

## **Diabetes Health Coaching: Evidence and Opportunities. Presentation for FEND, 2020**

A vital component of type 2 diabetes management includes self-management education and support, which comprises healthy eating and physical activity, blood glucose monitoring, medication adherence and problem solving. Evidence suggests that frequent feedback and reinforcement on health related goals, behaviour change counselling and motivational interviewing are effective strategies for diabetes self-management education and support (DSMES).

However, the complex nature of diabetes and self-management requires frequent access to, and care coordination across health care providers in the health care system, as well as engaged individuals. Health care providers are challenged to provide ongoing, long-term, individualized DSMES, while aligning interventions to match clinical priorities. Furthermore, the health care system is stretched to support ongoing DSMES for an increasing prevalent population with limited, cost-intensive resource.

In view of these challenges, a new model for timely and ongoing diabetes support emerges as a potential solution; diabetes health coaching. Diabetes health coaching is emerging as an increasingly effective intervention to improve clinical health outcomes, quality of life, as well as health care utilization and adherence to evidence-based practices.

This presentation will review the current evidence and findings from a community-based randomized controlled trial that compared a 12-month telephone diabetes health coaching (DHC) intervention to usual diabetes education, on glycemic control, quality of life and health care utilization in persons living with T2DM.

### **BIOG**

**Diana Sherifali**, RN, PhD, CDE is an Associate Professor in the School of Nursing and the inaugural holder of the Heather M. Arthur Population Health Research Institute/Hamilton Health Sciences Chair in Interprofessional Health Research. Dr. Sherifali is also the Lead of the McMaster Evidence Review and Synthesis Team, which supported the development of guidelines for the Canadian Task Force on Preventive Health Care, the Public Health Agency of Canada, and more recently Diabetes Canada and Obesity Canada. Dr. Sherifali's research interests include the implementation and evaluation of strategies to optimize diabetes self-management at the patient, provider and population level. She has been funded by the Diabetes Canada, the Heart and Stroke Foundation, the Canadian Institutes for Health Research, and more recently has been selected as an Emerging Leader 2020 by the World Heart Federation.