This study aims to evaluate the efficacy of videos as a new medium for educating newly diagnosed, type 2 diabetics with low health literacy requiring insulin management. Additional aims of this qualitative study are as follows:

1. How does the efficacy of the educational video compare to the current mediums used at the Family Medicine Center in Greenville, NC?

2. How do patient’s responses compare to their objective health outcomes?

**METHODS**

In this prospective, randomized control study our target population will be low health literacy patients newly diagnosed with diabetes that will be treated with insulin administration. Participants will be selected by a select group of medical physicians and students by screening patients newly diagnosed with diabetes at the ECU Family Medicine Center diabetes clinic. Participants will be required to meet inclusion criteria including age, insurance status, health literacy, and onset of diagnosis. In order fulfill the insurance criteria, participants will need to either be uninsured or receiving Medicaid. Only patients over the age of 18 will be allowed to participate and males/females will constitute roughly equal percentages of participants. Health literacy will be assessed using the HLS/SNS composite survey. In order to meet inclusion criteria participants must score a 53 or less on the HLS/SNS composite to qualify as “low literacy” (Luo et al., 2018). Lastly, participation will be restricted to newly diagnosed patients diagnosed with insulin dependent diabetes. We aim to recruit 100 of patients participate. Therefore, half will be randomized to watch an educational video while the other half will receive the current standard of care for diabetes education at the clinic. Both experimental and control groups will complete a qualitative pre-test and two post-test assessments on their perceived abilities and knowledge regarding insulin usage. Glycated hemoglobin (A1c) and fingerstick blood sugar readings will be taken during both visits as well. Lab data will be analyzed using a two-sample t-test and the Mann-Whitney U test.

**EVALUATION PLAN**

- The current plan is for patients/participants to be evaluated on the day of diagnosis, directly after the medium is administered, and then 3 months later during a follow-up appointment.
- This survey will be based on a 5-point Likert scale, short in duration, and will be constructed by myself.
- Questions will involve the participant’s perceived feelings on their knowledge about insulin administration, the efficiency of the medium used, and the impact they feel it has had on their diabetes management.
- Participants will take the pre-test in the office immediately following consent to the study, a post-test immediately following their patient education (either video or standard of care), and the same post-test 3 months later.
- Relative frequencies between the two groups will be analyzed
- Comparisons between both lab values and survey assessments will be drawn to further justify the results of the video.

**REFERENCES**


