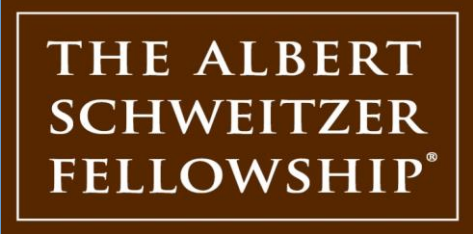




Project GUIDE

Group visits for the Underserved Improving Diabetes Education
Amanda Gambill and Margo Pray
UNC SOM- NC Albert Schweitzer Fellows 2015-2016



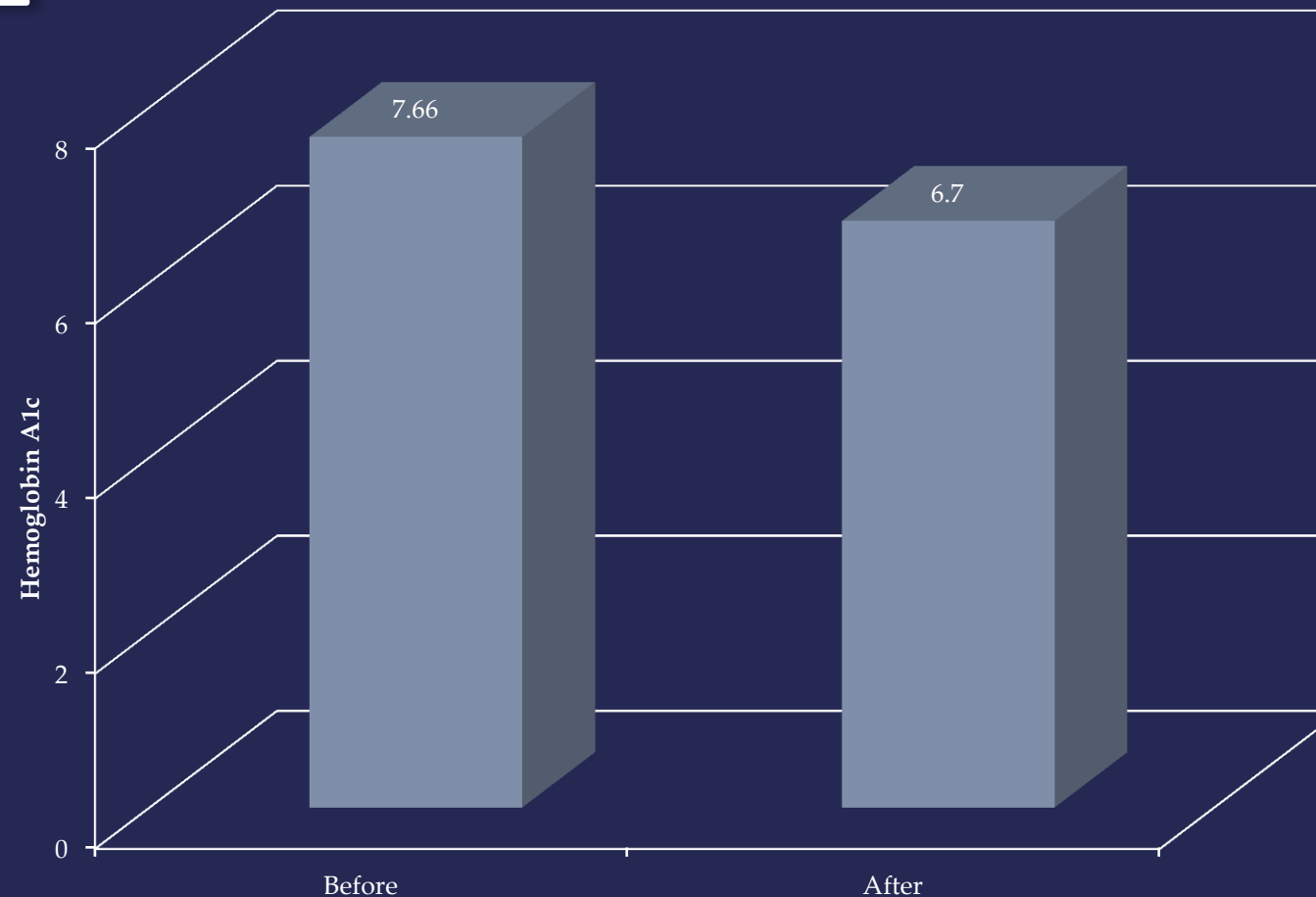
Project GUIDE is a program in two rural Western North Carolina family medicine clinics. Patients with diabetes learned to manage their chronic disease through group visits focused on healthy lifestyle choices. The group visits brought patients together and used the strength of community in rural areas.

PROJECT RESULTS

11 out of 13 participants improved in at least 3 of the following:

- Reduction in body weight
- Reduction in HgbA1c levels (Average 7.6 before- 6.7 after 6 months)
- Exercising 3 times a week for 30 minutes
- Recording blood glucose levels
- Decrease in stress levels
- Following a healthy diet

Participant A1c Levels Pre and Post-Project GUIDE



FUTURE PLANS

- Group visits continued by rising medical students
- NC Albert Schweitzer Fellowship provided \$1,000 in sustainability funding
- Expansion project providing group diabetes visits to Spanish-speaking patients in Western NC

www.schweitzerfellowship.org

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