

DME7102 Diabetes Self-Management Education in Psychosocial Context

Written Assignment (Work-based case report) Guide

Submission deadline: 2nd June 2023 23.59hr

Introduction

Throughout this module, you have learnt the overall context of diabetes self-management education taking into consideration the influence of psychosocial factors on people living with diabetes. This assignment requires you to reflect upon a case you have managed at your workplace that includes the provision of diabetes self-management education within the psychosocial context.

Course Learning Outcomes

Upon completion of this assignment, you should be able to:

- Review, analyse and discuss the evidence on diabetes self-management and issues with daily living with diabetes for improved clinical outcome
- Demonstrates the ability to provide individualized care that includes assessment, interpretation and provision of intervention related to self-management behaviours using appropriate resources within a supportive and therapeutic relationship in an ethical, professional and socially responsible manner
- Identify and discuss therapeutic evidence/strategies to address psychosocial barriers (e.g. stress, distress and clinical depression) to self-care
- Explain a diabetes educator's professional and mentorship roles within a multi-disciplinary approach to diabetes management

Instructions

- Write a report on a selected case from your workplace that is related to lifestyle, medication adherence, self-monitoring and psycho-social aspects.
- The case that you select should include the provision of follow-up education and support.
- Your assignment should be a minimum of 2000 words and not exceed 2500 words.

- Your assignment should include the following sections:
 - Introduction and patient case history
 - Assessment – Include an interpretation of the following aspects that contribute to the present problem:
 - gaps in the patient's current self-care practices
 - the psychosocial needs and psychosocial well-being of the patient and his/her family
 - Intervention – Include a description of the:
 - diabetes self-management education provided to the patient in relation to lifestyle, medication adherence, self-monitoring and psycho-social aspects
 - behavioural approaches and emotional support in self-management education provided to the patient during case follow-up
 - supportive and therapeutic relationship that was provided in an ethical, professional and socially responsible manner
 - Outcomes – Include clinical and behavioural outcomes
 - Discussion and Conclusion – Include the following components:
 - a review, analysis and discussion of the evidence that support the provided diabetes self-management education and support (including addressing psychosocial barriers to self-care) for improved clinical outcomes
 - an explanation of your professional or mentorship role (where applicable) as a diabetes educator within a multi-disciplinary approach to diabetes management
 - References cited

Assessment rubric

This assignment contributes to 60% of your assessment in this module

Assessment criteria	Poor= 0-2	Fair=3-5	Good=6-8	Excellent= 9-11	Weightage	Marks
Introduction and description of the patient case history	<ul style="list-style-type: none"> Not logical in writing and missing all vital information 	<ul style="list-style-type: none"> Somewhat logical in writing and missing some vital information 	<ul style="list-style-type: none"> Logical sequence in writing and contains most vital information 	<ul style="list-style-type: none"> Logical sequence in writing and contains all vital information 	X1	
Assessment of the case	<ul style="list-style-type: none"> Assessment is irrelevant to the present problem, not systematic, and incomplete Unable to identify education or psychosocial gaps 	<ul style="list-style-type: none"> Assessment is at times irrelevant to the present problem, and is neither systematic nor thorough Able to identify education or psychosocial gaps 	<ul style="list-style-type: none"> Assessment is relevant to the present problem but is either not systematic or not through Able to identify both education and psychosocial gaps 	<ul style="list-style-type: none"> Assessment is relevant to the present problem, done in a systematic manner and thorough Able to identify both education and psychosocial gaps 	X3	
Intervention and outcome	<ul style="list-style-type: none"> Intervention is neither individualized nor does it include all aspects of diabetes self-management in lifestyle, medication adherence, self-monitoring and psychosocial issues of care Intervention uses minimum resources and support 	<ul style="list-style-type: none"> Intervention is not individualized but is related to self-management behaviours that includes lifestyle, medication adherence, self-monitoring and psycho-social aspects Intervention resources used may not be appropriate to the case 	<ul style="list-style-type: none"> Intervention is individualised and related to self-management behaviours that includes lifestyle, medication adherence, self-monitoring and psycho-social aspects. Intervention uses appropriate resources that may or may not include behavioural 	<ul style="list-style-type: none"> Intervention is individualised and related to self-management behaviours that includes lifestyle, medication adherence, self-monitoring and psycho-social aspects. Intervention uses appropriate resources including behavioural approaches and emotional support 	X4	

	<ul style="list-style-type: none"> Intervention is done within a supportive and therapeutic relationship, but may not be either ethical, professional or socially responsible 	<ul style="list-style-type: none"> Intervention is done within a supportive and therapeutic relationship, but may not be either ethical, professional or socially responsible 	<p>approaches and emotional support</p> <ul style="list-style-type: none"> Intervention is done within a supportive and therapeutic relationship, and is ethical and professional but may not be socially responsible Intervention was effective at influencing either clinical or behavioural outcomes 	<ul style="list-style-type: none"> Intervention is done within a supportive and therapeutic relationship, and is ethical, professional and socially responsible Intervention was effective at influencing both clinical and behavioural outcomes 		
Discussion and conclusion	<ul style="list-style-type: none"> Discussion includes how outcomes are connected to the intervention Discussion is neither rational nor justified Discussion lacks an analysis of evidence No discussion of professional or mentorship role 	<ul style="list-style-type: none"> Discussion of how outcomes are connected to the intervention but is at times irrational or not justified Discussion lacks an analysis of evidence Discussion of professional or mentorship role is inappropriate for the context if the case 	<ul style="list-style-type: none"> Discussion of how outcomes are connected to the intervention is done in a rational and justified manner Discussion at times lacks an analysis of evidence Discussion of professional or mentorship role is appropriate for the context if the case 	<ul style="list-style-type: none"> Discussion of how outcomes are connected to the intervention is done in a rational and justified manner Discussion is well-supported by an analysis of evidence Discussion of professional or mentorship role is appropriate for the context if the case 	X4	
Total marks (upon maximum marks of 132)						

Comment/Feedback

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Name of Assessor : _____

Signature of Assessor: _____

Date of Assessment : _____