Introduction to Support Group for Diabetic Patients, Sinshe District Public Health Center, Taichung City

台中市新社區衛生所
糖尿病支持團體運作現況

Sinshe District Public Health Center
Director: Hseuh-Cheng Sun
Topics for Presentation

- Group members Analysis
- Structure of support group
- Functions of peer support
- Self Management Education-4 subjects
- Activities of our group
- Promoting Peer support
Patient Analysis by Gender

病友成員分析

Total Number of Members: 68

Female: 38 members, 56%

Male: 30 members, 44%
Patient Analysis by Age

病友成員年齡分析

65歲以上共51人

51 patients above 65yrs old
Patient Analysis by Marital Status
病友成員婚姻狀況分析

- Widower/widow: 15%
- Married: 85%
Patient Analysis by Education

病友成員教育程度分析

<table>
<thead>
<tr>
<th></th>
<th>Illiterate</th>
<th>Knows only numbers</th>
<th>Literate</th>
<th>Elementary</th>
<th>Junior High</th>
<th>Senior High or above</th>
</tr>
</thead>
<tbody>
<tr>
<td>不識字</td>
<td>1</td>
<td></td>
<td>5</td>
<td>42</td>
<td>9</td>
<td>7</td>
</tr>
<tr>
<td>識數字</td>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>識字</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>國小</td>
<td></td>
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<tr>
<td>國中</td>
<td></td>
<td></td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>高中以上</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>
Patient Analysis by Occupation
病友成員職業分析

(單位:人)

<table>
<thead>
<tr>
<th>Occupation</th>
<th>Homemaker</th>
<th>Retired</th>
<th>Farmer</th>
<th>Laborer</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>21</td>
<td>18</td>
<td>25</td>
<td>4</td>
</tr>
</tbody>
</table>
Duration of DM
得病期間長短

<table>
<thead>
<tr>
<th>罹病年數（人）</th>
<th>5年以下</th>
<th>5-10年</th>
<th>10-15年</th>
<th>15-20年</th>
<th>20年以上</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than 5yrs</td>
<td>7</td>
<td>31</td>
<td>14</td>
<td>7</td>
<td>9</td>
</tr>
<tr>
<td>5-10yrs</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10-15yrs</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15-20yrs</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>More than 20yrs</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Treatment Analysis
治療方式

Insulin: 4%

OHA + Insulin: 27%

OHA + 胰導素: 27%

OHA: 69%

OHA: 69%
DM Complications Analysis
糖尿病并发症分析

<table>
<thead>
<tr>
<th></th>
<th>None</th>
<th>Retinopathy</th>
<th>Nephropathy</th>
<th>Retinopathy + Nephropathy</th>
<th>CerebroVascular Disease</th>
</tr>
</thead>
<tbody>
<tr>
<td>無</td>
<td>17</td>
<td>28</td>
<td>9</td>
<td>9</td>
<td>5</td>
</tr>
<tr>
<td>腎病變</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>腎病變+視網膜病變</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>腦血管病變</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### Pt Analysis by health behavior

<table>
<thead>
<tr>
<th>compliance</th>
<th>Blood sugar monitoring</th>
<th>HbA1C</th>
<th>Diet</th>
</tr>
</thead>
<tbody>
<tr>
<td>Take medicine on time</td>
<td>Refuse insulin Tx</td>
<td>1-2week</td>
<td>Self-monitoring and record data</td>
</tr>
<tr>
<td>52人</td>
<td>13人</td>
<td>26人</td>
<td>5人</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Waist circumference</th>
<th>Body weight control</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exercise30min per day for 3days a week</td>
<td>Male $&lt; 90\text{cm}$</td>
<td>Female $&lt; 80\text{cm}$</td>
</tr>
<tr>
<td>36人</td>
<td>28人</td>
<td>16人</td>
</tr>
</tbody>
</table>

| 52人             | 13人                                     | 26人       | 5人                      | 25人        | 12人        | 32人                 |
Topics for Presentation

• Group members Analysis
• **Structure of support group**
• Functions of peer support
• Self Management Education-4 subjects
• Activities of our group
• Promoting Peer support
Structure of Association
新社區糖尿病友會團體組織架構圖

- Grouped by occupation (what farm produce they grow)
- 依職業分組

Chairman:
Ming-Zhao Hsiao

Vice Chairman:
Jin-Lu Liu

Grape Subgroup
- 葡萄組
- 組長：馮歐桂月
  (林沛潔)

Loquat Subgroup
- 枇杷組
- 組長：張珠
  (黃淑玲)

Peach Subgroup
- 甜桃組
- 組長：劉煥欽
  (周碧秀)

Mushroom Subgroup
- 香菇組
- 組長：李良洪
  (周玉燕)

Custard Apple Subgroup
- 釋枷組
- 組長：詹哲雄
  (詹逸萍)
Health Care Professionals
(Sinshe Dist. Public Health Center)

1 Doctor

Ophthalmologist

眼科醫師

Laboratorian

醫檢師

DM Patient Group

病友團體

藥師

pharmacist

護理衛教師

8 Health Teachers

營養衛教師

1 part time Nutrition Teacher
Topics for Presentation

- Group members Analysis
- Structure of support group
- **Functions of peer support**
- Self Management Education-4 subjects
- Activities of our group
- Promoting Peer support
Functions of peer support-1

- 1. Follow the nutritionist’s instructions on daily food intake 能依營養師指示正確執行一日飲食量
- 2. Encourage regular exercise (at least 5 days a week, 30mins every time) 規律運動(每週至少5天，每次至少30分鐘)
- 3. Watch out for obesity, large waist circumference and blood sugar 體重過重、腰圍過大與血糖控制
- 4. The Chairman, Vice Chairman, Subgroup leaders participate in Kong Thai’s leadership workshop 邀請會長、副會長、小組長參加康泰舉辦的幹部增能工作坊。
Functions of peer support-2

• 1. Patients with good blood-sugar control share health tips 以控制值理想病友分享成功经验
• 2. Patients can talk about their experience and receive emotional support through group meetings 藉由小組聚會讓病友暢談糖尿病之歷程與感受達到情緒支持。
• 3. Help patients with their needs and reaching their goals 病友能說出自己的需求及目標。
Functions of peer support-3

• 1. Learn how to administrate insulin correctly with opportunity for actual experience 正確認識胰島素注射，並實際體驗
• 2. Reinforce correct blood sugar monitoring and record-keeping habit 強化血糖監測正確技巧及持續執行率
• 3. Make sure patients know about glycated hemoglobin and set goal to keep its level under 7% 確立病友對糖化血色素了解並且設定目標能控制在7%以下
Functions of peer support-4

• 1. Participate in DM patient group activities in order to help others and oneself 積極參與病友團體小組活動達到自助助人

• 2. Participate in Bureau of Health Promotion activities 積極參與國民健康局舉辦活動，讓團體有更多交流與學習機會
Topics for Presentation

- Group members Analysis
- Structure of support group
- Functions of peer support
- Self Management Education-4 subjects
- Activities of our group
- Promoting Peer support
Meeting of Counselors with Leaders of DM Patient Group

輔導員與會長組長幹部聚會
Subject - 1: Insulin Injection Experience

1. Discuss one’s view about insulin and give correct idea
   對胰島素的看法---經討論後給予正確觀念

2. Ask people who use insulin to share their experiences
   請已注射者說出經驗談

3. Encourage patients to experience injection
   鼓勵病友實際體驗胰島素注射（每組至少2人體驗—有獎品）

4. Tell patients things to remember while injecting
   — preservation, change of place of injection
   提醒胰島素注射注意事項—保存方式、部位更換……

5. Encourage patients to complement insulin injections with blood sugar monitoring
   (monitoring time and interpreting results)
   鼓勵胰島素注射配合血糖自我監測（提示監測時間及判讀結果）
Subject- 1: Insulin Injection Experience

一、胰島素注射體驗
Results 運作執行成效

Subgroup leaders had discussion with members, afterwards encouraging them to accept injection

現場組長與病友討論後鼓勵成員體驗（筆針）

<table>
<thead>
<tr>
<th>組 別 / 人數</th>
<th>釋迦組</th>
<th>甜桃組</th>
<th>香菇組</th>
<th>枇杷組</th>
<th>葡萄組</th>
</tr>
</thead>
<tbody>
<tr>
<td>體驗數</td>
<td>3人</td>
<td>3人</td>
<td>4人</td>
<td>2人</td>
<td>3人</td>
</tr>
<tr>
<td>體驗後接受數</td>
<td>1人</td>
<td>1人</td>
<td>1人</td>
<td>1人</td>
<td>0人</td>
</tr>
</tbody>
</table>
Subject- 2: Self-Monitoring of Blood Sugar and Keeping a Food Record

主題2: 血糖自我監測與飲食記錄

1. Discuss views on self-monitoring of blood sugar and give correct concept
   對血糖自我監測執行的看法—經討論後給予正確觀念

2. Ask patients who have their glycated hemoglobin below 7% to share self management experience
   請糖化血色素7%以下病友分享自我照護經驗談

3. Encourage patients to put keeping records into practice (one health management manual per patient)
   鼓勵病友實際操作並作記錄（每位病友一本健康管理手冊）

4. Remind them of things to take note during after-meal blood sugar checks –
   可以鬧鐘提示（飯後兩小時）

5. Encourage complementing insulin injections with blood sugar checks
   (note the time and results)
   鼓勵胰島素注射配合血糖自我監測（提示監測時間及判讀結果）

6. Think whether the results had anything to do with diet
   並正確判斷好與否並回顧與飲食是否相關

7. Show results to their doctor and get doctor’s signature
   就醫時給醫師看
Subject-2: Self-Monitoring of Blood Sugar and Keeping a Food Record

二、飲食與血糖監測
Results 運作執行成效

- After group discussion, members realize the importance of blood sugar checks 小組討論後病友們體認監測血糖重要性
- All groups agree blood checks are important and consent to monitoring blood sugar two hours before and after meals and keep records in their health management manual (will show to doctor during appointment and ask doctor for signature) 各小組認同血糖監測重要並承諾回去後配合飯前及飯後兩小時監測並記錄在健康管理手冊（回診將記錄供醫師參考並請醫師簽章）
- Chairman and subgroup leader will continue to show their care and support through phone calls 會長及小組長持續電話關心及協助

<table>
<thead>
<tr>
<th>每週測兩天人數</th>
<th>每次驗飯前及飯後兩小時人數(配對)</th>
<th>自己能正確判讀血糖值理想否</th>
<th>就診提供醫師參考</th>
</tr>
</thead>
<tbody>
<tr>
<td>38</td>
<td>25</td>
<td>21</td>
<td>16</td>
</tr>
</tbody>
</table>
Subject-3: Weight (Waist c.) and Blood Sugar Control

3、體重 (腰圍) 與血糖控制
Subject- 4: Exercise and seeing DM Complications

四、運動與合併症體驗
Topics for Presentation

• Group members Analysis
• Structure of support group
• Functions of peer support
• Self Management Education-4 subjects
• Activities of our group
• Promoting Peer support
Patient Group’s Activities
病友會積極參與的交流學習

1、2007: The 2nd National DM Patient Group Exercise Contest. 96年第二屆全國糖尿病友團體健康操競賽

2、2007: The National DM Patient Group Glycated Hemoglobin Contest 96年全國糖尿病友團體糖化血色素競賽

3、2007: Ideal Waistline and Metabolic Syndrome Knowledge Advocacy Contest. 96年「對腰圍理想值偵測代謝症候群認知宣導競賽

4、The 3rd National Exceptional Patient Group Election. 第三屆全國優良病友團體選拔

5、2008: DM Patient Growth and Group Operations Conference. 參加2008年糖尿病友成長團體運作研討會

6、2008: National DM Patient Growth Group “Improving Your Health Habit” Creativity Contest. 2008年全國糖尿病友成長團體「健康行為改善之創意策略點子」競賽

National “Interesting Learning” Drama Competition 2008 at Zhongshan Building, Yangmingshan, Taipei (page 1)

Peer Support – “We are all on the same boat.”

Importance of self-monitoring of blood sugar

Keep an eye on HbA1C

Correct way to measure blood sugar
National “Interesting Learning” Drama Competition 2008 at Zhongshan Building, Yangmingshan, Taipei (page 2)

The Golden Triangle - Medicine, Diet, Exercise

Finally, we won 1st place!

The Championship Plaque

Commemorative Photo taken at Yangmingshan after winning the Championship
The other great awards we won.
這是我們傲人的得獎成績

The “Best Blood Sugar Control Group” Prize

The “Exceptional Group” Prize
Field Trip to “Green World”, 2011 至 綠世界 旅遊
Promoting Peer Support 對我們未來的展望

1. Reinforce subgroup leaders’ functions 團體幹部功能再提升
2. Encourage to join activities and to contribute 病友參與度越來越高，並有主動付出的意願
3. Through peer support and self-management, patients will lead a healthier life 藉由同儕認同目標及自我責任認同，並確實執行健康生活
4. Actively assist patients to have self management education, let more patients and high-risk people join the group to benefit the community 積極協助病友增能，讓更多病友及高危險群加入團體嘉惠社區民眾。
Thank you all for listening!