It is necessary therefore that those involved with the condition to integrate their diabetes care into their lifestyles now being used for teaching and training purposes globally.

A key finding of the study was that in an attempt to improve the health and quality of life of people with diabetes there must be increased emphasis on the psychological issues related to living with the condition. One example of this is in relation to the cohort of the study group with type 2 diabetes that required insulin therapy. There is substantial evidence to support the increase in the use of insulin therapy to attain optimal glycaemic control among those with type 2 diabetes. Similarly it is well recognised that diabetes is a progressive condition which requires alterations to treatment plans to achieve optimal control.

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Important factors to improve health and life quality for people with diabetes

- Enhancement of communications between people with diabetes and healthcare providers
- Promotion of team-based diabetes care
- Promotion of active self-management
- Overcoming emotional barriers to effective therapy to enable better psychological care for people with diabetes

It is generally accepted that a diagnosis of any chronic disease will have a psychological impact on a person. In a recent study exploring the impact of a diagnosis of diabetes, various stages were identified at which psychological wellbeing can be affected. The first of these is at the initial diagnosis of diabetes or at the diagnosis of a complication of diabetes. Such a diagnosis generally involves a profound change in behaviour for the majority of people.

Implications of management of diabetes

The implications of the everyday management of diabetes can also have an impact on a person's psychological wellbeing. Diabetes involves an unremitting management plan that requires daily adherence to dietary and exercise plans, home blood glucose monitoring and therapeutic modalities such as oral medications or insulin therapy.

The most effective way of eliciting information regarding these issues is by asking the individual. Asking direct questions about the individual's perception of their health and happiness and the changes that having diabetes has brought about to their lives have been recommended. However, it is important that the healthcare team is able to deal with the answers to these questions effectively and that the individual feels comfortable answering them honestly.

It has been suggested that healthcare professionals tend to "take credit for our patients' successes and blame them for our failures". The reality is that while the responsibility is shared, the person living with diabetes has ultimate control of the outcome.

Healthcare professionals need to work in partnership with the people living with diabetes and incorporates their personal goals into the treatment plan to achieve success. In addition, measures to promote improved healthcare professional communication and patient understanding of diabetes care should improve patients' self-management and, thereby, health outcomes. Ultimately if these goals can be achieved, the chance that diabetes will impact negatively on quality of life or on psychological wellbeing should be significantly reduced.

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