

Diabetes Education and Management: What's New for Consumers & Healthcare Providers

by

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Georgia Rural Health Association Conference

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Topics

- Overview of Diabetes
 - Diabetes Prevalence
 - Challenges for the Uninsured, in Rural Communities
 - Types of Diabetes
 - Diabetes Complications
- What's New for Consumers
 - Consumer Education
 - Self-management Tools
- What's New for Healthcare Providers
 - Provider Education
 - Diabetes Management Tools for Providers
- Available Handouts at Resource Tables

Overview: Prevalence in Georgia

- Higher in minorities, rural

Overview: Prevalence in U.S.

CDC National Diabetes Fact Sheet, 2011

- Total of 25.8 million people with Diabetes
- Living with Diabetes, undiagnosed: 7 million
- Age 65 or older: 26.9 %

- Estimated 79 million people with Prediabetes

Living with Diabetes: Challenges

For the Uninsured and Underinsured

- Cost of multiple medications
 - Medication regime changes over time
- Cost of blood glucose testing supplies
- Cost of follow-up medical appts. and lab work
- Delay in diagnosis leads to more complications

Not covered by Medicaid: Adult Dental,
Diabetes Education, Limited Wound Care

Safety Net in Rural Setting

- Community Health Centers
 - To receive Affordable Care Act funding to expand
- Rural Health Centers
- Public Health Departments
 - Limited Primary Care Services
- Free Clinics



Safety Net Program for Children

Children's Medical Services

- Access to services and supplies that are not covered by Medicaid or PeachCare are offered to children from birth to age 21 with chronic conditions.
- Important for teenagers with Type 1 Diabetes.
- To locate District Coordinator, call: 1-888-651-8224

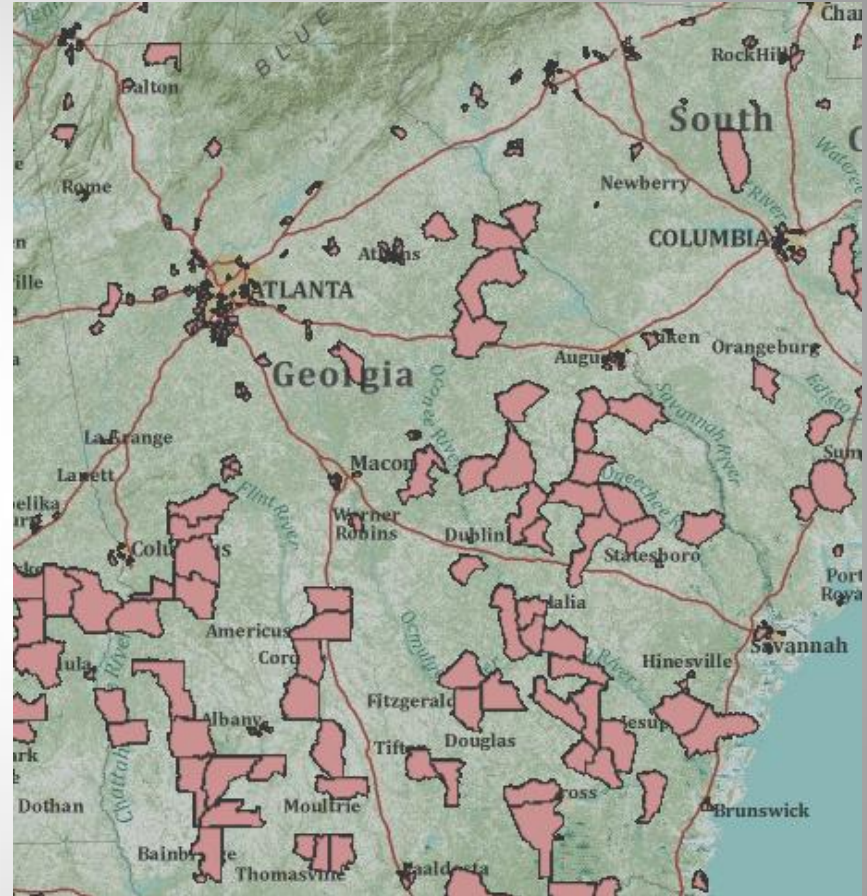
Living with Diabetes: Challenges

For those in the Rural Communities

- Shortage of primary care centers
- Limited public transportation
- Limited high-speed Internet
- Few community exercise programs
- Isolated ethnic groups
- Limited access to healthy food choices
 - Few Farmers Markets that double Food Stamps

Food Deserts in Georgia

Rural Food Desert:
Low-income census tract
where at least:
500 people and/or at
33 % of population
reside more than 10 miles
from a large grocery store.



See USDA Food Desert Locator website

Rural Diabetes Programs in Georgia

- Southeast Georgia Communities Project: LaRED Program serves Hispanic community in 7 counties.
- Hancock County: CDE Pharmacists with PharmaCare Solutions worked to reduce the burden of diabetes in county with highest rate of diabetes in Georgia: 14%
- Jenkins County: GA SOPHE to build capacity to address diabetes in African American community.
- Whitfield County: Northwest Georgia Healthcare Partnership in Dalton partnered with pharmacist “coaches” in the Diabetes Ten City Challenge.

Diabetes Care Team

Consumer is the center of Diabetes Care Team using Chronic Care and Medical Home Models.

Diabetes Care Team includes:

Primary care provider, diabetes educator, dietician, dentist, ophthalmologist and family members.

Care Team may also include:

Endocrinologist, podiatrist,, nephrologist, pharmacist, wound care nurse, physical therapist, psychologist, social worker and case manager.

Types of Diabetes (DM)

- Type 1 DM: Body does not produce insulin
- Type 2 DM: Progressive condition in which insufficient insulin is produced and/or cells are resistant to insulin.
- Drug-induced Diabetes
- Gestational DM: Occurs during pregnancy

Note: Prediabetes is a condition of higher than normal blood sugar. Lifestyle interventions can reverse.

Uncontrolled Diabetes

- Short Term Complications
 - Hypoglycemia
 - Hyperglycemia

EMTs and Emergency Room personnel suddenly become members of the Diabetes Care Team when these acute complications occur.

Uncontrolled Diabetes

- Long Term Complications
 - Small blood vessels
 - Kidney Failure, Blindness, Neuropathy
 - Large blood vessels
 - Heart attack, Stroke, Peripheral Vascular Disease
 - Other systems
 - Liver failure, Periodontal disease, Immune system
 - Cataracts, Glaucoma

Question

1. Good control of the **ABCs** is required to minimize diabetes-related complications.

What does the “**A**” in ABC stand for?

- a. Attitude
- b. Appetite
- c. A1c
- d. Activity

Answer

b. A1c

A1c or Hemoglobin A1c is a blood test that indicates the average blood sugar level over a 2 to 3 month period of time.

Tool to diagnose Diabetes: 6.5% or higher
and Prediabetes: 5.7% to 6.4%

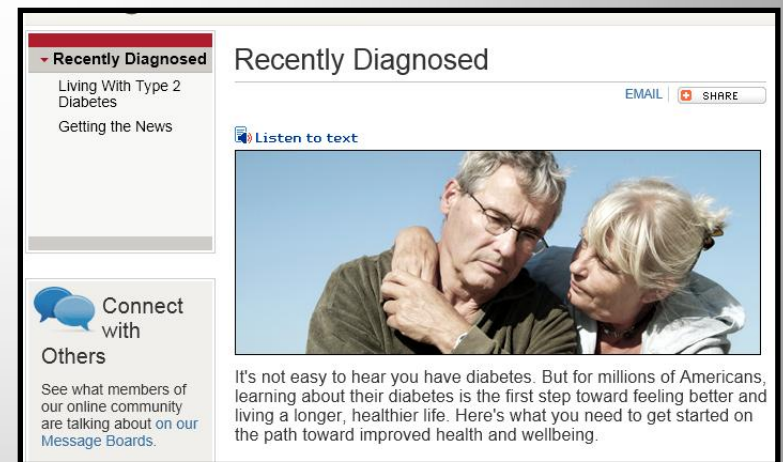
- Home test kit is available in many pharmacies.

Note: A1c result is inaccurate in any medical condition that shortens the lifespan of red blood cells.

Consumer Education Resources

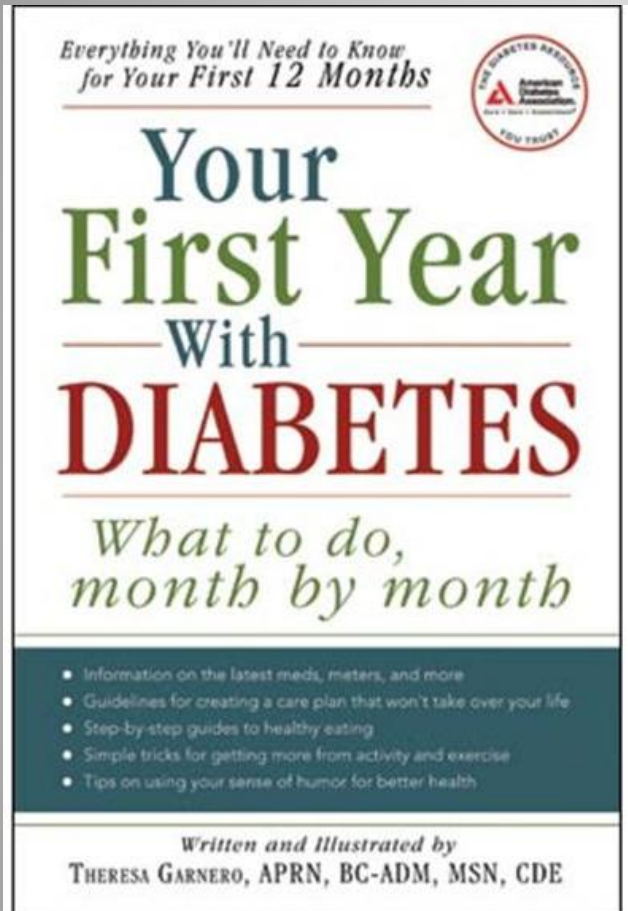
American Diabetes Association

- Enroll in “Living with Type 2 Diabetes” 1-800-Diabetes.
- Diabetes Forecast Magazine <http://forecast.diabetes.org/>
- Website for “Recently Diagnosed” includes English/Spanish audio of all text in these sections:
 - Living with Type 2 Diabetes
 - Getting the News



www.diabetes.org/living-with-diabetes/recently-diagnosed

Getting the News



Theresa Garnero, APRN, BC-ADM, MSN, CDE, dedicated to facilitating the humor-health connection by combining her science and artistic talents to promote a positive laugh-learn experience.



Source: DIABEtease

Consumer Education Resources

- National Diabetes Education Program (NDEP)
 - Interactive New *HealthSense* website
<http://ndep.nih.gov/resources/diabetes-healthsense/>
 - Publications for diverse audiences
<http://ndep.nih.gov/publications/>
- **dLife** Television show on CNBC, Sunday at 7 pm
Website http://www.dlife.com/dlife_media
- *Living with Diabetes* DVD: by AADE, A to Z Health

Conversation Maps

Interactive Teaching / Learning Style



Training / Materials available to Licensed Healthcare Providers through Merck Journey for Control Program

Quiz

Which of the following items that are served at McDonald's do you think has the most calories?

- A. Two Big Macs
- B. Two Egg McMuffins
- C. One Large Chocolate Shake
- D. Four Regular Hamburgers

Diabetes Self-Management

AADE7: Self-Care Behaviors

Healthy Eating

Being Active

Monitoring

Taking Medications

Problem Solving

Healthy Coping

Reducing Risks

Resources for Self-Management

Navigating the Healthcare System



- Care about Your Care website
- *Checklist: 6 Things to Do When You Get Medicare*
- Atlanta Regional Health Guide: Resources for Uninsured
www.atlantaga.gov/client_resources/media/ahgweb.pdf

Stanford Chronic Disease Self-management Program

- Lay Leaders with chronic conditions facilitate
- “Living Well” Workshops offered by Georgia AAAs
- Online program: “Better Choices, Better Health

Free Supplies

- Syringes
 - BD Patient Assistance Program
 - 90-day supply for cost of shipping
- Pen Needles
 - Novo Nordisk Patient Assistance Program offers 90-day supply of pen needles with insulin pens upon request.
- Diabetes Identification Necklace
 - Diabetes Research and Wellness Foundation

Low cost Supplies

- Blood Glucose Monitoring Supplies
 - Retail Tests Strips
 - Kroger and Target Brand Meters
 - Use same strips at WaveSense Presto, only packaging differs
 - Walmart ReliOn Brand Meter
 - Mail Order Test Strips
 - Rx Outreach Pharmacy
- Injection Supplies
 - Best price on Syringes and Pen Needles at Walmart
 - No Rx required for purchase in Georgia

New Meter Features

- *Prodigy AutoCode* Blood Glucose Meter
 - Instructions, results spoken in English, Spanish, French or Arabic.
- *Precision Xtra* Meter also test blood ketones
 - Special test strip ~ \$5 each
 - Recommended when BG > 300 in Type 1 Diabetes
 - More accurate than urine ketone test
 - Lifesaver to parents of young children with T1D

Diabetes Care Today

_____ % of Patients with A1c at goal

_____ % with Blood Pressure at goal

_____ % with Cholesterol at goal

_____ % with A1c, Blood Pressure and
Cholesterol at goal

Education for Healthcare Providers

- Emory Diabetes Educator Certificate Course
 - Offered at Grady since 1973
 - Limited to 15 per session in 3-day program
 - Choice of clinical settings for observation
- HealthTec Distance Learning
 - Webinars by Area Health Education Centers
- Public Health Training Centers at Emory, UGA)
 - Funded by Affordable Care Act
 - Specialized training for Health Departments

Education for Healthcare Providers

NEW: Present Diabetes

- CE/CME Lectures
- eTalk: Discussions with CDEs, Podiatrists, Others
- National Diabetes Education Program (NDEP)
 - For HCPs, Employers , School Personnel
- DiabetesPro: American Diabetes Association
- American Academy of Physicians

Levels of Diabetes Educators

- Level 1 Non-Healthcare Professional
- Level 2 HCP Non-Diabetes Educator
- Level 3 Non-Credentialed Diabetes Educator
- Level 4 Credentialed Diabetes Educator
- Level 5 Advanced Level Diabetes Educator

For detailed description, see American Association of Diabetes Educators ***Guidelines for the Practice of Diabetes Education***

AADE Tools for Healthcare Providers

- *Fundamentals of Diabetes Care*
 - Free online program for Nursing Assistants, Techs, LPNs
- *Quick Guide to Medications, 4th Edition*
 - Glucose lowering, Blood Pressure and Cholesterol
- *ABCs of Diabetes Education*
 - Online, self-paced course for nurses, dietitians, and pharmacists interested in becoming a diabetes educator

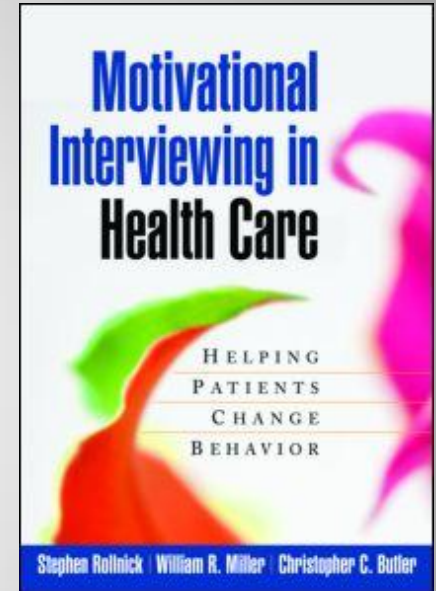
AADE has recommended practice documents for each level of educator.

Recommended Practice Documents

Program / Publication	Cost: AADE Member	Level 1	Level 2	Level 3	Level 4
Dictionary of Diabetes Education Publication (Diabetes Dictionary: free with NDEP)	\$ 18	X			
Practical Spanish for Diabetes Educators Publication (or any Spanish Dictionary)	\$ 29	X			
Fundamentals of Diabetes Education Online Course, Self-paced, 6 Modules	Free: LPNs, MAs	X			
ABCs of Diabetes Education Online Course	\$ 295		X		
Quick Guide to Medications, 4th Edition Publication	\$ 18		X		
The Desk Reference, 2nd Edition Publication: Book, CD, Online	\$ 199			X	
Live Webinars / Webcasts on Demand Online / Online with CEUs	\$ 125 / \$ 35			X	
Facilitating Behavior Change Online Course	\$ 150			X	
Diabetes Education Review Guide Publication	\$ 65			X	
Core Concepts Course: 3 days Seminar, Various locations 4 times/year	\$ 505			X	
Enduring Materials Annual Meeting Symposiums as Webinar or PowerPoint	Free: AADE member			X	

Tools for Healthcare Providers

- NDEP's *Better Diabetes Care* website
- Motivational Interviewing
 - Listening for “Change Talk”
- DiabetesPro
 - Standards of Medical Care in Diabetes
 - Screening guidelines



Screening Guidelines

ADA Standards of Care: Consider testing to detect Type 2 diabetes in *asymptomatic* adults of any age who are:

- Overweight or obese and
- Have one or more additional risk factors for diabetes.

Without these risk factors, testing should begin for every adult after age 45.

U.S. Preventive Services Task Force: Recommend screening for Type 2 diabetes in *asymptomatic* adults with sustained blood pressure (either treated or untreated) of greater than 135/80 mm Hg.

Identifying Those at Risk: Type 2 Diabetes

- Variations on Body Mass Index (BMI)
 - ≥ 25 Caucasian, Hispanic, African-American
 - ≥ 23 Asian American
 - ≥ 26 Pacific Islanders



Note: The ADA Diabetes Risk Test uses a higher weight than the CDC Risk Test. This different risk model is under review.

Take the Diabetes Risk Test ▶

Risk Factors for Type 2 Diabetes

- Older than 45 years
- Family history
- Sedentary lifestyle
- ↑ blood pressure, cholesterol or triglycerides
- Abdominal fat: Waist > 35" ♀ or 40" ♂
for Asians > 31" ♀ or 35" ♂
- Gestational diabetes/birth of baby > 9 lbs
- Medications: antipsychotic, steroid, HIV, anti-rejection

Other Tools

Estimated Average Glucose (eAG)

- Free Hemoglobin A1C / eAG Conversion Wheel
- Updated Conversion: 7% \approx 154 mg/dL
- Order on DiabetesPro

<http://professional.diabetes.org/GlucoseCalculator.aspx>

Injection Training

- BD offers Injection Training Kit
- Demo Insulin Pens: Available from all Manufacturers

Using Hemoglobin A1c to Diagnosis

Advantages of Hemoglobin A1c test :

- Blood drawn during office visit, no fasting required

Type 2 Diabetes = Hemoglobin A1c \geq **6.5 %**

or Fasting Glucose \geq 126

Oral Glucose Tolerance Test \geq 200

Prediabetes = Hemoglobin A1c **5.7 to 6.4%**

or Impaired Fasting Glucose: 100 to 125

Impaired Glucose Tolerance: 140 to 199

Use of Hemoglobin A1c to diagnose was published in ADA 2010
Clinic Practice Recommendations

Culturally and Linguistically Appropriate Resources

- Handout: Print Material to Download
 - Multiple Languages and Low Literacy
- Spanish DVD
 - Available to Order or View Online from Emory Latino Diabetes Education Program
- Audio recordings for visually impaired
 - Order (CD or USB format) or download from **dagc.org**



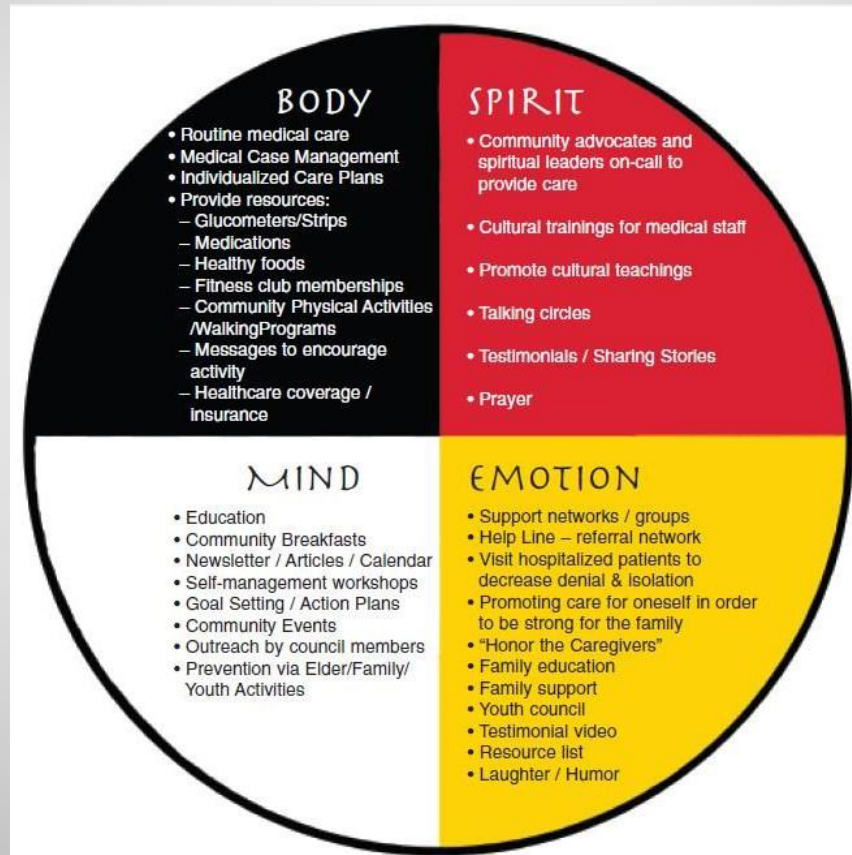
NDEP Campaign Resources

- Toolkit for Community Health Workers: *Road to Health*
 - Includes *Train-the-Trainer* Video and Guidebook
- Other Campaigns:
 - *Managing Diabetes - It's not easy, but it's worth it*
 - Prevention: *Small Steps. Big Rewards*
- Publications / Brochures for HCPs
 - Capacity Building for Diabetes Outreach
 - Redesigning the Health Care Team

Diabetes Initiative

Guide to Building Self-Management Programs

Robert Wood Johnson Foundation



Full Circle Diabetes Program: Minneapolis American Indian Center

Diabetes Public Health Resource

www.cdc.gov/diabetes

CDC's Division of Diabetes Translation

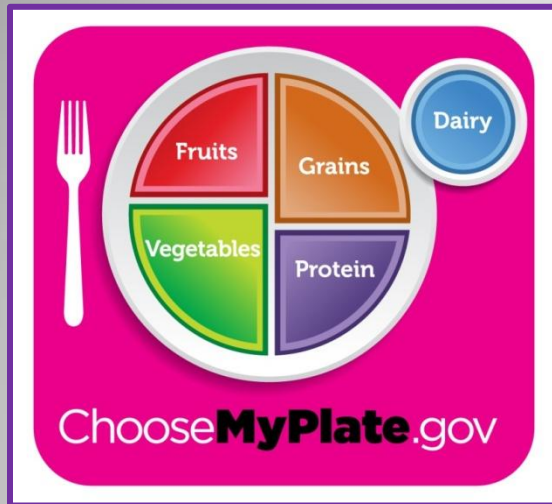
- National Diabetes Education Program (NDEP)
- For Consumers: *Diabetes & Me*
- Projects & Programs, News & Resources
- Data & Trends
- Fact Sheets and Reports

New:

Diabetes Training and Technical Assistance Center

www.dttac.org

Health Promotion: National



My Plate



We Can!



Let's Move

Other Health: National

- National Diabetes Prevention Program
 - Authorized by ACA in March 2010
 - Initial Partners: UnitedHealth Group and YMCA
- Joint Commission “Speak Up” Campaign
- Partnership for Patients

CMS program to improve care and save money

 1. Keeping Patients Safe in Hospital
 2. Care Transitions to Prevent Hospital Readmission

Health Promotion: State DPH

Live Healthy Georgia

Initiative includes tools for:

- Healthy Schools
- Healthy Worksites
- Healthy Communities
- Healthy You:

Five behaviors, plus info on: Diabetes:

Alcohol	Cardiovascular Health
Asthma	Healthy Relationships
Cancer	Obesity



Thank you for your participation!

For Questions and Comments,
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