Chapter 5: Patient engagement in diabetes management

Test your knowledge

1. What are the three main dimensions of patient health engagement in type 2 diabetes?
2. Psychological, Cognitive, Behavioural
3. Familial, Psychological, Physical
4. Social, Economic, Behavioural
5. Economic, Cognitive, Familial
6. **Emotional, Cognitive, Behavioural (correct)**
7. What is the primary educational need of an individual currently in the blackout stage of patient engagement?
8. Tailored care to achieve personal targets
9. Improved health literacy
10. Empowerment and motivation
11. **Emotional support to accept diagnosis (correct)**
12. Education on treatment and management
13. Globally, approximately what proportion of adults with diabetes achieve all three of their treatment targets (blood glucose, blood pressure, cholesterol)?
14. **<20% (correct)**
15. 20–29%
16. 30–39%
17. 40–49%
18. >50%
19. Which of the following widely accepted barriers to patient engagement cannot be addressed by healthcare professionals?
20. Lack of knowledge
21. **Education status/comprehension ability (correct)**
22. Mental health
23. Concerns about medication side effects
24. Reluctance to initiate insulin therapy
25. In the RELATE model of effective patient–healthcare professional communication, what does ‘T’ stand for?
26. **Transition** to another service
27. **Track** changes from previous appointment
28. **Teach** about importance of good glycaemic management
29. **Tailor next steps (correct)**
30. **Tell** the patient’s friends and family

SUMMARY RESULTS

Score: X/5

In this module, we covered the importance of getting people with diabetes to be engaged with their healthcare and diabetes management, common barriers to engagement and how to overcome these.

1. CORRECT/INCORRECT

Patient health engagement in type 2 diabetes can be categorized as emotional, cognitive or behavioural.

1. CORRECT/INCORRECT

The blackout stage of patient engagement is a phase where an individual cannot accept their diagnosis and has no understanding of how to manage diabetes. At this stage, their primary need is emotional support to accept the diagnosis.

1. CORRECT/INCORRECT

Globally, <20% of adults with diabetes achieve all three of their treatment targets (blood glucose, blood pressure, cholesterol).

1. CORRECT/INCORRECT

Education status and comprehension ability cannot be addressed by an individual healthcare professional.

1. CORRECT/INCORRECT

In the RELATE model of effective patient–healthcare professional communication, the ‘T’ stands for ‘Tailor next steps’.