



Team Name: Riverside

Date: Feb. 12, 2014

Aim

- Ultimate Goal: Learn effective approaches to educate our Somali population of patients with diabetes.
- Goal: To have patients at or below all five measures making their disease optimally controlled.
- Aim: Intervene through group classes learning from patients who are already at goal and teaching next steps for patients not yet at goal.



Team Members

Name	Credentials	Title	Organization
Marybeth Cause, RN, CDS			
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Carol Engelhardt			
Mickey Lindgren			
Maria Krueger			
Rebecca Straub			
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Plan-Do-Study-Act (PDSA) Cycles

PDSA #3 – Hold 2 Diabetic classes one month apart to educate and make plan of improvement for each attendee.

Test Cycle 1	Start Date: Nov. 19, 2013		End Date: Dec. 10, 2013	
Plan	Obtain list of Somali pts with diabetes. Host 2-3 hour classes one month apart with our Somali diabetic patients. No exclusion criteria was developed (could be in goal or out of goal to participate in classes). Classes to include DNE, dietician, MD, RN, lab. Serve lunch, include prayer time, transportation paid.			
Do	Determine how many participants were in goal/out of goal at time of class and compare outcomes from feb data.			
Study	Do group classes make a difference in overall adherence to plans to obtain/maintain individual diabetic goals.			
Act	If data suggests improvement in overall diabetic health outcomes, to continue education.			



Plan-Do-Study-Act (PDSA) Cycles

PDSA #3	
Objective	Provide education on LDL, healthy eating, A1C and medication, exercise and overall health and wellness living with diabetes
Prediction	50% of patients will improve in their goals by individual and group education/discussions
Population	Somali patients who are actively involved in their diabetes care by having at least one PCP visit within the past 12 months.



Past PDSA Cycle

Data collection:

- 1) Fifteen pts agreed to attend the first class, nine showed up. Of these nine people, five were already in goal and four were out of goal for one or more measures.
- 2) Thirteen pts agreed to attend the second class; five showed up. Of the five attendees, three of them attended the first class and two were new.



Past PDSA Cycle

Data collection:

- 3) Of the total eleven patients who attended classes, 7 were already in goal and 4 were out of goal at initiation of classes (2 duplicate out of goal pts and 1 duplicate in goal pt).
- 4) Will review 3 month data in March



Past PDSA Cycle-Questionnaire

- We received 13 questionnaires back from the long form. Interesting data from these----
- * Of the 13 pts filling out form, 11 stated they didn't know how long these would have diabetes
- * All 13 pts shop at Cub Foods as their primary grocery store
- * Only 1 patient knew the goal for LDL



Past PDSA Cycle-Questionnaire

- * Half knew goal for A1c and blood pressure
- *9 of 13 patients would attend an exercise program if held in their apt complex
- Rewriting shorter form as interpreters having difficulty finding time to review with pts



Successes

- We have had robust discussions on educational needs in the community vs what we can do in the clinics.
- Clinic staff, along with community partners, gave us ideas on how to make our classes valuable to our patients along with what we needed to physically bring them together.
- Patients were very positive about the classes



Challenges

- Having patients show up for interactions in the winter months.
- Identifying patients who are out of goal and engaged(numbers are always changing depending on last visit).

