Group Visits and Metabolic Control for Type 2 Diabetes

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Background: Diabetic mellitus is a major disease causing long term adverse events.

Objective: This study aimed to evaluate the effectiveness of group visits delivered by routine diabetes care and self group education approach compared to individual diabetes care for improvement of metabolic outcomes in non–insulin-treated type 2.

Methods: A randomized controlled trial was conducted in 80 patients. Forty patients were allocated into a group visit consisting of 5 to 10 patients with self group education, and 40 patients underwent individual clinic visit for continuous care as usual. All patients were on visit schedule every 3 months to observe improving of metabolic control and quality of life.

Results: After 6-month follow up, HbA1c levels were lower in both groups of group visit and individual clinic visit, but not different significantly (decremented of HbA1C 7.41±1.05 and 7.86±1.20, respectively, P = 0.938). LDL cholesterol decreased in the individual care group (78.75±34.79, P 0.007), but not in the group visit care (87.75±22.73). BMI, triglyceride, HDL cholesterol, diabetic retinopathy, serum creatinine level, and microalbuminuria change were not significantly different in both groups. Patients participating in both group visits had similar quality of life scores at first visit of study and next 6 months. Physicians spent time seeing 5–10 patients as a group approximately 60-90 minutes more than individually, but patients had longer interaction with health care providers.

Conclusion: Group visit care and individual care are not different significantly for improvement of metabolic control in short term visits.

Keywords: Group visits, Diabetic mellitus type 2