

The “Hanapū Study” - Incentivized partnerships to Reduce Diabetes Disparities is a randomized control trial that will test the effectiveness of partnership incentives plus evidence-base education to improve glycemic outcomes compared with usual care in ethnically diverse population.

We have developed the Diabetes Self-management Education Program called “Maka Hana Ka ‘Ike” meaning “Working Together for Diabetes Care”. The Program consists of 5 modules designed especially for Hawaii’s multi-ethnic population. We also developed the Providers Tool Box Educational Program designed specifically for assisting primary care providers (PCPs) to work with their diabetic patients through shared decision making approaches to improve patients’ sugar level (target HbA1c). The Providers Toolbox consists of 5 on-line presentation style modules that give PCPs information of DM management using collaborative and relationship building skills. Each module has been approved for CME credit and is available to the PCP through web-access.

A total of 23 health care providers and 107 diabetic patients on Oahu and Hawaii island are enrolled and randomized in the Hanapū Study.

The patients in the intervention group received 5 “Maka Hana Ka ‘Ike” sessions during the first 4.5 months. The patients in the usual care group received 5 diabetes self-management education materials in mail for the first 4.5 months. All patients had 3 research visits at baseline (start of study), 4.5 and 9 months (end of study). At these visits, patient’s blood pressure, height and weight measurement were taken. They were asked to complete series of questionnaires including information about diabetes care, medications, diet and physical activities. They were also asked to have blood drawn for a laboratory test (HbA1c).

The health care providers in the intervention group received a Providers Tool Box were given on-line access to work with their patients to reach optimal blood sugar level. The provider in the usual care group received a copy of the latest American Diabetes Association Clinical Guidelines for managing diabetes. All providers were asked to complete questionnaires about health care relationship with patients 3 times (at baseline, 4.5 months and 9 months) during the study period.

All patients and providers finished their 9 months study participation and data collection has been completed in November, 2013. The data has been entered into a secure study database and the data analysis is in progress.

In 2014, we continue to analyze the data and plan to have several presentations to share the study results of with our participants on Oahu and Hawaii island. We will be sharing Provider Tool Box and “Maka Hana Ka ‘Ike” with our community.