

Innovative Adaptation and Dissemination of AHRQ Comparative Effectiveness Research Products

Using Comparative Effectiveness Reviews to Optimize Quality of Life for Persons with Diabetes and Chronic Pain

Description

Medications are a mainstay of chronic pain therapy in diabetes; however, cognitive-behavioral therapy (CBT) can improve functioning and reduce reliance on medications that can damage kidneys or affect balance. The goal of this project was to engage residents of the Alabama Black Belt living with diabetes and chronic joint pain in a training intervention delivered by community health workers (CHW) to improve functional status and diabetes mellitus metabolic parameters.

Project Aims

The main aims of this study were:

- 1) Adapt the comparative effectiveness review on osteoarthritis (OA) and diabetes mellitus to enhance use in decision-making, using formative evaluation to assess needs.
- 2) Test the CHW-delivered intervention in a group randomized trial with patients with chronic pain, OA, and diabetes.
- 3) Broadly disseminate the products of the study to physicians.

Findings

The preliminary analyses showed that the program improved coping strategies, pain, physical functioning, and physical activity levels in individuals with diabetes and chronic pain.

Study Population

African Americans
Rural

Health Condition Addressed

Chronic Pain
Diabetes
Osteoarthritis

Dissemination Tool and/or Method

Community Health Workers

Principal Investigator:

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