

# INPLASY PROTOCOL

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**Conflicts of interest:**  
None declared.

## Educational Interventions in Adults with Type 2 Diabetes Mellitus in Primary Health Care Settings: A Scoping Review Protocol

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**Review question / Objective:** To review educational interventions on self-care knowledge and behaviors to improve clinical outcomes in patients with type 2 diabetes mellitus in primary health care settings?

**Condition being studied:** Type 2 diabetes mellitus (T2DM) is part of the group of non-communicable diseases that generate the highest burden of morbidity and mortality in the world, constituting a serious public health problem. Different strategies have been tested and implemented in the different health services in order to face this problem that is expanding globally. Executing these strategies in primary health care services is conceived as the ideal setting for the development of programs that are based on the person as the center of decision-making and in the search for lifestyle modification. The use of educational interventions in adults with T2DM can improve the adherence, self-control and the management of clinical parameters.

**INPLASY registration number:** This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 25 May 2021 and was last updated on 25 May 2021 (registration number INPLASY202150091).

### INTRODUCTION

**Review question / Objective:** To review educational interventions on self-care knowledge and behaviors to improve clinical outcomes in patients with type 2 diabetes mellitus in primary health care settings?

**Condition being studied:** Type 2 diabetes mellitus (T2DM) is part of the group of non-communicable diseases that generate the highest burden of morbidity and mortality in the world, constituting a serious public health problem. Different strategies have been tested and implemented in the different health services in order to face

this problem that is expanding globally. Executing these strategies in primary health care services is conceived as the ideal setting for the development of programs that are based on the person as the center of decision-making and in the search for lifestyle modification. The use of educational interventions in adults with T2DM can improve the adherence, self-control and the management of clinical parameters.

## METHODS

**Search strategy:** The search will be carried out in the following databases: MEDLINE (via PUBMED), EMBASE, Web of Science, Latin American Caribbean Health Sciences Literature (LILACS via BIREME). The combination of the following descriptors, terms and keywords will be used for search strategy: Diabetes Mellitus, Type 2; Primary Health Care; Education; Health Education; Education, Nursing; Standard of Care.

**Participant or population:** Adults of both sexes with type 2 diabetes mellitus in primary health care.

**Intervention:** Educational interventions.

**Comparator:** Usual care, standard care or control group.

**Study designs to be included:** Intervention studies.

**Eligibility criteria:** Randomized controlled trials (RCTs), quasi-experimental or non-randomized studies and cluster randomized studies, published in Portuguese, English or Spanish, between January 1, 2010 and December 31, 2020, with abstract and full text available, will be included. Editorial letters, conference abstracts and letters to editor will be excluded.

**Information sources:** Electronic databases: MEDLINE (via PUBMED), EMBASE, Web of Science, Latin American Caribbean Health Sciences Literature (LILACS via BIREME). To identify additional studies, gray literature will also be searched.

**Main outcome(s):** Adherence to treatment, control of T2DM and improvement of knowledge and self-care in T2DM.

**Data management:** The following variables will be extracted from studies: author, year, country, study design, sample size, type of intervention, follow-up time, control group and main findings.

**Quality assessment / Risk of bias analysis:** The methodological quality of studies will be assessed using the Cochrane Collaboration tool (RoB 1.0) for assessing risk of bias in randomized trials. The Cochrane Collaboration risk of bias tool for RCTs is available in RevMan 5.3. The Joanna Briggs Institute (JBI) recommendations will be used to assess the level of evidence in the studies.

**Strategy of data synthesis:** The description of educational interventions in adults with T2DM in primary health care will be done in a narrative way without the inclusion of an analysis of the data.

**Subgroup analysis:** Not applicable.

**Sensitivity analysis:** Not applicable.

**Country(ies) involved:** Colombia.

**Keywords:** Diabetes Mellitus, Type 2; Primary Health Care; Education, Nursing; Health Education.

**Dissemination plans:** The journal for the publication of the review manuscript has not yet been determined.

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