AN INTEGRATIVE REVIEW OF FACTORS CONTRIBUTING TO SUCCESSFUL SHARED MEDICAL APPOINTMENTS FOR PATIENTS WITH TYPE 2 DIABETES

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Introduction

• Shared medical appointments (SMAs)
  – Helpful intervention for patients diagnosed with type 2 diabetes
  – Allow patients with a similar diagnosis to be seen in a group setting by one provider

• This study evaluated the factors involved in successful SMAs to formulate a model for future SMAs for patients with type 2 diabetes.
Background

- Type 2 diabetes
- SMAs
- Importance of study
Methods

39 records identified through database searching

53 records after duplicates were removed

53 records screened

23 full-text articles assessed for eligibility

8 studies included in the review

16 records identified through other sources

30 records excluded

15 records excluded - not original research or did not focus on SMAs for participants with type 2 diabetes
Methods

• Selected articles
• Factors reviewed
  – Size of group
  – Setting
  – Number of providers at meeting
  – Titles of providers present
  – Duration of meetings
  – Number of meetings
  – How often meetings were held
## Results

<table>
<thead>
<tr>
<th>Factor</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Setting</td>
<td>Clinic/Classroom</td>
</tr>
<tr>
<td>Number of providers at SMA</td>
<td>3-4</td>
</tr>
<tr>
<td>Size of group</td>
<td>6-9 patients</td>
</tr>
<tr>
<td>Duration of meetings</td>
<td>90-120 minutes</td>
</tr>
<tr>
<td>Number of SMAs</td>
<td>8</td>
</tr>
<tr>
<td>How often SMAs were held</td>
<td>Baseline, then every 5 weeks</td>
</tr>
</tbody>
</table>
Results

Providers Involved

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

• Most studies included had similar factors for success in their SMA models
• Biggest discrepancies were number of SMAs and how often SMAs were held
• Outliers removed
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.
Discussion

• Future Considerations
  – More diverse patient population
  – Larger sample size
Questions
References

References
