



### Research has shown that Diabetes Self-care Management Education (DSME) paired with the Behavioral Changes Support Program using Mobile Technology (BCSP-MT) Ji Min

**Abstract:** Research has shown that Diabetes Self-care Management Education (DSME) paired with the Behavioral Changes Support Program using Mobile Technology (BCSP-MT) has improved patient outcomes for diabetes care by promoting self-care activities. It was noted that many primary practices do not provide BCSP-MT to improve the quality of diabetes care. The purpose of this study was to assess the effectiveness of DSME paired with BCSP-MT in adult type 2 diabetes patients to improve health disease management knowledge, self-care practices, and diabetes control. A three months, one-arm, pre-post pilot study of BCSP-MT was conducted in a clinic in the Northeastern U.S. A convenient sample of 14 adult type II diabetes patients with A1C 7.0% or above was recruited. The intervention consisted of 2 to 3 educational weekly text messages, 2 face-to-face meetings, and 3 monthly phone calls between the monthly DSME.

**Biography:** Ji Min was born in [Seoul, South Korea](#). Her family came to the United States in 1976, when she was seven years old, and she grew up in [Elmhurst, Queens, New York](#).



#### Publications :

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