

# Development of a Guide to Recommended Print Materials for Diabetes Patient Education

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*There are hundreds of current booklets, pamphlets, and manuals available for diabetes patient education. Everyone, it seems, is writing them from large pharmaceutical companies and publishing houses to small rural hospitals.*

*A national review of those materials has led to the development of an annotated resource booklet entitled "Recommended Print Materials for Diabetes Patient Education, 1984." This article discusses the overall results of the review and the methodology used in its formation.*

Diabetes patient education materials in print format have been developed by numerous educational institutions and diabetes education programs. Many of these materials are extremely good and would be useful to other programs and educators beyond the locale in which they were produced. The problem has been identification of the better materials and national awareness of their availability.

To address this issue, the Michigan Diabetes Research and Training Center has reviewed nationally available patient education material in print format and developed a booklet, "Recommended Print Materials for Diabetes Patient Education." This booklet lists and describes 63 printed educational aids that were judged the best available for use in diabetes patient education. Recommended educational materials are listed by primary content emphasis. Selection of materials appropriate to individual needs can be made by topic, target audience, or potential teaching purpose.

This guide was developed using a process similar to its companion, "Recommended Audiovisual Resources for Diabetes Education, 1983"<sup>1</sup> and its 1984 edition.

## **Methods**

Requests for material for review were made to national diabetes-related organizations. These included commercial, governmental, and voluntary organizations. In all, 303 booklets, pamphlets, and manuals were re-

ceived and met the criteria for review, which were: 1) published since 1978, 2) generally available to any potential user, 3) written for patients, and 4) content related to diabetes and its management.

All programs identified were reviewed by a team of professionals consisting of nurses, a physician, health educators, and administrative staff. Patient target audiences were identified and classified by type and duration of diabetes.

Review included determination of educational effectiveness, applicability to the target audience, accuracy and adequacy of content, quality of production, and overall rating. Selection for inclusion in the booklet was based on overall rating which was judged on a five point scale from poor (1.0) to excellent (5.0). Those programs that achieved a 3.75 or better were chosen and screened for inclusion in the booklet. In subject categories where no materials achieved a rating this high, the next best materials were listed. However, no materials rated below "good" (3.0) were included. For each program with high overall rating, the other characteristics reviewed (educational effectiveness, accuracy, and adequacy of content, etc.) were checked to ascertain that all were of an acceptable level.

## **Results**

Table I lists the overall ratings of all materials reviewed. Table II indicates the number of programs designed for

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**Table I**

**Overall Ratings of Materials**

	Number of Programs	Percent of Total
Excellent	24	8%
Very Good	25	8%
Good	98	32%
Fair to Poor	156	52%

**Table III**

**Classification of Materials by Content Category**

General Facts	10
Control Measures	22
Procedures and Techniques	5
Lifestyle Factors	8
Personal Hygiene	4
Long Term Complications	5
General Audience	4
Ethnic-Specific	5

various target audiences, classified by type and duration of diabetes.

The classification of programs by major content category is provided in Table III. Materials listed under General Facts include comprehensive manuals and individual booklets that describe diabetes. Diet, medication, exercise, and monitoring interpretation booklets are listed under Control Measures. Materials specific to psychosocial adjustment, sexual health, and travel are listed under Lifestyle Factors, and foot care aids are listed under Personal Hygiene. No booklet stressing hypoglycemia or hyperglycemia was found that met the criteria.

This guidebook and an updated 1984 edition of Recommended Audiovisual Materials for Diabetes Education are available free of charge from:

Continuing Education and Outreach Core, DRTC  
Towsley Center for Continuing Medical Education, Box 057  
The University of Michigan Medical Center  
Ann Arbor, Michigan 48109

**References**

- Garman, L.W., Lockwood, D., Helms, B. and Hiss, R.G. Development of a guide to recommended audiovisual materials on diabetes, 1983. *The Diabetes Educator*, 1984, 9(4), 45-46.

**Table II**

**Print Materials for Various Target Audiences**

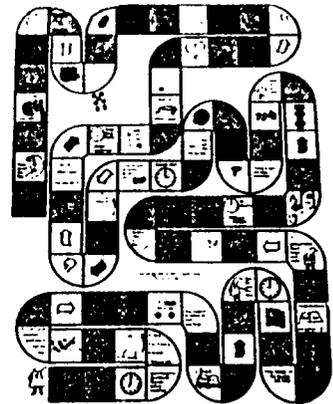
<b>NEW DIAGNOSIS</b>	26
Type I or Type II using insulin	13
Type II not on insulin	4
All patients	9
<b>ESTABLISHED DIAGNOSIS</b>	25
Type I or Type II using insulin	4
Type II not on insulin	1
All types	20
<b>ALL PERSONS WITH DIABETES</b>	3
<b>ETHNIC-SPECIFIC</b>	5
<b>PUBLIC SERVICE PERSONNEL</b>	4

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