Change in glycaemic control with structured diabetes self-management education in urban low-resource settings: multicentre randomised trial of effectiveness

**BACKGROUND**

**In high-resource settings, structured diabetes self-management education is associated with improved outcomes but the evidence from low-resource settings is limited and inconclusive.**

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**PRIMARY OUTCOME**



**In low-resource settings, diabetes self-management education might not be associated with glycaemic control. Clinician’s expectations from diabetes self-management education must therefore be guarded.**

**1. The intervention had an effect on physical health, with a 3 difference between the intervention and control (p = 0.035).  
2. Self-care activities such as foot care, exercise, and diet showed significant differences between the control and intervention arms.  
3. The interaction term between the follow-up interval and intervention arm was not significant for any of the secondary outcomes.**

**-HbA1c decreased in both the intervention and control groups  
-The decrease was greater in the intervention group than the control group, but not significantly  
-Insufficient evidence that the intervention had an effect on HbA1c**

**CONCLUSION**

**SECONDARY OUTCOME**