



Community Partnership Program for Older Adults with Multiple Chronic Conditions and Type 2 Diabetes: A Pragmatic Multi-Site Randomized Controlled Trial

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Ontario: St. Joseph's Health Care London, Peterborough Regional Health Centre, Port Hope Community Health Centre, Ross Memorial Hospital; YMCAs of Western Ontario, Central East Ontario, Northumberland and City of Kawartha Lakes Parks and Recreation

Alberta: Leduc Beaumont Devon, Primary Care Network (PCN), Sherwood Park (PCN) and Edmonton Oliver (PCN); Leduc Recreation Centre and Millennium Place

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Summary of Project

Type 2 Diabetes Mellitus (T2DM) in older adults is a common and serious chronic condition frequently occurring in the context of other comorbid health conditions. With the aging population, the number of Canadians with T2DM is increasing so supporting people with T2DM and multiple chronic conditions (MCC), as well as their family care partners, is critical.

Few studies have examined the effectiveness of community-based self-management interventions in older adults with multiple chronic conditions (MCC) and T2DM. The objectives of this study are to examine the feasibility, acceptability, effectiveness and costs of the Aging, Community and Health - Community Partnership Program, a new 6-month interprofessional, nurse-led program to promote diabetes self-management in older adults (≥ 65 years) with MCC and T2DM and their family caregivers.

Our hypothesis is that participants receiving the nurse-led intervention will show greater improvement in self-efficacy, diabetes self-management and quality of life, at no additional cost from a societal perspective, compared with those receiving usual care. The results will inform policy and practice regarding the delivery of home and community-based services to this vulnerable population.

This study is currently in progress in both Ontario and Alberta. Final data collection in Ontario will be completed in December 2015 and in June 2017 in Alberta.