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Research Abstract Title: A Randomized Control Trial Utilizing Evidence-Based Research to Improve Diabetic Outcomes through Education in the Hispanic Population

Objectives: A prospective, randomized control trial was conducted to evaluate hemoglobin A1C, BP, and BMI of two groups of adult Hispanic diabetic participants to determine whether culturally-tailored, intensive diabetic education taught in Spanish improved health outcomes.

Methods: The experimental group received standard care as defined by the American Diabetes Association (ADA) and additional culturally-tailored, intensive group diabetic education; the control group received standard care as defined by ADA. Hemoglobin A1C, BP and BMI were measured at the beginning and end of 6 month study. N = 50.

Outcomes: A prospective RCT was completed to evaluate hemoglobin A1C, BP, and BMI of two groups to determine if diabetic education taught in Spanish improved health outcomes. Analysis was conducted using SPSS. The population studied was 100% Hispanic/Latino. Receiving an additional 4 hours of culturally-tailored, intensive Spanish group diabetes self-management education was the strongest predictor for a participant to decrease their A1C levels. The primary clinically and statistically significant outcome of the study was a reduction of -2.13 in A1C in the experimental group. A secondary outcome of the 6 month study was associated with a statistically significant decrease of 4.8 mmHg in diastolic blood pressure in the experimental group. Changes in BMI and systolic blood pressure were insignificant.

Implications: Findings have contributed to nursing’s body of research about effectiveness of culturally-tailored educational interventions as strategies in Hispanic diabetes management with vulnerable populations. Findings may be generalizable to Nurse Practitioner’s and primary care providers who care for Hispanic patients with diabetes. There is the potential to improve health and quality of life for adult Hispanic diabetic patients’ locally, nationally and internationally due to this population’s mobility.

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