



Peers for Progress

Peer Support Around the World

A program of the American Academy of Family Physicians Foundation



東南大學 醫學院

MEDICAL SCHOOL OF SOUTHEAST UNIVERSITY



## Program Development in Nanning, China

项目介绍-南京

Zilin Sun, PhD, MD

Professor

Zhongda Hospital, Medical

School of Southeast

University

China

[sunzilin1963@yahoo.com.cn](mailto:sunzilin1963@yahoo.com.cn)

<http://med.seu.edu.cn>

孙子林教授

南京东南大学中大医院

内分泌科主任

## Program Summary

项目简介

### Peer Leader Demonstration Project

南京社区志愿者教育模式试点项目

The aim of this pilot study is to develop and test the feasibility of a model for peer education and support for diabetes self management adapted to Chinese context with an ultimate goal to disseminate this model throughout the country. This project emphasizes an integration of hospital services and community, through which they hope to provide a diversified set of patient education strategies to compensate for educational deficiencies in the medical system. During the course of one year, peer leaders (a.k.a. peer supporters) will be trained to provide 1-on-1 behavioral coaching for diabetes self management in the residential setting, coordinate with the hospital and program staff to carry out education and data collection activities, as well as act as advocates to promote healthy lifestyle through organizing events and facilitating interaction and communication among patients. Outcomes will include clinical parameters (e.g. blood sugar, blood lipid, H<sub>b</sub>A<sub>1c</sub>) and behavioral measures. In addition to baseline data, there will be quarterly assessments throughout the one-year study.

Peer leaders are the main drivers for this model and therefore, the study also focuses on peer leader selection, training, evaluation and related resource development. Program staff will select patients who have well-controlled type 2 diabetes, good communication skills, as well as experience with insulin injection treatment to be candidates for peer leaders. They will receive 5-days of training addressing topics like diabetes knowledge, self-management, team management and coaching skills, and peer support. During training, they will also become oriented with the roles and responsibilities of a peer leader. At the end of the training, these patients will be required to go through a certification process, in which they will carry out the key tasks of a peer leader. Those who pass certification will be peer leaders for this program. The goal is to have 10 certified peer leaders. There will be periodic follow-ups to support and evaluate each peer leader's performance.



Peers for Progress

Peer Support Around the World

A program of the American Academy of Family Physicians Foundation



東南大學 医学院

MEDICAL SCHOOL OF SOUTHEAST UNIVERSITY



## Program Development in Nanning, China

项目介绍-南京

Zilin Sun, PhD, MD

Professor

Zhongda Hospital, Medical

School of Southeast

University

China

[sunzilin1963@yahoo.com.cn](mailto:sunzilin1963@yahoo.com.cn)

<http://med.seu.edu.cn>

孙子林教授

南京东南大学中大医院

内分泌科主任

A unique aspect of this project is to utilize peer leaders and technology to enhance the linkage between the hospital and community through a community-based approach. Specifically, peer leaders will work closely with local community health centers to identify and then reach those who have type 2 diabetes and live in their neighborhoods. Peer leaders will also be trained to use OTDMS, an electronic blood sugar monitoring system, and periodically upload the data to the OTDMS database which is owned by the hospital. Through their interactions with patients, peer leaders will be able to encourage those with poorly managed diabetes to attend diabetes education courses held by the hospital while continuing to provide 1-on-1 coaching, as well as social and emotional support.

To date, the peer leader training has been completed and the study is expected to be fully completed and further disseminated in 2012. Currently, another multicenter study, an extension of this demonstration project, is being developed in order to broadly test the generalizability of this peer leader model for diabetes education and support.