not changed to date. Knowledge, behavior and satisfaction data will be presented.

**Discussion:** Group visits for diabetes may be an effective way to improve care for this chronic condition.