

2015 P&F Recipient: Project Summary

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“The role of routines in diabetes self-care and adherence: A mixed-methods study”

PROJECT SUMMARY:

Research has shown that adherence to recommended therapy and self-care practices improves clinical outcomes in diabetes, yet adherence remains a challenge for many people.

Dr. Novak’s work will focus on the development of practical interventions to assist patients in developing self-care routines that are successfully integrated into everyday life. She will also investigate the relationships between routines and adherence as based in everyday social practices, and the resilient elements of routines.

Want to know more about Dr. Novack?

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