

EFFECT OF A BEHAVIORAL MODIFICATION
PROGRAM ON PROTEINURIA IN THOSE WITH TYPE 2
DIABETES

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Background: ENHANCE is a RCT to test a behavioral
intervention based on Social Cognitive Theory to improve
adherence to the complicated medical regimen required of
those with type II diabetes. The behavioral intervention
includes initial weekly group meetings followed by individual
counseling re diet, exercise, glucose monitoring and use of a
PDA to monitor dietary intake and physical activity, with a
tapering schedule of frequency of follow-up over 6 months.

Methods: Study participants had urinary albumin/creatinine
ratio (ACR) measured at time 0, 3, and 6 mo. We examined
the subset of participants with baseline ACR > 30 mg/g.

Results: 47 patients had baseline ACR > 30 mg/g. Average
age was 58 ± 13 , 41% were male, 30% were African
American. 25 were randomized to the intervention arm (I) and
22 to control (C). sBP was 145mmHg vs 142 and dBP
80mmHg vs 79 in I and C respectively at baseline (NS).
Change in ACR was a decrease by 41.2 vs an increase of 34.2
mg/g ($p=0.08$) at 3 mo, and decreases of 199.0 vs 36.1 mg/g
(NS) at 6 mo in I and C groups respectively.

Conclusions: The difference in ACR reduction was
marginally significant at 3 months. Following a reduction in
the intensity of the intervention, the difference was not
sustained at 6 months. While this RCT was not designed to
reduce proteinuria, these preliminary results suggest that trials
to improve self management of the complicated regimen of
patients with diabetic nephropathy deserve further study to
examine impact on CKD risk.