



# SHAC Bridge-to-Care

## A Chronic Disease Management Program

Laura Cone and Stephanie Kiser  
NC Albert Schweitzer Fellows 2014-2015



THE ALBERT  
SCHWEITZER  
FELLOWSHIP®

### Project

Laura and Stephanie improved diabetes and hypertension management at the UNC Student Health Action Coalition (SHAC) by providing clinical care and educational classes.

### Services Provided

A continuity clinic was started for patients with diabetes and/or hypertension and offered:

- Free medical appointments including regular monitoring and care
- Assistance with medications
- Assisted referral to local primary care physicians

Group visits were offered for disease education and led by students from all health disciplines at UNC.

Topics included:

- disease education
- nutrition and exercise
- medications and home monitoring
- local resources and insurance options



### Results

- 80 patients participated in the program and were served at 173 clinical appointments.
- 60 patients seen for more than 1 visit were able to improve one or more of the following: Hemoglobin A1c, systolic and diastolic blood pressure, Low-density lipoprotein cholesterol (LDL), weight and body mass index (BMI).
- 37 patients were transferred to a permanent primary care home.

### Sustainability

Bridge-to-Care has become integrated into the overall SHAC clinic and will be continuing this year with expansion of services to provide mental health care.

The NC Albert Schweitzer Fellowship is providing \$1,000 sustainability funding for clinic supplies.

[www.schweitzerfellowship.org](http://www.schweitzerfellowship.org)  
704-895-6596