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: