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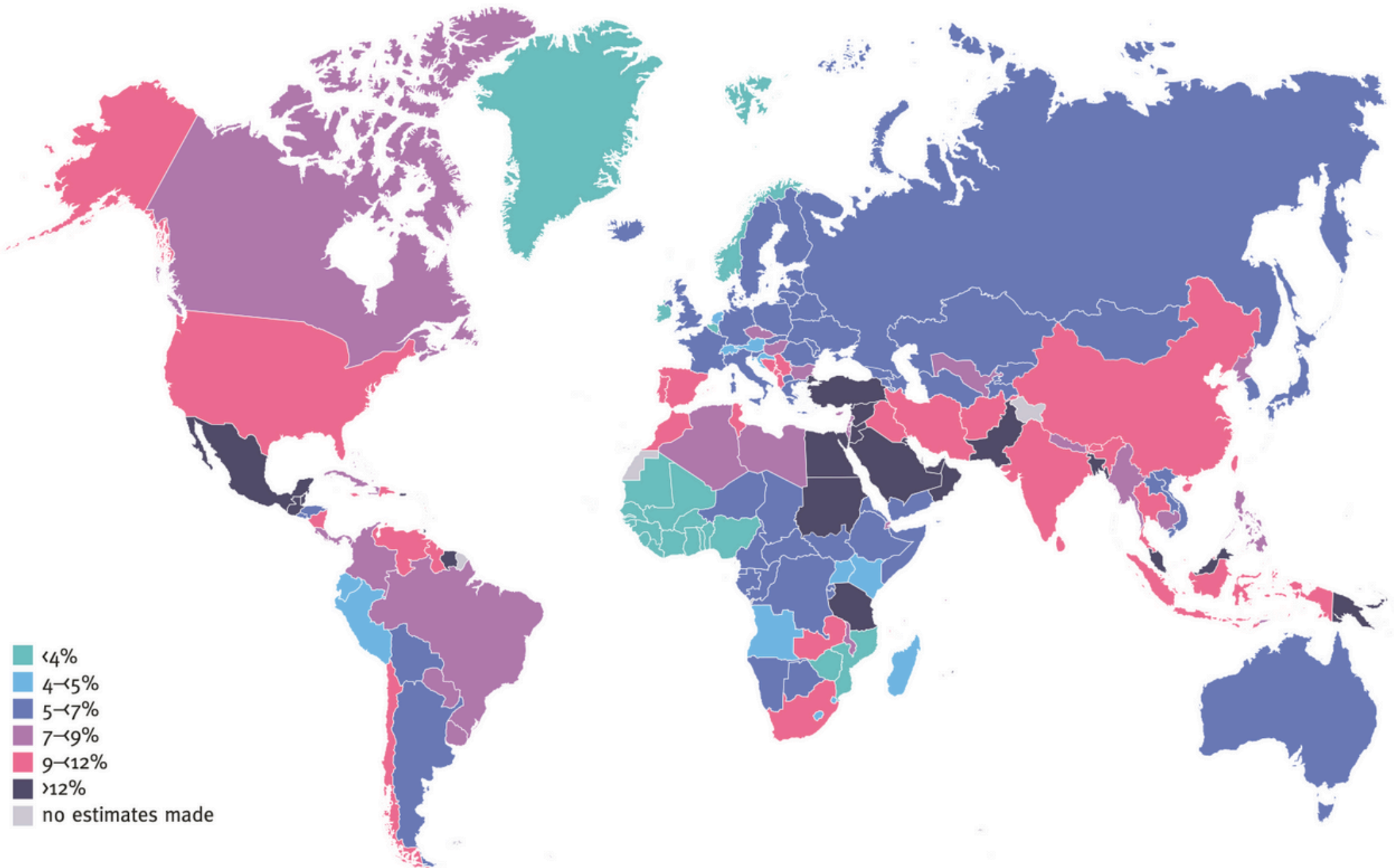
"Does health coaching have an impact on the ability to apply health information in diabetic patient?"

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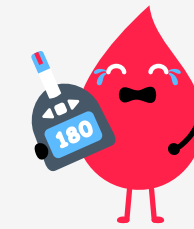


Background



Source: International Diabetes Federation (2021)

- **The purpose** of this study was to assess the effect of health coaching on improving health literacy in patients with type 2 diabetes mellitus in the hospital.



>500 mi
people are living with
diabetes worldwide



Indonesia 19.5 (2021)

- **Diabetes** is a major health issue that has **reached alarming levels**.

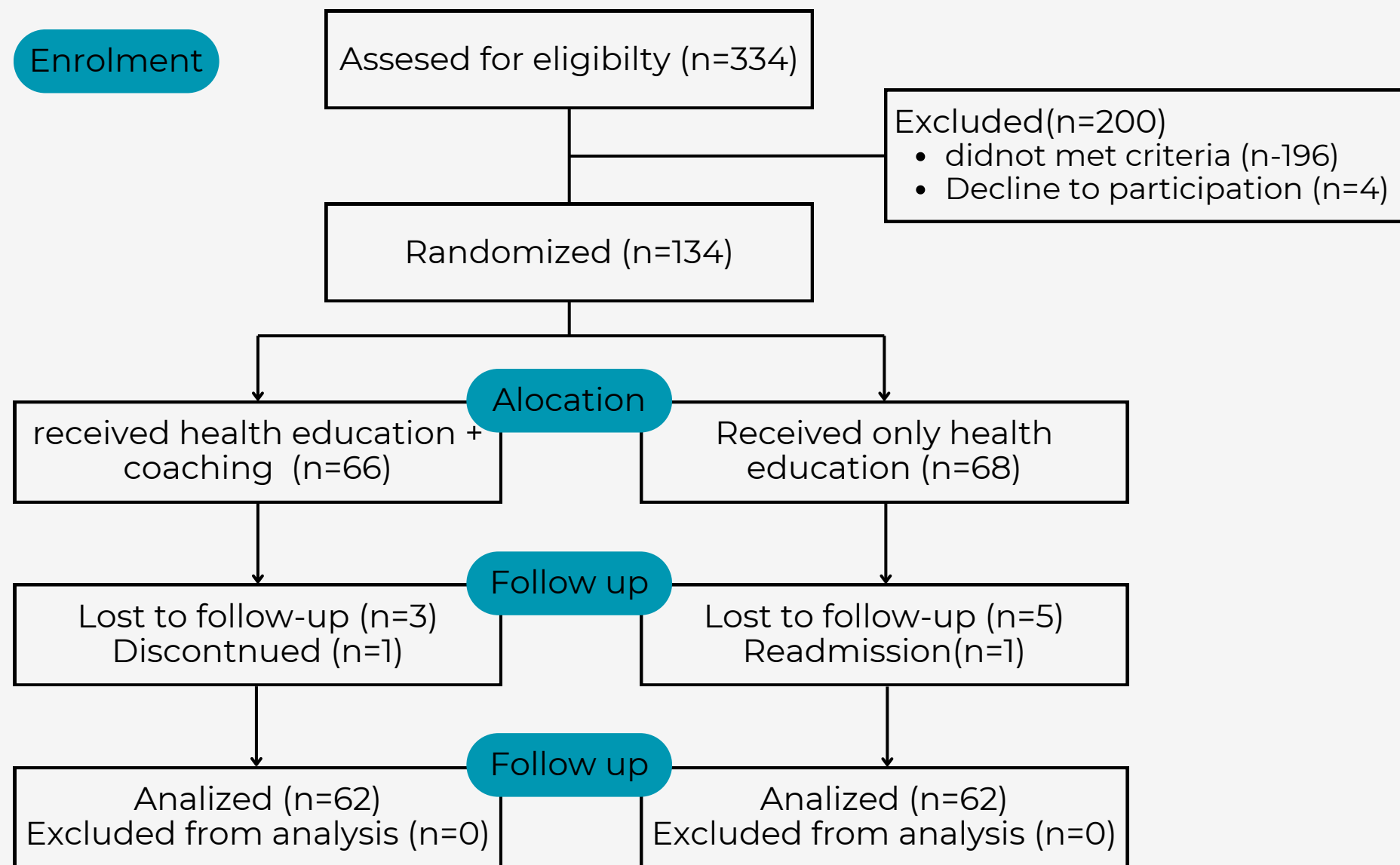
Indonesian Society of endocrinology (2021)

- The goal of diabetes management is to improve **quality of life**
- The current management of diabetes is **lifestyle modification** through **health education and pharmacological approaches**.



In some countries **health coaching** has been used as a behavior change tool for patients with diabetes, and has been shown to be effective in improving the quality of life of patients with chronic diseases.

Methodology



ETHICAL APPROVED

This study was approved by the Ethics Commission for Research and Public Health Services of Universitas Indonesia (approval number 28/UN2.F.10/PPM/00.22/2019)

DESAIN STUDY

Randomize control trial, registered at ISRCTN (registration number 15141896)

SUBJECTS

Patient with type 2 diabetes, age ≥ 15 yo, HbA1c $>6,5\%$, have health insurance, no mental disorders, not pregnant, no functional impairment and not received blood transfusions in the last two or three months

INTERVENTION

Subjects in the intervention group received additional health coaching four times, once face-to-face in the hospital during discharge, and three times by telephone (once by hospital staff in the first week after discharge and twice by primary care staff in the fourth and eighth weeks after discharge). Each coaching session lasted between 45 and 60 min, whether face-to-face or over the phone

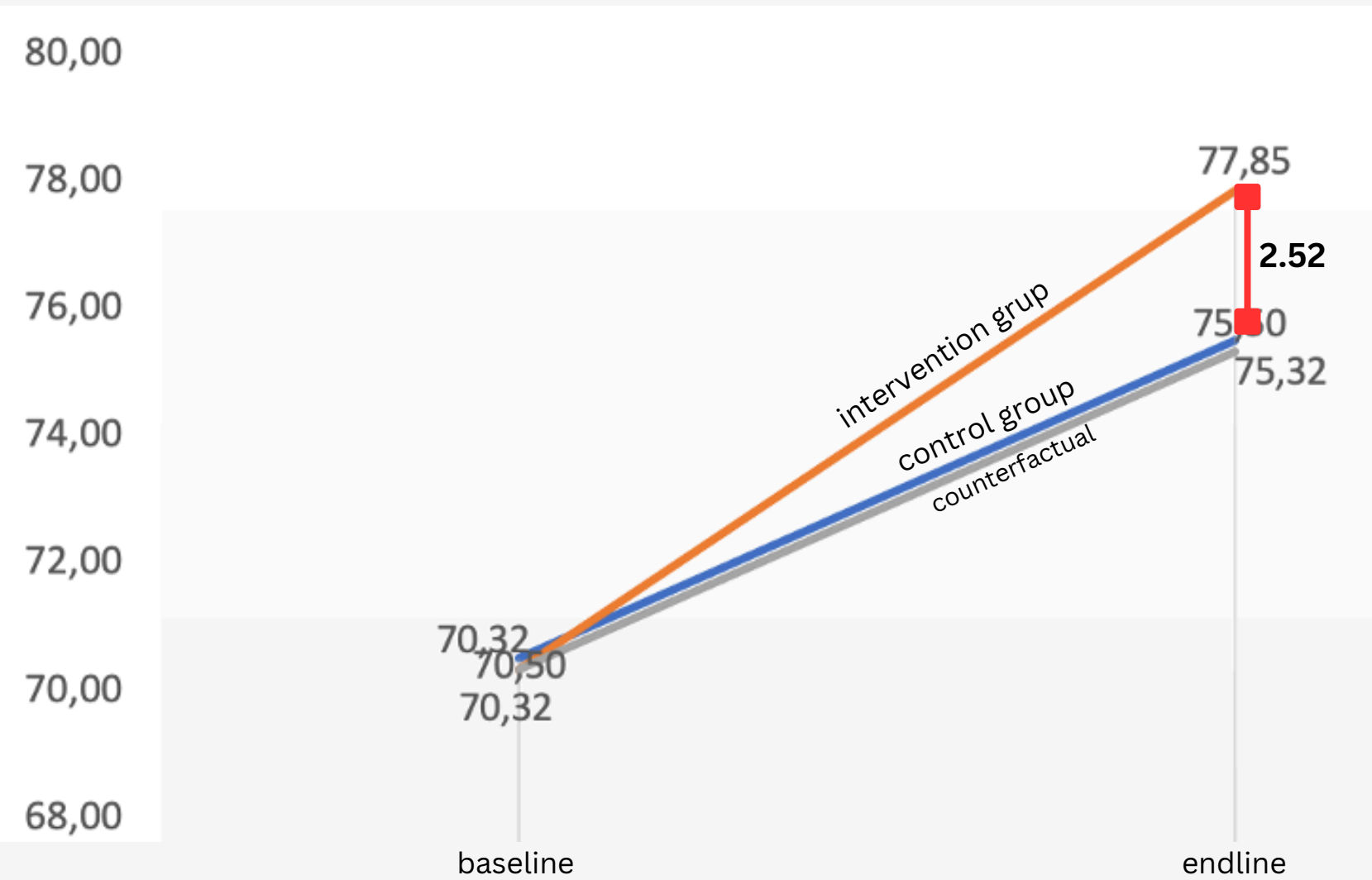
STATISTICAL ANALYSIS

Statistical analyses to determine differences in health literacy score changes within groups and between groups were performed using paired and independent t-tests.

Result, Discussion

Table of Mean Change in Health Literacy Score between Baseline and 12 Weeks by Health Literacy Dimension between Intervention Group and Control Group

Dimensions of health literacy	Intervention Group (Mean/SD)	Control group (Mean/SD)	Diff in Diff (CI 95%)	p value
aces	0.47 (0.53)	0.53 (0.56)	0.06 (-0.13-0.26)	0.515
understand	0.47(0.64)	0.61 (0.58)	0.14 (0.11-0.18)	0.191
asses	0.68 (0.62)	0.42 (0.56)	0.25 (0.05-0.46)	0.017
apply	1.96 (0.77)	0.85 (0.67)	1.11 (0.85-1.37)	0.000



Graph of the difference in health literacy scores between intervention and control groups

DISCUSSION

- There is a difference in the increase in health literacy scores in diabetic patients between the intervention group and the control group of 2.52 points. In line with Vanderwolf's research (2012) -the difference in self efficacy detected 2.98
- The distinguishing dimension of health literacy is the ability to assess and apply the health information received, in line with Withmore's (2017) opinion that coaching unlocks a person's potential to maximize their performance.

Conclusions

- health coaching increases the confidence and commitment of diabetic patients in applying the health information they have received
- coaching can be integrated as a new standard in the management of patients with diabetes as part of lifestyle modification to achieve a better quality of life.

Thank You