The Diabetes Education Program at PHS Carrboro: A Triple Approach

Nicholas Lenze & Molly Crenshaw
2017-2018 Albert Schweitzer Fellows

Objectives

- To educate and empower Spanish-speaking patients with Type 2 diabetes in the Chapel Hill and Carrboro area
- To partner with Piedmont Health Services in Carrboro for patient recruitment
- To reach the patients via three pillars:
  --Group Visits
  --Insulin Clinics
  --Home Visits
- To assess success via the following metrics:
  --Decrease or maintain body weight
  --Decrease HbA1c by 1% or more
  --Decrease blood pressure or achieve <140/90
  --Achieve a SMART goal
  --Improve on the PROMIS scale by ≥ 2

The Program

I. Group Visits

Format: Leaders facilitate a discussion about 1 of 3 rotating topics while a provider pulls patients for individual visits

Rotating Topics:

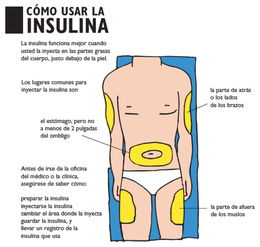
a. Diabetes & Its Complications
b. Nutrition & Exercise
c. Medication Management

II. Insulin Clinics

Format: Leaders schedule individual visits with patients in clinic to review insulin and medication management

Common Lesson Plans:

a. Skin pad injection demonstration
b. Management of hypoglycemia
c. Blood Glucose Monitoring
d. Insulin Facts and Myths



III. Home Visits

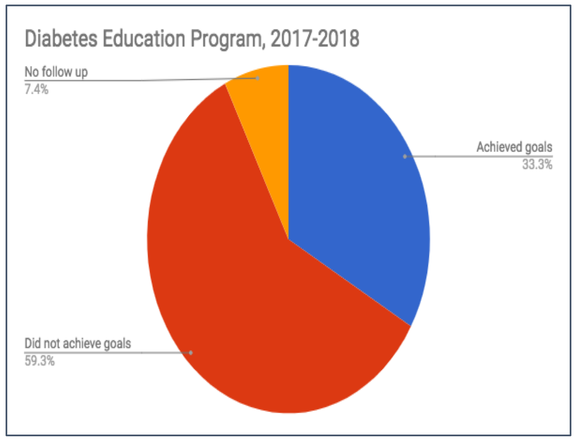
Format: Leaders travel to patient home and provide individualized education about topics identified by the patient and his/her provider

Conclusions

- ⅓ of the patients we reached improved in at least 3 out of the 5 metrics set at the beginning of the program
- Common anecdotal barriers to success included cost of medications and job demands
- 93% of patients were seen for a follow-up encounter, illustrating strong engagement with their health despite known history of missed appointments in this population
- Two current medical students have taken over the project and will sustain it during the 2018-2019 academic year
- Sustainability plan: To incorporate the Diabetes Education Program into the Student Health Action Coalition (SHAC) clinic in the coming year

Results

Number of initial encounters	**27**
Group visits	7
Home visits	12
IEC	8
Number of follow-up encounters	**25**
Group visits	4
Home visits	4
IEC	3
Office-based with provider	14



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