



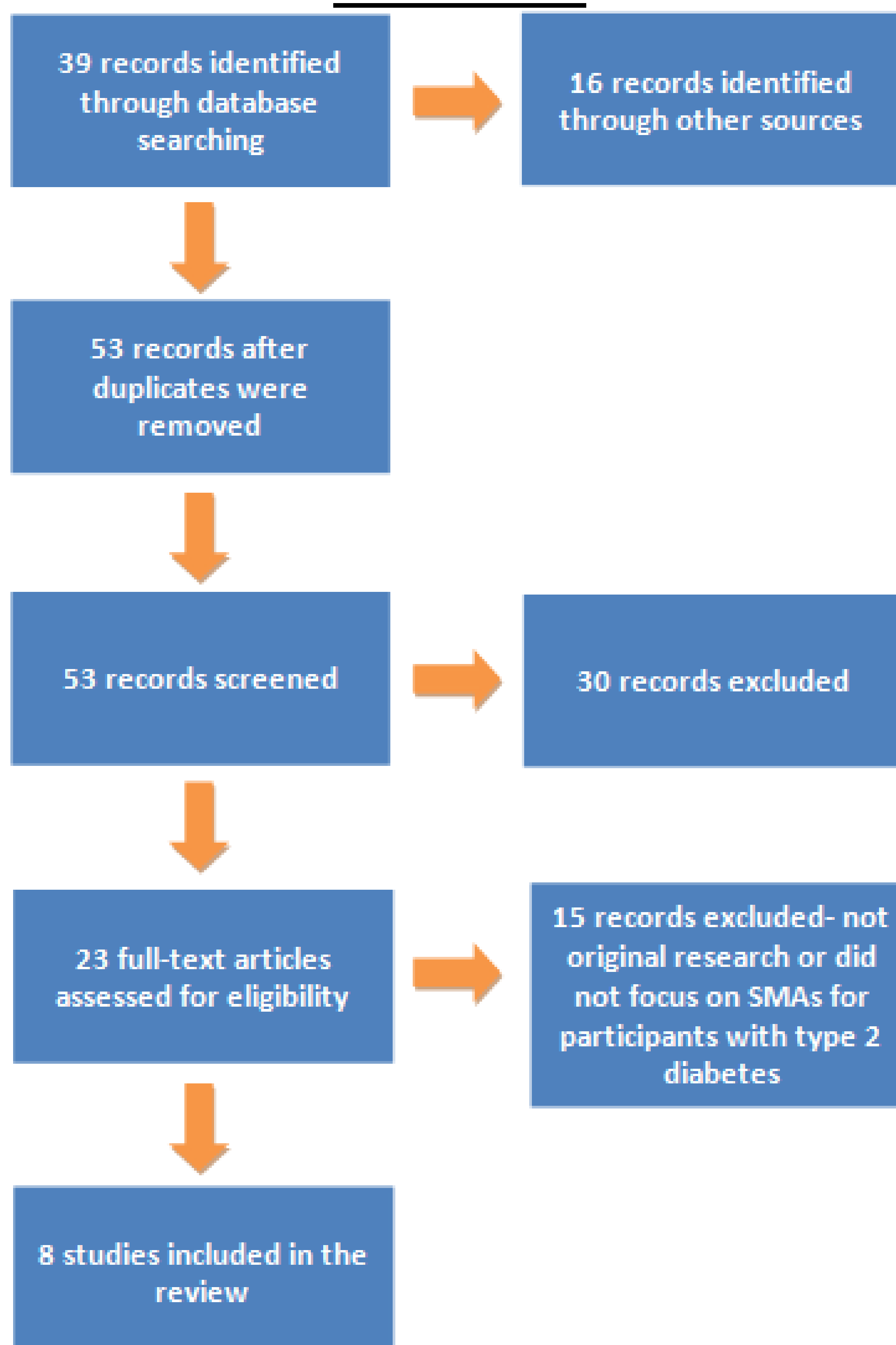
Factors Contributing to Successful Shared Medical Appointments for Patients with Type 2 Diabetes

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Introduction

- Shared medical appointments (SMAs) are interventions for patients diagnosed with type 2 diabetes, which can be a progressive and costly disease.
- SMAs allow patients with a similar diagnosis to be seen in a group setting by one provider, which may be an efficient and effective form of disease management.
- The study evaluated the factors involved in successful SMAs to formulate a model for future SMAs for patients with type 2 diabetes.

Methods



Results: Factors in Successful SMAs

- **Setting**
Clinic/Classroom
- **Size of group**
6-9 Patients
- **Number of Providers Present**
3-4
- **How often SMAs were held**
Baseline, then every 5 weeks
- **Number of SMAs**
8 Meetings
- **Duration of Meetings**
90-120 minutes

Providers Involved

- Primary Care Provider
- Pharmacist
- Clinical Diabetes Educator
- Physical Therapist
- Registered Nurse
- Medical Assistant
- Psychologist
- Dietician
- Nutritionist
- Social Worker
- Registration Clerk

Discussion

Conclusions

- SMAs have been proven to be efficacious, and should be utilized more in the primary care setting for type 2 diabetes.
- Trends were identified for each factor of a successful SMA.
- Non-physician providers were found to produce positive results and are able to lead successful SMAs for patients with type 2 diabetes.

Future Considerations

To make results more generalizable, future studies should include a more diverse patient population with a larger sample size.



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