

診断後から治療段階による糖尿病患者が求める支援の変容

岡本左和子¹, 濱田美来², 尾花尚弥²,
野田龍也¹, and 今村知明¹

¹奈良県立医科大学健康政策医学講座
²三菱総合研究所

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Background

- The number of diabetes mellitus (DM) patients is increasing worldwide.
- Patients have difficulty adhering to their treatment plan.
- Attempts by medical professionals to meet DM patients' needs do not account for possible changes in needs according to treatment phase.

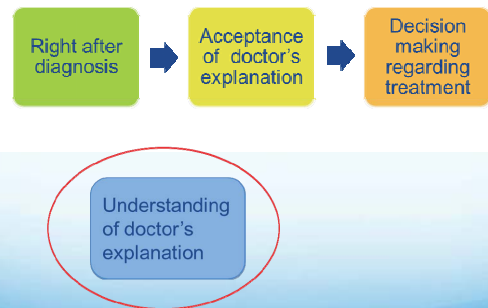
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Our objective was to answer the following questions:

- What are patients' support needs from medical professionals in the treatment process?
- For the patients, what is the best timing for intervention?
- How can medical professionals support patients' decision making for self-management according to their changing needs?

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We divided the treatment process into three stages:



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Methods

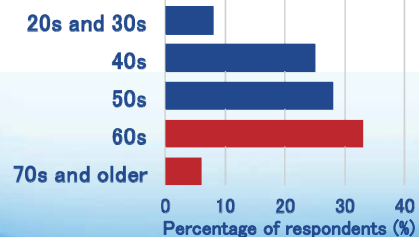
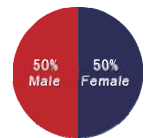
- Online survey of 700 DM patients aged 20 and older
(Data collected between March 26-31, 2015)
- Questions asked:
 - Demographic data, attitudes, experiences, expectations
- Measurements:
 - 6-point Likert scale: To measure respondents' attitudes
 - 1-10 linear scale: To measure expectations and experiences with medical professionals
- Analyses: χ^2 tests, One-way ANOVA, McNemar test

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Demographic data

Results (1a)

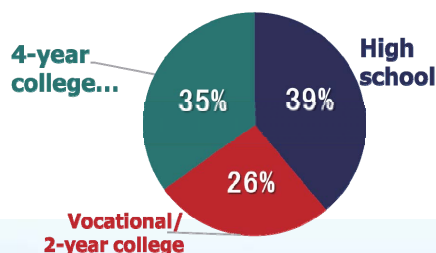
- There were 350 responses (50%) with a 50-50 split between male and female respondents
- 39% of respondents were 60 years of age or older



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Results (1b)

- The educational status of respondents was mixed



- Average annual household income
5.4 million Yen (around 5,294,118 US Dollars)

5.4
million
Yen

(\$1=¥102 as of August 4, 2016)

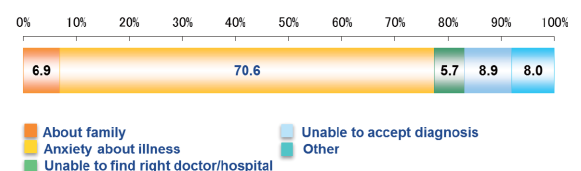
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Right after diagnosis

Results (2)

- Almost all DM patients have anxiety about their illness at first

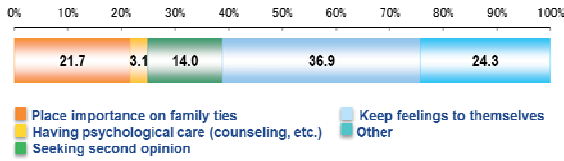
“What was your greatest concern right after diagnosis?”



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- Over 1/3 of patients don't seek outside help after diagnosis.
- The other 1/3 seek help.

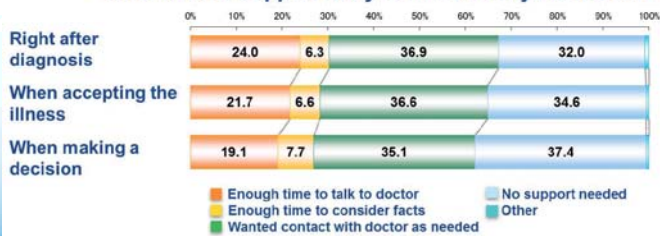
"What did you do to take care of yourself after diagnosis?"



Comparison of the three stages

- Throughout the stages, more than 60% of patients needed more support from their doctor.
- Patient's active involvement should be sought.

"What kind of support did you need from your doctor?"



- More than half of patients seek no support

"What kind of support did you expect from other medical professionals, family, friends, patients' support groups, etc.?"



"How much support did you need from your doctor?"

		Right after diagnosis	When accepting the illness	When making a decision
DM	Help needed	6.66 pts] $p < .01$	7.23 pts] $p < .01$	7.20 pts] $p < .01$
	Actual help	5.43 pts	5.39 pts	5.47 pts

"How much support did you need from the other medical professionals?"

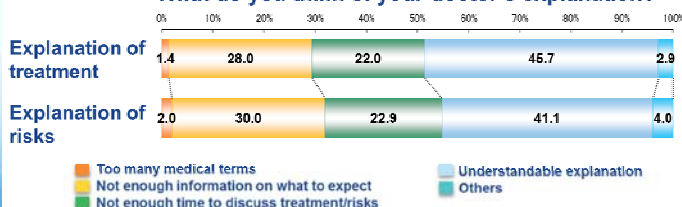
		Right after diagnosis	When accepting the illness	When making a decision
DM	Help needed	6.66pts] $p < .01$	7.32pts] $p < .01$	7.23pts] $p < .01$
	Actual help	5.06pts	5.07pts	5.19pts

Understanding of doctor's explanation

Understanding of doctor's explanation

- Half of DM patients seemed to understand the doctor's explanation.
- The other half was not clear about what to expect with DM and still have something to ask.

"What do you think of your doctor's explanation?"



Understanding of doctor's explanation

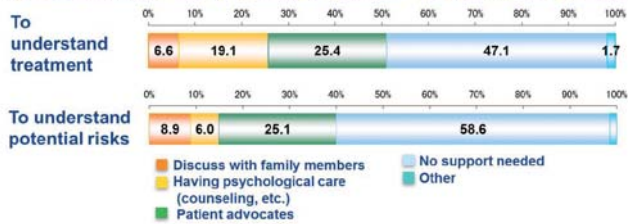
- Patients need more time with their doctor.
- Regarding potential risks, patients are reluctant to understand illness.

"What kind of support did you expect from doctor?"



- Although many answered “no support needed”, nearly 45% of patients want to see other medical professionals for understanding.

“What kind of support did you expect from other medical professionals, family, friends, patients' support groups, etc.?”



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“How much doctor's help did you need?”

		To understand treatment explanation	To understand treatment risks
DM	Help needed	6.95 pts] $p < .01$	7.03 pts] $p < .01$
	Actual help	5.36 pts	5.25 pts

“How much of other medical professionals' help did you need?”

		To understand treatment explanation	To understand treatment risks
DM	Help needed	7.06 pts] $p < .01$	7.00 pts] $p < .01$
	Actual help	5.10 pts	4.94 pts

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Discussion of Results

- The majority of DM patients showed anxiety for the illness as the greatest concern right after diagnosis.
- As a countermeasure, 37% of DM patients kept their feelings to themselves, and 36% sought outside help.

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- DM patients need more time with their doctor and want to ask them questions as needed in any phase.
- Throughout all phases, over 1/3 patients showed reluctance to ask for support.
- Family members are also one of the important resources for helping patients.

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- Half of the patients did not understand their doctor's explanation of treatment and risks.
- DM patients do not have a concrete idea of what to expect in the future.
- DM patients need support from other medical professionals when accepting the illness and in order to understand doctor's explanation and risks.

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Conclusion

- The challenge is how to take care of patient's anxiety at the time of diagnosis.
- Patients desire more time with doctors to ask questions, understand and accept the illness.
- The patient's state of readiness and the timing of the doctor's progress to the next treatment stage are not coordinated.
- Patients want other medical professionals to intervene positively with help supplementary explanation at the stage of accepting the illness.
- Medical professional's help should be focused on patients' own values/needs: Medical professionals should give more time to patients and start treatment at patient's pace.
- Further research is needed on patients who do not seek outside help and/or keep their feelings to themselves.

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Thank you

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