

Defeating Diabetes Disparities
Endocrinology Team

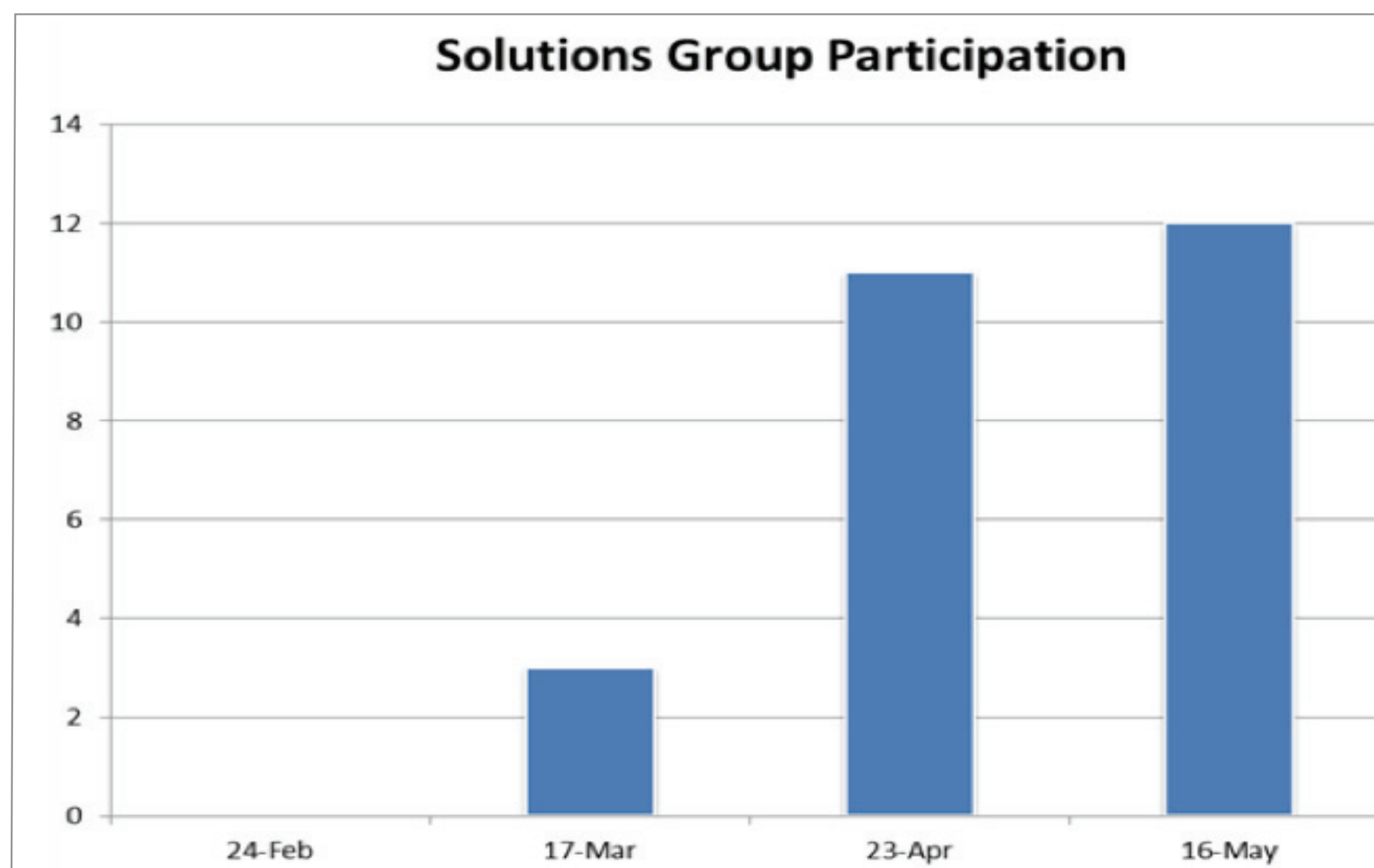
Aim

To provide support and solutions for people in our community with diabetes.

Measures and Interventions

- Measured patients understanding of the definition of an A1C
- Measured attendance at support groups
- Gathered surveys from support group participants

Results



Solutions group meeting on April 23rd



Solutions group members review grocery shopping tips

Lessons Learned

- When asked --30% of our diabetic patients did not demonstrate a clear understanding of what an A1c is.
- Open communication/discussion during the Solutions Group has been very beneficial to patients.
- Patients who have had Diabetes for many years are not as interested in participating in Support/Solutions Groups as they feel they “understand” their diagnosis.
- Showing tangible data to Solutions Group participants was very helpful.
- Provider input/knowledge during Solutions Group sessions was valuable.
- Participants felt comfortable sharing and speaking amongst others in similar situations.
- Identifying a time and location that worked for all participants was difficult.
- Reaching out to participants that signed up for the sessions beforehand helped improve attendance.
- Understanding our different participants’ culture and background helped us build trust amongst the groups.
- Advertising Solutions sessions with a healthy meal provided increased participation.



Recommendation for Spread

- Identify resources to help continue or create a similar Solutions/Support Group.
- Evenings and weekends are the preferred times for busy people.
- Locations for sessions within the communities will produce greater participation.
- Provide audio/visual materials that will be helpful.
- Develop website and ensure community members are aware.
- Identify possible partnerships with churches and community groups.

Direction for Change Initiatives

- Given changing landscape in the future, where do you recommend the organization focus?
- Focus on our youth and provide education to help prevent diabetes.
- Treat the individual, not the diagnosis.
- Provide focused education in understandable terms such as A1C levels, LDL, Blood Pressure, smoking cessation and benefits of not smoking and importance of aspirin use as directed by providers.
- What should the organization explore further?
- HP needs to identify staffing and resources to continue work in the community.
- Explore evening and weekend clinic hours. (we believe the added availability of providers and hours will improve patient diabetes management)