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No identifiable Hb1Ac or lifestyle change after a comprehensive diabetes programme including motivational interviewing: A cluster randomised trial

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Abstract

Objective. To study the effectiveness of a comprehensive diabetes programme in general practice that integrates patient-centred lifestyle counselling into structured diabetes care. Design and setting. Cluster randomised trial in general practices. Intervention. Nurse-led structured diabetes care with a protocol, record keeping, reminders, and feedback, plus training in motivational interviewing and agenda setting. Subjects. Primary care nurses in 58 general practices and their 940 type 2 diabetes patients with an HbA1c concentration above 7%, and a body mass index (BMI) above 25 kg/m². Main outcome measures. HbA1c, diet, and physical activity (medical records and patient questionnaires). Results. Multilevel linear and logistic regression analyses adjusted for baseline outcomes showed that despite active nurse participation in the intervention, the comprehensive programme was no more effective than usual care after 14 months, as shown by HbA1c levels (difference between groups/H₁₁₀₀₅ /H₁₁₀₀₂ 0.13; CI/H₁₁₀₀₂ 0.8 – 0.35) and diet (fat (difference between groups/H₁₁₀₀₅ /H₁₁₀₀₂ 0.19; CI/H₁₁₀₀₂ 0.82 – 1.21); vegetables (difference between groups = 0.10; CI/H₁₁₀₀₂ 0.21 – 0.41); fruit (difference between groups = −0.02; CI/H₁₁₀₀₂ 0.26 – 0.22)), and physical activity (difference between groups/H₁₁₀₀₂ 1.15; CI/H₁₁₀₀₂ 12.26 – 9.97), or any of the other measures of clinical parameters, patient’s readiness to change, or quality of life. Conclusion. A comprehensive programme that integrated lifestyle counselling based on motivational interviewing principles integrated into structured diabetes care did not alter HbA1c or the lifestyle related to diet and physical activity. We thus question the impact of motivational interviewing in terms of its ability to improve routine diabetes care in general practice.

Key Words: General practice, lifestyle, primary health care, quality of health care, randomised controlled trial, the Netherlands, type 2 diabetes mellitus

Introduction

The prevalence of diabetes is rapidly increasing, due to ageing and changes in lifestyle [1]. The situation is exacerbated by the lack of adherence to the diabetes type 2 recommendations on diet and exercise [2,3]. In many countries, such as the Netherlands, diabetes care has now largely been delegated to primary care nurses. They have to make patients aware of their unhealthy lifestyle and motivate them to change their lifestyle. The complexity of lifestyle change requires a shift from simple advice giving, as described in most diabetes guidelines, to a more patient-centred counselling-based approach [4,5]. Motivational interviewing (MI) has emerged as a promising counselling model for health promotion and disease management, even in brief encounters in general practice [6]. It is a patient-centred method, which makes the patient and professionals jointly responsible for deciding on the treatment plan [7]. Studies have shown that this method can contribute to lifestyle change, such as reducing energy intake from fat, increasing fruit and vegetable consumption [8], increasing physical activity, and lowering weight [9]. Beneficial effects on body
The integration of lifestyle counselling based on motivational interviewing (MI) principles into structured diabetes care did not significantly improve diabetes care according to changes:

1. in HbA1c or lifestyle related to diet and physical activity, or any of the other clinical parameters;
2. in the patient’s readiness to change or quality of life.

Lifestyle counselling such as MI may be unsuitable for routine diabetes care in general practice.

The medical files before allocation. Patients were invited by letter and signed an informed consent form.

**Intervention**

Nurses in the intervention group received a comprehensive programme [12] consisting of (a) training in lifestyle counselling based on motivational interviewing [13]; (b) the introduction of tools for structuring diabetes care, such as training in agenda setting, a local diabetes protocol based on the national guidelines [14] that was discussed with them, and a social map for lifestyle support; (c) instruction on record keeping to integrate lifestyle counselling into general practice; and (d) introduction of tools to sustain improvements including an instruction chart (reminder) [11], regular telephone follow-ups with the target patients, a help desk that also inquired proactively about the progress of diabetes management, and a follow-up meeting for the nurses (Figure 1).

Interventions (a) and (b) took place during the training sessions, which consisted of four half-day training sessions (total 16 hours) spread over the first half year. Nurses attended these sessions in groups of 5–8 outside the practice. The other activities started after these training sessions (after six months) and lasted till the post-measurement after 14 months. The record-keeping and the instruction chart were offered to nurses during the last training session. They received an oral and written explanation of the record-keeping and recommendations for regular telephone follow-ups for diabetes patients. During the intervention period the research team called the practice nurse once a quarter (three times) to enquire about their development of health counselling. The nurses could call the research team for information any time. About four months after the last training session, the nurses were invited to participate in a follow-up meeting to discuss the barriers in practice and to receive feedback about their own video-recording. What went right, and what could be better? The usual care nurses were advised to administer care consistent with current diabetes guidelines.

**Measures and data collection**

The primary outcomes were HbA1c and reported changes in lifestyle related to diet and physical activity. Data on diabetes outcome measures (HbA1c, blood pressure, cholesterol, BMI) and process indicators (see Table IV) were extracted from medical records. The research team identified all the eligible patients with an HbA1c of 7% or
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Training in motivational interviewing (4 half-days, spread equally over 6 months)
1. Training primary care nurses in the principles of motivational interviewing (MI) in order to encourage patients with diabetes to adhere to lifestyle guidelines. The following components were discussed:
   • Building motivation for change: importance and confidence
   • Asking open questions, listening reflectively, affirming, summarizing, and eliciting change
   • Expressing empathy, developing discretion, rolling with resistance, and supporting self-efficacy.

Structured diabetes care
2. Training in agenda setting to make consultations more structured and to draw up concrete appointments.
3. Tailoring a diabetes protocol to the local setting.
4. Introducing a social map for lifestyle change to primary care nurses. The map provides an overview of all available organizations and their treatment programmes to help patients choose, for example, the right sport school or physiotherapist.

Lifestyle counselling embedded in usual care
5. Record keeping of consultation data and changes in the behaviour of patients, conducted by primary care nurses.

Maintained motivational interviewing

Reminder
6. An instruction chart with counselling techniques, as a reminder for nurses to encourage maintenance of the MI techniques used to help patients change.

Follow-up
7. Recommendations for regular telephone follow-ups for diabetes patients, which are monthly in the first 6 months and then probably decrease.
8. A help desk: the research team will call the primary care nurse three times to inquire about their development of health counselling and nurses can call the research team for information.
9. A follow-up meeting to receive feedback about their own video recordings.

Figure 1. The interventions in the comprehensive programme.

more. Only data of those patients who had given informed consent were collected by extracting the information manually from the electronic medical records. In case of more measurements per patients within the 12 months’ retrospective window, the most recent value was collected. Patient questionnaires were used to collect data on alcohol, fat, vegetables, and fruit consumption over the past month [15–17]. Physical activity was measured by asking patients to describe a typical week during the last month [18]. Physical activity was also reported more objectively based on a personal activity meter (PAM) and a diary (same week). For each lifestyle aspect, the importance of and confidence in changing was rated on a five-point Likert scale; each patient’s readiness to change was defined by multiplying the two items [13]. Quality of life was assessed using the Euroqol [19]. Data were gathered at baseline, and after 14 months. In the Dutch diabetes guidelines it is stated that diabetes patients should be seen once a quarter and the HbA1c should be measured yearly. For practical reasons (e.g. holidays, forgotten) it can be difficult to perform the yearly visit. We therefore took a time frame of 14 months.

The exposure of nurses to MI, agenda setting, diabetes protocols, and social maps was measured by recording their attendance at the different training sessions on these subjects. Furthermore, we asked nurses if they used the instruction chart, and we recorded the number of nurses who received three telephone follow-ups from the research team, as well as their participation in the follow-up meeting.

Sample size

With the intervention used, we expected 50% of the eligible patients to achieve an HbA1c below 7% [12]. Based on an alpha of 5% and a beta of 80% a random sample of 30 general practices with five patients each was needed, taking into account an intra-cluster correlation of 0.05 (patients in practices). For lifestyle we expected a 5% change in usual care, and an extra 10% change due to the intervention [12]. Without changing the other assumptions, a total of 68 practices with 10 patients were needed to detect the expected difference in lifestyle between the intervention and usual care.
groups. We thus planned to recruit 70 general practices with 700 patients, allowing for some loss.

Statistical analysis

Means and standard deviations, and percentages where appropriate, were used to summarise the characteristics of the general practices, nurses, and patients. Comparisons between the intervention and usual care arms were adjusted for clustering within practices. Continuous outcome measures (clinical outcomes, reported aspects of lifestyle, and quality of life) were analysed with multilevel linear regression in SPSS. The HbA1c was added as a continuous measure in the statistical model to avoid loss of power. Binary outcome measures (patients’ readiness to change and diabetes process indicators) were analysed using multilevel logistic regression in SAS. In these analyses baseline measures were defined as a separate predictor in the model. We also adjusted the models for baseline characteristics (from practices, nurses, or patients) that differed significantly between the intervention and usual care groups.

Results

Study population

Figure 2 presents the number of general practices and participants in this trial. Table I presents the baseline characteristics of the general practices, nurses, patients, and the baseline values regarding outcome measures, lifestyle, and quality of life.

Follow-up analyses

Based on the medical records of the dropouts at baseline we learned that follow-up was somewhat higher among older patients (63.8 vs. 61.4 years), and patients with a lower BMI (30.8 vs. 32.4) and a lower HbA1c (7.8% vs. 8.0%). At follow-up after 14 months we lost very little information from the medical records, but again not all patient questionnaires were returned (see Figure 2). The follow-up was not affected by age or BMI, but the HbA1c of the non-responders was slightly higher (0.2%) than that of responders.
A comprehensive diabetes programme including motivational interviewing

Table II shows that compared with usual care the comprehensive programme did not result in statistically significant improvements in the diabetes outcome measures (HbA1c, blood pressure, cholesterol, BMI). However, the small changes in cholesterol outcomes (LDL and total) had a p < 0.10. Post measurement showed that in the intervention group 34.5% reached the HbA1c target value (below 7%) compared with 34.0% in the usual care group (OR = 1.17, 95% CI = 0.74–1.85, p-value = 0.49). The number of people with an HbA1c above 8.5% decreased in the intervention group from 16.5% to 9.8% and in the usual care group from 11.9% to 9.8% (OR = 1.01, 95% CI = 0.42–2.39, p-value = 0.99).

The comprehensive diabetes programme was no more effective than usual care in terms of the reported consumption of alcohol, fat, vegetables and fruit, or physical activity. Physical activity showed different outcomes when measured by questionnaire, personal activity meter, or diary, but none of these outcomes differed between intervention and usual care. The intervention did not increase or decrease quality of life compared to usual care.

Table III indicates that the intervention did not change any aspect of patients’ readiness to change their lifestyle. The number of participants who themselves reported not meeting the norm was lower than expected in a group with a BMI above 25 kg/m².
The findings on diabetes process indicators revealed that the number of patients receiving lifestyle advice neither increased nor decreased as a result of the comprehensive diabetes programme (Table IV). The probability of annual checks on HbA1c, blood pressure, and LDL increased, but only significantly for blood pressure. However, the high adherence rates at baseline in both the intervention and usual care group suggested that this significant finding is not clinically relevant.

Nurses in the intervention actively participated in the programme, with 93% attending at least three out of four MI training sessions. The social maps and local diabetes protocols were discussed by 74% of the nurses. All practices received the three quarterly telephone follow-ups from the research team after training. During these conversations, nurses indicated that the instruction chart was very useful. Most of them had the chart on their desk and used it during or after consultations. Although the nurses requested an MI follow-up meeting, participation was low (37%).

**Discussion**

*Statement of principal findings*

The comprehensive diabetes programme had no effect on HbA1c or reported aspects of lifestyle, nor on the other diabetes outcome measures or quality of life (Table II). Patients in the intervention showed no significant changes in lifestyle indicators, such as alcohol consumption, fat intake, vegetable consumption, fruit consumption, physical activity, or the Pam score (Table III). The only significant change was a decrease in the medium activity minutes/day, but this was not clinically relevant.

**Table II. Effect of comprehensive diabetes programme on diabetes outcome measures, lifestyle, and quality of life after 14 months' follow-up.**

| Outcome measures: | Intervention | | Usual care | | Difference between groups | 95% CI | p-value |
|-------------------|--------------|-------------|-------------|---------------------------|---------|---------|
| HbA1c, % | 7.3 (0.7) 129 | 7.4 (1.0) 197 | 0.13 | -0.08 to -0.35 | 0.221 |
| Systolic blood pressure, mm Hg | 141.5 (17.0) 120 | 137.8 (15.8) 185 | -1.98 | -5.63 to 1.67 | 0.279 |
| Diastolic blood pressure, mm Hg | 79.5 (8.4) 120 | 77.6 (9.2) 120 | -1.17 | -3.41 to 1.07 | 0.294 |
| LDL, mmol/l | 2.6 (0.8) 106 | 2.4 (0.6) 178 | -0.15 | -0.32 to 0.02 | 0.081 |
| Total cholesterol, mmol/l | 4.5 (1.0) 122 | 4.2 (0.8) 186 | -0.21 | -0.41 to 0.00 | 0.051 |
| BMI, kg/m² | 30.2 (4.0) 106 | 30.5 (4.6) 179 | 0.36 | -0.19 to 0.90 | 0.198 |
| Lifestyle: | | | | | | |
| Alcohol, units/day | 2.2 (1.0) 58 | 2.2 (1.1) 95 | 0.04 | -0.14 to -0.23 | 0.647 |
| Fat, g/day | 13.9 (5.4) 105 | 14.2 (6.1) 163 | 0.19 | -0.82 to 1.21 | 0.708 |
| Vegetables, tablespoons/day | 3.1 (1.6) 102 | 3.1 (1.5) 165 | 0.10 | -0.21 to 0.41 | 0.518 |
| Fruit, pieces/day | 1.8 (1.1) 119 | 1.7 (1.2) 173 | -0.02 | -0.26 to 0.22 | 0.884 |
| Physical activity, minutes/day | 62.8 (69.6) 124 | 59.1 (51.3) 171 | -1.15 | -12.26 to 9.97 | 0.839 |
| Pam score | | | | | | |
| Low activity, minutes/day | 78.3 (40.3) 78 | 78.8 (39.8) 120 | -2.70 | -10.52 to 5.14 | 0.498 |
| Medium activity, minutes/day | 22.5 (27.0) 78 | 22.6 (20.2) 120 | -1.46 | -6.80 to 3.89 | 0.592 |
| High activity, minutes/day | 0.4 (0.9) 78 | 1.0 (6.5) 120 | 0.18 | -0.65 to 1.01 | 0.669 |
| Diary activity, minutes/day | 152.9 (97.6) 84 | 157.4 (89.0) 128 | -19.36 | -39.97 to 1.26 | 0.066 |
| Quality of life: | | | | | | |
| VAS score | 75.3 (16.2) 111 | 73.5 (13.6) 171 | -1.27 | -4.50 to 1.97 | 0.441 |

Notes: *Adjusted for baseline measures, nurses’ years of experience, and cluster effects. **Difference between intervention and usual care group (reference group). *Only people who reported alcohol consumption. £Pam score = Personal activity meter score.

**Table III. Effect of comprehensive diabetes programme on patient’s readiness to change lifestyle after 14 months’ follow-up.**

| Lifestyle indicators | Intervention | | Usual care | | Difference between groups | 95% CI | p-value |
|----------------------|--------------|-------------|-------------|---------------------------|---------|---------|
| Alcohol, units/week | 12.8 (4.1) 11 | 10.5 (3.6) 18 | -1.03 | -3.93 to 1.86 | 0.471 |
| Fat, g/day | 14.8 (6.0) 30 | 13.0 (3.9) 43 | 0.21 | -3.19 to 3.60 | 0.901 |
| Vegetables, g/day | 12.5 (5.1) 89 | 13.7 (4.5) 150 | 0.74 | -0.47 to 1.96 | 0.228 |
| Fruit, pieces/day | 12.5 (4.4) 71 | 11.9 (4.1) 116 | -0.38 | -1.82 to 1.05 | 0.597 |
| Physical activity, minutes/day | 11.7 (5.4) 63 | 11.1 (4.1) 126 | -0.48 | -2.13 to 1.17 | 0.563 |

Notes: *Only for patients who did not reach the norm for lifestyle; range 1–25. **Adjusted for baseline measures and nurses’ years of experience. *Only people who reported alcohol consumption.
of life. Patients with type 2 diabetes were no more ready to change lifestyle in the intervention practices than in usual care, and the adherence of nurses to guidelines for process measures showed no relevant improvement, despite their active participation in the training programme.

**Strengths and limitations of the study**

Strengths include the cluster RCT design, and the variety of measures (outcome and process, subjective and objective). As 70 out of 2500 practices participated voluntarily, it can be assumed that only practices that were enthusiastic about improving diabetes care by using MI were recruited. This could have affected the study results. However, improvement was not shown in the intervention or in the control group. A limitation of the study is the loss to follow-up in the lifestyle measures from the patient questionnaire. At baseline and follow-up we lost participants with a relatively higher HbA1c than those who remained within the study, which narrowed the room for improvement in HbA1c. We also noticed that the proportion of measurements differed between the intervention and usual care group. Although we formulated strict inclusion criteria and performed randomisation, it is possible that the population in the intervention and usual care group differed on variables beyond our set of measurements. Another limitation was the underpowered nature of the patient questionnaires. However, based on the difference between groups, confidence intervals, and p-values in Table II, we can assume that a larger sample size would not have led to any significant changes either. The follow-up period was 14 months. It is theoretically possible that the effect can only be seen in the long term. But this contradicts other studies that showed an effect of MI directly after its introduction [6,20].

**Comparison with existing literature**

The comprehensive diabetes programme was based on elements that had proved to be effective such as structured diabetes management [11] and motivational interviewing [6,8,9]. Previous research has reported that for patients with type 2 diabetes the use of MI can improve glucose control, dietary changes, smoking, weight, physical activity, motivation for lifestyle change, and adherence to diabetes guidelines [6,8,9,21]. Knowing that dietary advice and physical activity are associated with a lower HbA1c [22,23], we would have expected our comprehensive diabetes programme to have an effect on HbA1c and lifestyle. However, recently more studies have questioned the effectiveness of MI in terms of clinical outcomes, lifestyle, quality of life, and self-efficacy for patients with type 1 and 2 diabetes or in cardiovascular risk management in routine care in general practice [24–27].

**Explanation of the findings**

There are several possible reasons why our trial failed to demonstrate any effectiveness of the comprehensive diabetes programme. A thought could be that Dutch diabetes care is already on a high level as the guideline was introduced in 1989, which makes further improvement difficult as could be shown by the mean HbA1c of 7.8% at baseline. Improvement on
BMI, however, was certainly possible in the study population. Another explanation could be that the education of the nurses was of such level that lifestyle education was performed on almost the same level in both the intervention and control group, and the training programme hardly added value. Nurses in the Netherlands are trained in a three- to four-year curriculum (middle or higher education) and afterwards they can specialise in primary care following a one- or two-year curriculum. Lifestyle counselling is part of the curriculum, but not specifically focused on motivational interviewing. The education is a prerequisite for effective lifestyle counselling, but no guarantee for reaching good outcomes. The lifestyle outcomes in the study showed that there could be improvement. We could consider the quality of our training programme itself, but there are no comparable data. It is only known that the four training sessions offered were sufficient [28]. As nurses themselves asked for an extra session, it can be concluded that more support was desirable. Perhaps training on the job can help to produce more effective lifestyle counselling [29].

As room for improvement was available and nurses in the intervention group were better equipped to perform lifestyle counselling, the study results could be explained by the study design itself. Some of its weaknesses have already been discussed, but there impact seems to be limited. Could it be that the time frame chosen was too short? Fourteen months after the intervention the post measurements took place, but not all of the patients were seen at the same time. An extra analysis on this subject showed that on average the measurements were performed in the midst of the time frame. It can be assumed that lifestyle changes take more time, but earlier studies have found MI effects after 3–4 months [6,30].

Explanations can also be found in our target population. MI was originally developed for substance abuse [13], requiring a single behavioural change, whereas diabetes is a complex chronic illness that requires multiple behavioural changes. MI may be less effective for multiple behavioural changes, despite the fact that our nurses were trained to set the agenda. In case of diabetes it may be better to organise a setting that is explicitly dedicated to MI. Separate MI sessions have been shown to be successful [31]. In our programme the counselling strategy was applied during regular nurse consultations. Or are we being naive? Targeting changes in biomedical parameters and lifestyle in an elderly population with type 2 diabetes is a battle involving a complicated social, psychological, and physiological web of related issues [32]. Our comprehensive diabetes programme may not have been nearly comprehensive enough.

Implications for future research on clinical practice
Our results indicate a need for further research on lifestyle counselling embedded in primary care and the assessment of factors influencing the use of such counselling strategies for a better understanding of the applicability of interventions in diabetes care. One approach may lie in the argument that the environment in which we live may be the driving force behind many of our less healthful lifestyle habits [33]. A health protection approach with a possible role for the polypill to reduce cardiovascular risk may be more effective than a motivational intervention [34–36]. Another direction can be an investment in acquiring knowledge on personalised lifestyle counselling. Is it possible to customise lifestyle counselling based on genetic or other information? In this case MI will be offered to those patients who will benefit most instead of being part of routine diabetes care. Nurses can focus energy into work for this group with potentially more fruitful results.

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Ethics approval
The medical ethics committee of the University Medical Centre Nijmegen approved the study. Current Controlled Trials ISRCTN68707773.

Declaration of interest
The authors report no conflicts of interest. The authors alone are responsible for the content and writing of the paper.

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