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Effectiveness of diabetes little helper video intervention on medication adherence among elderly patients with type 2 diabetes mellitus in Henan, China: study protocol for a randomised controlled trial

[BMJ Open](#) • Article • Open Access • 2025 • DOI: 10.1136/bmjopen-2024-093191 [Wang, Meng^a](#); [Lim, Poh Ying^b](#); [Lee, Khuan^a](#); [Sowtali, Siti Noorkhairina^c](#); [Jiang, Qiuhan^d](#); [+1 author](#)^a Department of Nursing, Faculty of Medicine and Health Sciences, Universiti Putra Malaysia, Selangor, Serdang, Malaysia[Show all information](#)

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Abstract

Introduction In the management of medication adherence in elderly patients with type 2 diabetes mellitus (T2DM), traditional methods such as verbal guidance and written materials may have certain limitations. Therefore, the development of digital intervention measures may play a key role

in addressing these shortcomings. The objective of this study is to investigate the effects of Diabetes Little Helper (DLH) video intervention in improving medication adherence among elderly patients with T2DM in Henan province, China. Methods and analysis A parallel cluster randomised controlled trial will be applied in the current study. The two hospitals will be randomly divided into a control group and an intervention group, with 68 patients in each arm. Both groups will receive standard care, meanwhile the intervention group will receive an additional DLH video intervention. Data collection is planned at baseline, 1 month after intervention and at 3-month follow-up. Once the study is completed, the control group will also receive the similar video as in the intervention arm to uphold the ethical issues. Ethics and dissemination This study has obtained ethical approval from the Institutional Review Board of University Putra Malaysia (JKEUPM-2023-1279) and Henan Provincial People's Hospital (20240107). The research results will also be submitted for publication in peer-reviewed journals. © Author(s) (or their employer(s)) 2025.

Author keywords

Aged; China; General endocrinology; Medication Adherence; Randomized Controlled Trial

Indexed keywords

MeSH

Aged; China; Diabetes Mellitus, Type 2; Female; Humans; Hypoglycemic Agents; Male; Medication Adherence; Randomized Controlled Trials as Topic; Video Recording

EMTREE drug terms

oral antidiabetic agent; antidiabetic agent

EMTREE medical terms

adherence intervention; aged; Article; China; clinical effectiveness; clinical outcome; clinical trial protocol; controlled study; data analysis; diabetic patient; follow up; geriatric patient; human; information dissemination; information processing; major clinical study; medication compliance; multicenter study; non insulin dependent diabetes mellitus; parallel design; patient compliance; patient participation; patient selection; randomization; randomized controlled trial; research ethics; sample size; single blind procedure; videorecording; China; drug therapy; female; male; non insulin dependent diabetes mellitus; psychology; randomized controlled trial (topic)

Chemicals and CAS Registry Numbers

Unique identifiers assigned by the Chemical Abstracts Service (CAS) to ensure accurate identification and tracking of chemicals across scientific literature.

Hypoglycemic Agents

Funding details

Details about financial support for research, including funding sources and grant numbers as provided in academic publications.

Funding sponsor	Funding number	Acronym
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Funding text

The author expresses gratitude to Universiti Putra Malaysia and two hospitals in Henan province, China, for their support in this research. We sincerely appreciate the guidance, professional expertise and valuable feedback provided by all the experts throughout the entire process. Their assistance has enabled us to improve this intervention research programme and enhance its overall quality. The authors have not declared a specific grant for this research from any funding agency in the public, commercial or not-for-profit sectors.

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