

A Pilot Study of Diabetes Education Videos to Reduce Knowledge Gaps in Patients from an FQHC

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Introduction

- Spanish speaking patients at the UCI family Health Center in Santa Ana have a low health literacy
- It is significant to provide a basic knowledge of diabetes, especially because most patients are not getting the proper education about their disease
- Reduce knowledge gaps in patients
- Educational video with visuals increases the percentage of patients to retrieve health knowledge

Methods

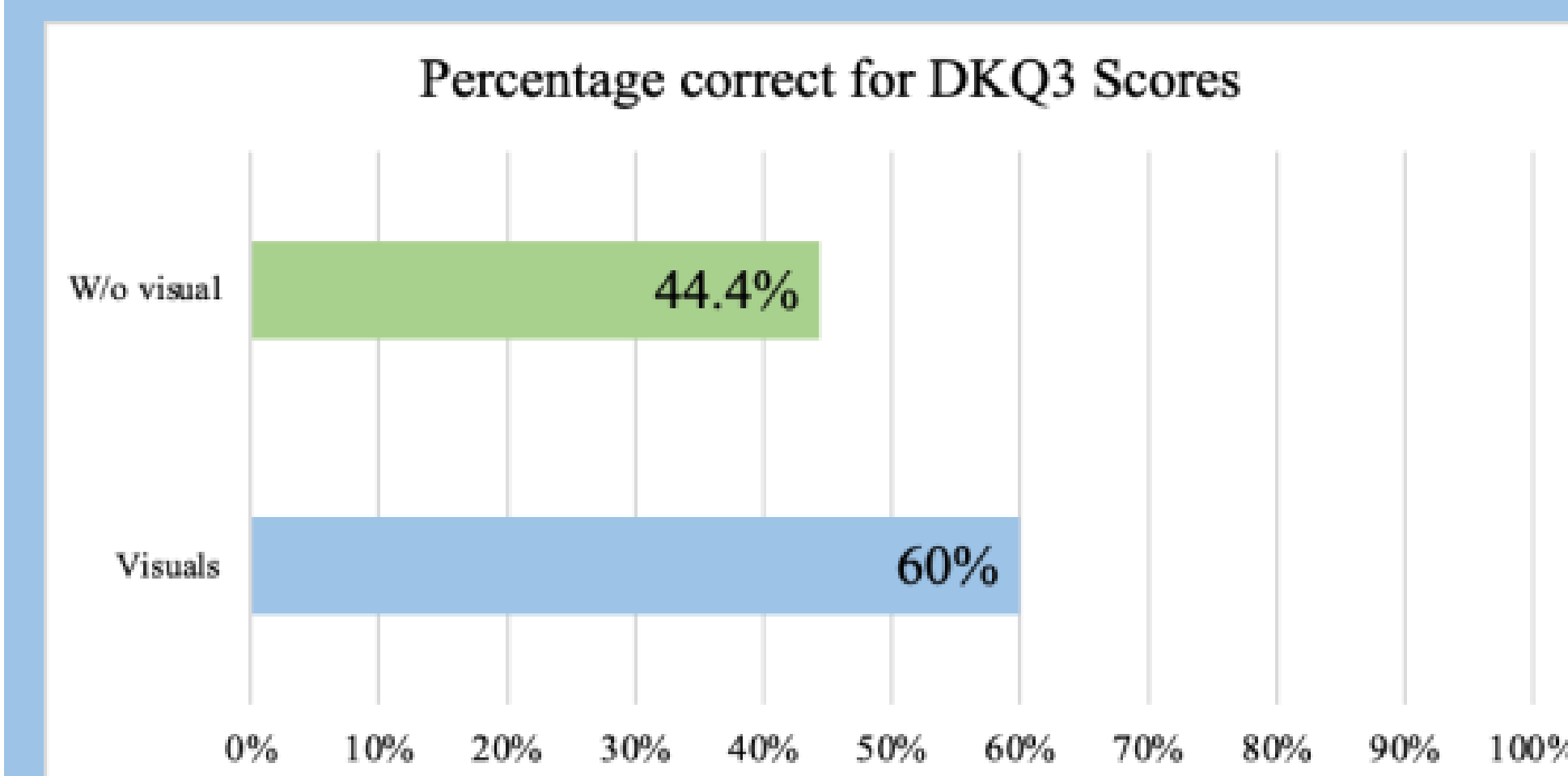
- 38 participants recruited at UCI Family Health Center with type 2 diabetes mellitus
- Patients were randomized to view either the video with visuals or video without visuals in their preferred language (Spanish or English)
- Created Qualtrics questionnaire in Spanish or English to collect patient demographics, as well as for patients to rate their understanding of the video content using Likert scale



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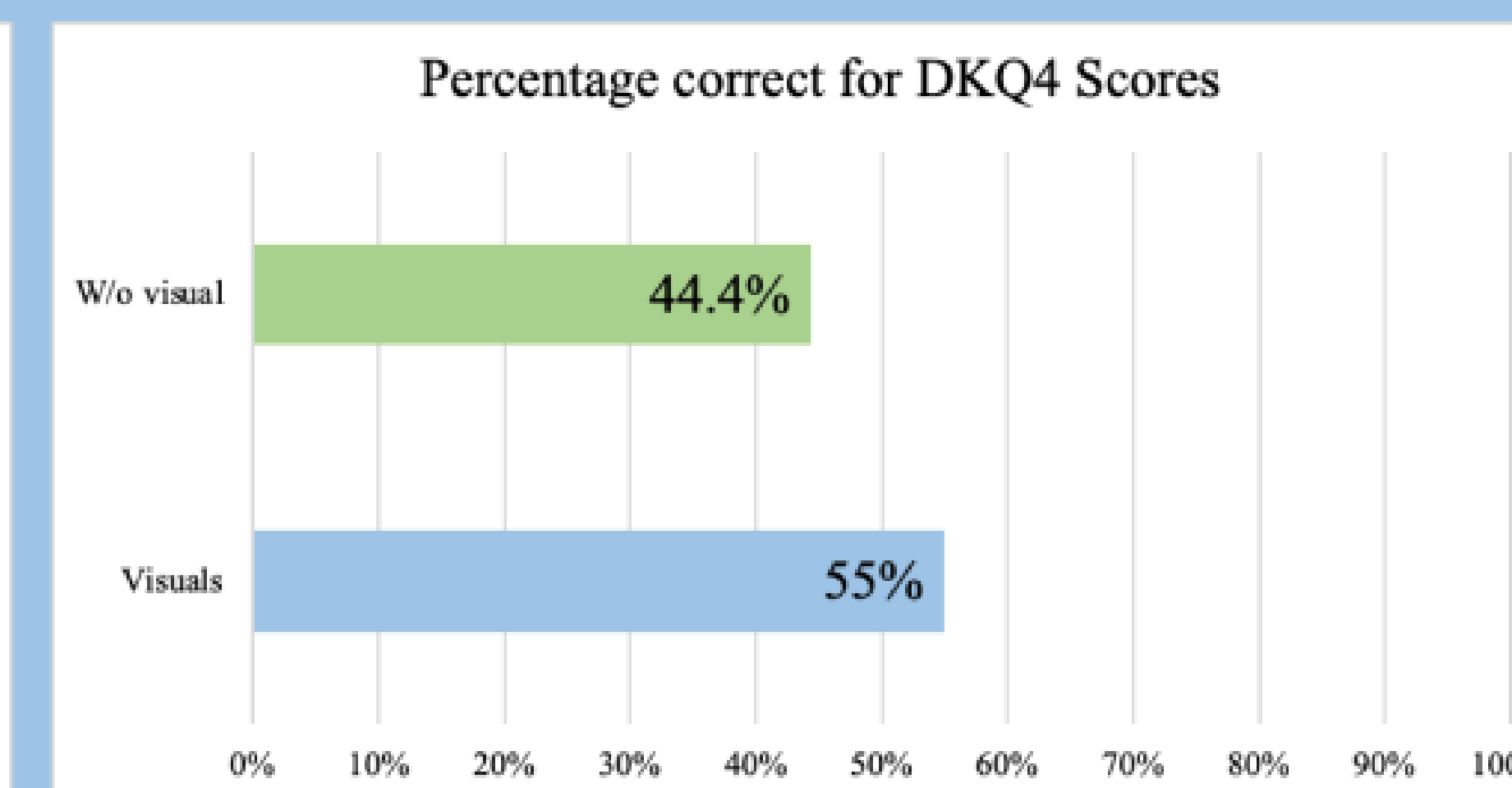
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Using visuals in health education videos supports improved knowledge retention in patients at a primary healthcare setting.



“Regular exercise will increase the need for insulin or other diabetic medication.” (False)

Scan to learn more details about the poster!



“Medication is more important than diet and exercise to control my diabetes.” (False)

Scan to learn more about the HELIOS Lab!



Results

- Participants DKQ score:
 - With visuals: 79.2%
 - W/o visuals: 72.2%
- Well received and understandable regardless of video type



(Video without visuals)



(Video with visuals)

Discussion

- Health education videos with or without visuals to complement the video content can be well-received and understandable to patients at an FQHC where health literacy is low
- Data is limited to a small sample of 38 patients
- Further research should investigate knowledge gains from health education videos with visuals