

Diabetes Distress PDSA 1

- Original 26 question PAID-T survey
- All patients with any type of diabetes
- Time of collection: 2 months
- 1 provider clinic
- Given to patients age 12 and older
- Not given if they were due to complete PHQ/GAD
- Total of 36 patients screened
- Average A1C 8.5%



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High (>90) Distress

- 4 patients (11%)
- All had T1D
- 1 Male 3 female
- Ages 12-18
- 2 white, 1 non-Hispanic black, 1 Hispanic
- Avg A1C 8.3 %
- DKA within 1 year in 2 of the 4



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Moderate (70-90) Distress

- 3 patients (8%)
- 2 T1D, 1 T2D
- 2 male, 1 female
- Ages 15-17
- 2 white, 1 non-Hispanic black
- None with DKA within 12 months
- Avg T1D A1C 9.6%- T2D 5.4%



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Low (< 70) Distress

- 29 Patients (80%)
- T2D 4 T1D 25
- Average A1C 8.6%
- 13 female 16 male
- 16 non-Hispanic black, 13 white
- Ages 12-19
- 6 with DKA within the year (one with 5 + events)



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Provider Experience

- Patients get survey fatigue, and the 26-question survey may be too long
- Some of our highest scores were in patients with A1C values closer to goal than the average for the group
- It did not seem to correlate with recent DKA, A1C level, or length of diabetes
- It did reveal issues that we could help discuss and improve their burnout



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What's next

- Getting tablets for clinic surveys 11/2025
- Obtaining approval for shorter PAID-T
- Move use of the survey to 2-3 provider clinics to obtain more data



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