

Program aids quality of life for older adults with T2DM

6 December 2017



anxiety, self-efficacy, or total health care costs.

"Participation in a 6-month community-based intervention improved quality of life and self-management and reduced depressive symptoms in [older adults](#) with T2DM and comorbidity without increasing total [health care costs](#)," the authors write.

More information: [Abstract](#)
[Full Text](#)

Copyright © 2017 [HealthDay](#). All rights reserved.

(HealthDay)—A community-based program improves quality of life and self-management in older adults with type 2 diabetes mellitus (T2DM) and comorbidities, according to a study published online Nov. 27 in the *Journal of the American Geriatrics Society*.

Maureen Markle-Reid, R.N., Ph.D., from McMaster University in Hamilton, Canada, and colleagues compared the effect of a six-month self-management [intervention](#) (including in-home visits and care coordination) among 159 community-dwelling older adults (?65) with T2DM and an average of eight comorbidities.

The researchers found that a group difference favored the intervention for multiple outcome measurements, including the Mental Component Summary (P = 0.03), Summary of Diabetes Self-Care Activities (P = 0.01), and Center for Epidemiologic Studies Depression Scale (P = 0.03). However, there were no group differences seen in the Physical Component Summary score,

APA citation: Program aids quality of life for older adults with T2DM (2017, December 6) retrieved 16 August 2018 from <https://medicalxpress.com/news/2017-12-aids-quality-life-older-adults.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.