Diabetes Self Management Education Community Based Follow Up and Ongoing Support

Neva White DNP, CRNP, CDE

OBJECTIVES

- Discuss the components of the Center for Urban Health's community- based diabetes initiatives.
- Identify successful strategies in utilizing an interprofessional healthcare team to optimize diabetes self management follow up and support.

OBJECTIVES

- Explore community- based behavioral and lifestyle strategies in achieving optimal patient outcomes.

Center for Urban Health (Community Health) Interprofesional Team

- MD, MPH
- PhD, MPH
- MS
- M.Ed
- MS, RD, LDN
- DNP, CRNP, CDE

ARCHES Model

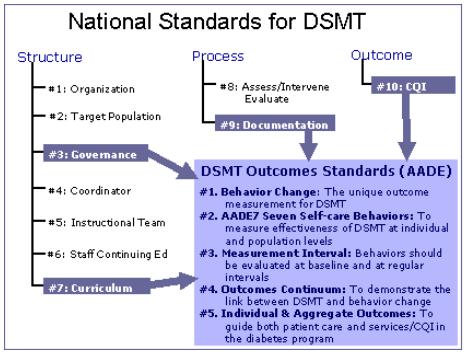
Population Health

- **Access and Advocacy**
- **Research, Evaluation, and Outcomes Measurement**
- **Community Partnerships and Outreach**
- **Health Education, Screening and Prevention Programs**
- **Educating Health Professions Students and Providers**
  - Medical, Nursing, MPH Students, Residents, Fellows

Evidence Based DSME

National Standards for Diabetes Self-Management Education

Funnell et al. (2012) National standards for diabetes self management education. *Diabetes Care 35 (1), S101-S108.*



Diabetes Education at Jefferson

DISH

Diabetes Information and Support for Your Health

Department of Family and Community Medicine

Friday Mornings from 8:30AM- 11:00AM

Shared Medical Visit

Shared Medical Visit

- **Health maintenance-** brief primary care visit, diabetes care focus
- **Individual action plans**
- **DSME group class**
- **Individual counseling**
- **Group Support**

DISH

DISH

A study published in the *Journal of the American Board of Family Medicine* reviewed all group-visit articles published from 1974 through 2004. Researchers reported that treatment in group visits

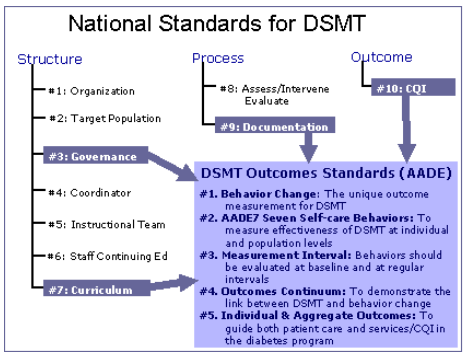
- reduced obesity;
- reduced blood pressure and cholesterol;
- **improved quality of life;**
- **improved health behaviors;**
- **increased patient satisfaction;**
- **improved doctor-patient relationships;**
- improved control of mean blood glucose;
- decreased emergency and urgent care visits, as well as referrals to other specialists;
- decreased HbA1c levels; and
- led to better medication compliance and increased self-efficacy (i.e., judgment of their capabilities to carry out the specific tasks necessary to achieve a desired goal).

Jefferson Diabetes Center

DEAP
Diabetes Education Accreditation Program

AADE American Association of Diabetes Educators

http://www.diabeteseducator.org/



Healthy eating
Being active
Monitoring
Taking medication
Problem-solving
Healthy coping
Reducing risks

Jefferson Diabetes Center

Community -Based
Diabetes Self Management
Education

Community Based Education
Follow up and Ongoing Support

Faith Based Site

Senior Center

Senior Apartment Complex

Being Active

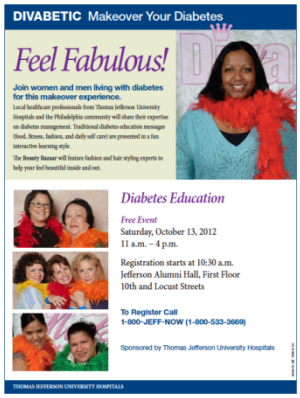
Diabetes Support Group
St. Matthew AME Church- 7 years and counting

Community Based Education
Follow up and Ongoing Support

Divabetic

http://www.divabetic.org/

Community Based Education
Follow up and Ongoing Support



DIVABETIC Makeover Your Diabetes

Feel Fabulous!

Join women and men living with diabetes for this makeover experience.

Local healthcare professionals from Thomas Jefferson University Hospitals and the Philadelphia community will share their expertise on diabetes management. Traditional diabetes education messages (food, fitness, fashion, and daily self care) are presented in a fun interactive learning style.

The Beauty Bazaar will feature fashion and hair styling experts to help your feel beautiful inside and out.

Diabetes Education

Free Event
Saturday, October 13, 2012
11 a.m. – 4 p.m.

Registration starts at 10:30 a.m.
Jefferson Alumni Hall, First Floor
10th and Locust Streets

To Register Call
1-800-JEFF-NOW (1-800-533-3669)

Sponsored by Thomas Jefferson University Hospitals

THOMAS JEFFERSON UNIVERSITY HOSPITALS

Divabetic

Divabetic

Divabetic

- http://www.youtube.com/watch?v=OAbi_Hxc7II&feature=relmfu

Community Based Education
Follow up and Ongoing Support

Monthly Divabetic Club Meetings

- http://www.youtube.com/watch?v=opuwnwq3b8E

- 3rd Thursday of each month 12PM- 1PM
  1-800- Jeff- Now

Diabetes Plate Poetry

The Diabetes Plate Poetry Project

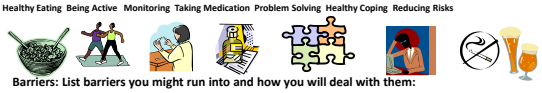
- http://www.youtube.com/watch?v=BB86NJgyVAc&feature=youtu.be

My Action Plan

Patient Name _____

Choose one of the following activities that you would like to discuss and work on as a goal:

Healthy Eating Being Active Monitoring Taking Medication Problem Solving Healthy Coping Reducing Risks



Barriers: List barriers you might run into and how you will deal with them:

Barriers	Plan to Overcome
_____	_____

Conviction/ Confidence Scale

How sure are you that you can complete your goals(s)? Circle your response.

Not at all convinced — Totally convinced

1 2 3 4 5

Describe Your Plan

What:

How:

When:

How often:

SIGNATURE: _____

Connecting People to Information and Resources

American Diabetes Association
Leadership Summit