

## Effect of “Evidence Based Diabetes Management” Educational Sessions on Primary Care Physicians

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**Abstract :** Objective: To assess the impact of educational sessions by reputed regional faculties on knowledge of primary care physicians on evidence based diabetes management methods and practice. Study Design: Retrospective pre-post intervention study. Methodology: Nine cities in Kerala from August to October, 2012 were selected for the study. 125 MBBS doctors participated in the study. 11 regional faculties provided six educational sessions throughout the period. Validated questionnaires were used to evaluate the knowledge of the participants on evidence based diabetes management methods before and after the intervention. Results: The mean score on pre-test was 8 and the mean score on post-test was 9. A paired t-test was conducted on participant's pre- and post test score and the results were statistically significant ( $p < 0.001$ ). Conclusion: Even though the general attitude to and level of knowledge of diabetes management is good among the primary care physicians in India, there do exist some knowledge gaps which might influence their future practices when it comes to counselling and information on diabetes management methods. In the present study, the performance and awareness level of the participants have expressively improved among primary care physicians. There is a significant improvement in the test score and the training conducted. It seems that if such study programmes are included in the students study programme, it will give higher score in the knowledge and attitude towards diabetes management.

**Keywords :** diabetes, management, primary care physicians, evidence base, improvement score, knowledge

**Conference Title :** ICDM 2014 : International Conference on Diabetes and Metabolism

**Conference Location :** London, United Kingdom

**Conference Dates :** September 26-27, 2014