



## **TIANJIN FOUR-IN-ONE TRAINING PROJECT**

Cities Changing Diabetes in Tianjin set up an ambitious training project to improve the quality and scope of diabetes care at the primary care level. A study revealed that people living with diabetes in Tianjin lacked confidence in the capacity of community health centres to provide adequate diabetes care.

### **Partners**

- Tianjin Municipal Health Commission
- Tianjin Healthcare Security Bureau
- Tianjin Medical Association
- Tianjin Medical University



## **Strengthening diabetes care with the Four-in-One Training Project**

### **A shortage of skills and confidence**

The city of Tianjin in China has a population of 13.87 million people<sup>1</sup>. The incidence of diabetes among adults in the city is 318.67 per 100,000<sup>2</sup>, which means that millions of people require ongoing diabetes care. In 2014, Tianjin Medical University conducted a diabetes vulnerability study which found that individuals with diabetes had little faith in the community health centres and preferred to seek medical care from large hospitals instead. This placed an unnecessary burden on hospitals, and many patients struggled to access the ongoing care that they need to manage their diabetes properly.

### **Upskilling primary care doctors and nurses**

In an attempt to strengthen the management of diabetes at the primary care level, Cities Changing Diabetes in Tianjin set up the Four-in-One Training Project. The training provides healthcare professionals at the city's community health centres (CHCs) with comprehensive diabetes training that integrates medical treatment, nursing, medication and management.

The training, which was conducted by 70 diabetes specialists at 30 of the city's large hospitals, focused on upskilling doctors and nurses to improve their capacity to diagnose, treat and manage diabetes patients. The Four-in-One Training Project also contributed to the integration of educational resources and the dissemination of health knowledge within the community.

### Creating specialised diabetes clinics

As a result of the project, the capacity of CHCs to provide high-quality and integrated diabetes care has vastly improved. More than 200 specialised diabetes clinics have been established in CHCs and almost 500 chief diabetes doctors and nurses have received training. Because of this, the level of patient trust in these primary care facilities has increased significantly.

Under this new, more holistic and continuous approach to diabetes care, approximately 447,000 people with diabetes have received care at the CHCs, the standardised care rate has reached 80% and the blood glucose control rate has reached 73.5%.

Speaking of the programme, the deputy mayor of Tianjin, Cao Xiaohong said: "In the future, Tianjin will rely on the Cities Changing Diabetes platform to continuously enhance diabetes prevention and control, and widely improve diabetes awareness among the general public".



Tianjin,  
China