

How people with diabetes benefit from group consultations

Research shows that people living with diabetes benefit from better outcomes when they get group care. This summary draws on systematic reviews and highlights the strongest evidence for group consultations

HbA1c

Seven randomised controlled trials have shown improvements in HbA1c at 4 and 48 months. Two studies found changes persisted up to one year post group clinic



Blood pressure

Five studies reported a statistically significant effect on systolic blood pressure



BMI

In a UK evaluation, 69% of patients improved their BMI when they were followed up in a group clinic



Hospital admissions

Compared to usual care, three studies have found lower hospital admissions, and two studies found emergency department visits decreased significantly



Improved knowledge, confidence and satisfaction

Two studies found people with diabetes' knowledge score improved

Six studies have reported significant improvements in patient satisfaction with group clinics compared to usual care. In four studies this translated into patients choosing group clinics over one to one appointments for future care

Five studies have found group clinics improve quality of life in diabetes compared to usual care

