Factors Contributing to Successful Shared Medical Appointments for Patients with Type 2 Diabetes
Kurtis Crawford BSN, RN, DNP Candidate and Diane Boyle PhD, RN

Introduction
• Shared medical appointments (SMAs) are interventions for patients diagnosed with type 2 diabetes, which can be a progressive and costly disease.
• SMAs allow patients with a similar diagnosis to be seen in a group setting by one provider, which may be an efficient and effective form of disease management.
• The study evaluated the factors involved in successful SMAs to formulate a model for future SMAs for patients with type 2 diabetes.

Results: Factors in Successful SMAs
• Setting
  Clinic/Classroom
• Size of group
  6-9 Patients
• Number of Providers Present
  3-4
• How often SMAs were held
  Baseline, then every 5 weeks
• Number of SMAs
  8 Meetings
• Duration of Meetings
  90-120 minutes

Providers Involved
• Primary Care Provider
• Pharmacist
• Clinical Diabetes Educator
• Physical Therapist
• Registered Nurse
• Medical Assistant
• Psychologist
• Dietician
• Nutritionist
• Social Worker
• Registration Clerk

Discussion
Conclusions
• SMAs have been proven to be efficacious, and should be utilized more in the primary care setting for type 2 diabetes.
• Trends were identified for each factor of a successful SMA.
• Non-physician providers were found to produce positive results and are able to lead successful SMAs for patients with type 2 diabetes.

Future Considerations
To make results more generalizable, future studies should include a more diverse patient population with a larger sample size.

References