



*EBAN 3D Collaborative™*  
**Defeating Diabetes Disparities**

Team Name: Midway

Date: February 12, 2014

# Aim

- Ultimate Goal: Develop effective approaches to partner with diabetic patients to bring to and maintain their diabetic measures to goal.
- Goal: Develop self management strategies for the Hines African American (AA) diabetics.
- Aim: Intervention with AA diabetics who come to clinic whether they are at goal with all measures or not.



# Team Members

Name	Credentials	Title	Organization
Sharon Brown Rowe			
Tracy Carr			
Jackie Cooper			
Kizzy Downie			
Vicki Emelife			
Chris Foye			
Julia Freeman			
Patricia Lacy-Aiken			
Jodi Lavin-Tompkins			
Tamara Mattison			
Ann Moyer			
Makeda Norris			
Larisa Turin			
Bernard Turner			
Anne Wolf			
Tracy Newell*			
Jackie Williams*			
Jennifer Hines			



# Plan-Do-Study-Act (PDSA) Cycles

PDSA #4				
Test Cycle 4	Start Date 1/1/2014		End Date 2/7/2014	
<b>Plan</b>	Engage AA Diabetics, whether or not they are at goal for all DM measures through education and help with self management interventions.			
<b>Do</b>	Share team generated handout on self management choices that they could choose and act on themselves.			
<b>Study</b>	AA diabetics scheduled to come to clinic during the period-17: 2-no shows            2-Exercise   7-Weight reduction 4 -Dietary changes   6 -Smoking   3-Unknown			
<b>Act</b>	Improve resources that are still lacking for the patients to access easily and with support.			



# Next PDSA Cycle

After much discussion, the team felt that having some basic instruction in exercise would motivate more patients to start and sustain some form of exercise for weight reduction, physical and mental fitness, and add to DM control.

We decided on the development of a short exercise video that we would develop involving members of the team.



# “You Can Do It, Too!!!”

- Short video of exercises that really could be done anywhere and would include things that could be done sitting or standing.
- Tips on how to prepare an exercise routine that has to include what to wear and water nearby, as well as medication and nutritional compliance.
- Youtube and DVD use
- Support for questions or problems

# “You Can Do It, Too!!!”

- We have a song we would like to present that talks about this topic-----

How have you integrated your community partners into your improvement work?

- We all have agreed on the important topics to work on and everyone is a part of the process.





# Successes

1. Creativity and talent of the members
2. Patient responses to interventions
3. Attendance to meetings - good engagement



# Challenges

1. Time to do all that we think and dream about
2. Integrating in dietary related activities
3. Focus on identifying patients with depression