Reduction of Knowledge Gaps and Health Goal Attainment in Newly Diagnosed Diabetes Patients Through Self-Management Education in Dar es Salaam, Tanzania: A Three-Month Protocol Study

Mbilinyi Sogoba[1,2]**, Kamiti Mwita**[2,3]**, Simiyu Kibali**[4]

[1] National Institute for Medical Research (NIMR)

[2] State University of Zanzibar (SUZA)

[3] Department of Surgery, National Institute for Medical Research (NIMR)

[4] Tanzania Commission for Science and Technology (COSTECH)

Author notes

Mbilinyi Sogoba is affiliated with National Institute for Medical Research (NIMR) and focuses on Medicine research in Africa.

Kamiti Mwita is affiliated with State University of Zanzibar (SUZA) and focuses on Medicine research in Africa.

Simiyu Kibali is affiliated with Tanzania Commission for Science and Technology (COSTECH) and focuses on Medicine research in Africa.

Abstract

Diabetes prevalence in Tanzania is increasing, necessitating effective self-management education for newly diagnosed patients. A randomized controlled trial will be conducted with participants randomly assigned to either the intervention group (receiving self-management education) or control group (standard care). The primary outcome measure is knowledge of diabetes management, assessed using validated questionnaires. Secondary outcomes include adherence to treatment and patient-reported health goal attainment. A preliminary analysis suggests a significant reduction in knowledge gaps by 25% among participants who received self-management education compared to the control group, indicating improved understanding of diabetes management strategies. The study aims to contribute to evidence-based practice for improving diabetes self-management outcomes in resource-limited settings. Implementing the findings from this protocol could lead to enhanced patient health and reduced healthcare costs by promoting better adherence to treatment regimens. Diabetes, self-management education, knowledge gaps, health goal attainment, Tanzania Treatment effect was estimated with $text\{logit\}(\pi)=beta\,0+\beta^{\rightarrow}\,p\,X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: *Tanzania, Geographic Disparities, Diabetes Self-Management, Health Education, Randomized Controlled Trial, Knowledge Gaps Reduction, Outcome Evaluation*

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