

Innovative Adaptation and Dissemination of AHRQ Comparative Effectiveness Research Products

Technologically Enhanced Community Health Worker Delivery of Personalized Decision Aid: iDecide.Decido

Description

A key step in increasing the potential impact of community health workers (CHWs) and other lay health care workers is to develop and test effective tools they can use to better present evidence-based information to patients. The project developed and evaluated a tailored, interactive diabetes medication decision aid for CHWs to deliver on iPads to low income African American and Latino adults with diabetes.

Project Aims

The project aims were to:

- 1) Use information from two AHRQ diabetes medications consumer summaries to build an interactive, computer-tailored diabetes medication guide that enables patients to assess their treatment goals, personal preferences, and side effect concerns and generate a personally tailored assessment of their current diabetes treatments with, as appropriate, options for improving their diabetes care.
- 2) Determine the extent to which this personally tailored diabetes medication guide, compared with the print AHRQ consumer summaries, increases Latino and African American diabetes patients' knowledge of antihyperglycemic medications, provides satisfaction with information received, and reduces decisional conflict.
- 3) Examine the computer-tailored program's effects on participants' changes in medications, self-reported medication adherence and beliefs, and A1C levels between baseline and follow-up.

Findings

Both the iDecide group and the print summaries group reported improved medication decisional conflict, medication knowledge, satisfaction with clarity and helpfulness of medication information, medication adherence, and diabetes care self-efficacy. Participants in the iDecide group reported significant within-group and between-group improvements in diabetes distress. iDecide participants had improvements in A1c levels from baseline and were more likely to maintain or achieve an A1c level of 7%, a high level of self-efficacy, and a low level of diabetes distress.

Publications: None as of 12/19/2014

Study Populations

Latino
African American
Low-income

Health Condition Addressed

Diabetes

Dissemination Tool and/or Method

Decision aid (English and Spanish)
Community Health Workers

Principal Investigator: Michele Heisler, MD, MPA

Institution/Partners: University of Michigan

Project Period: 9/30/2010 – 9/29/2013

Grant Number: 1R18HS019256

Research to Help Underserved Populations

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