

Diabetes patients prefer multi-media programs over traditional care management techniques

Objective

Understand the effectiveness of Emmi diabetes programs in comparison to other educational tools for a clinically and culturally diverse population.

Method

A large health system surveyed diabetes patients who had completed one or more Emmi diabetes programs. Both English and Spanish-speaking patients were included. Patients' experience with diabetes ranged from newly diagnosed to greater than 5 years of living with the condition. The survey asked patients to:

- 1) State their preferred method(s) of receiving diabetes education, alerts and reminders
- 2) Rate the usefulness of the Emmi program

Results

The vast majority of diabetes patients surveyed across all experience levels described their Emmi program as either "Extremely Useful" or "Quite Useful." Likewise, patients of all experience levels were more than twice as likely to prefer computer-based multimedia programs as any other form of diabetes-related communication.

How would you like to receive ongoing diabetes education, alerts & reminders? (Check all that apply)

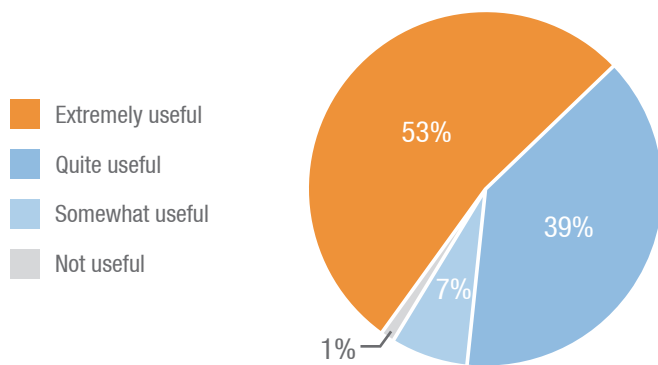
	In-person sessions	Phone calls from a nurse coach	Automatic phone recordings	Computer-based Multimedia programs like Emmi	DVDs or Videos
< 1 year (n = 167)	38%	26%	16%	84%	25%
1 to 5 years (n = 96)	31%	19%	16%	84%	33%
5+ years (n = 189)	29%	27%	16%	84%	23%

Margin of Error = +/- 5%

"I have found that I am slipping back into unhealthy patterns that have caused my sugars to be in the high end of the normal range for the past month or so. This program was helpful in reminding me what I need to be doing to stay healthy."

Diabetes patient

Was the information in the Emmi Diabetes program useful for your self-management of diabetes?



Margin of Error = +/- 5%

Let Emmi programs help with chronic condition management

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