

No Man is an Island:  
Group-based versus Individualized Education for Diabetics

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About 25 million, or 8.3% of Americans, have diabetes. Diabetes leads to problems such as heart disease, stroke, high blood pressure, amputations, and more. The current prevention, treatment and education system is fragmented which reduces the effectiveness of self-management skills as well as increases complications and healthcare costs. This evidence-based project seeks to determine whether group-based or individualized education is more beneficial in improving the health of patients with diabetes. Review of the literature from MEDLINE, CINAHL, and ProQuest databases resulted in 10 relevant studies. Results from Cochran Reviews, meta-analysis and RCTs indicate group education leads to improvements in clinically important health outcomes and self-management skills for diabetics as well as a reduction in healthcare costs. Nurses need to advocate for revamped training in diabetes education as well as creating and expanding community based education programs to create a standard of care.

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