

GE-NMF PRIMARY CARE LEADERSHIP PROGRAM



**The Healing Power of Education:
A Study of the Effectiveness of Diabetic
Education within the Jackson-Hinds
Comprehensive Health Center Patient
Population**

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GE-National Medical Fellowships-Primary Care Leadership Program



Introduction and Background

- “The goal of the process is to enable the patient to become the most knowledgeable and hopefully the most active participant in his or her diabetes care.” Clement 1995
- Nationally, diabetes affects about 7.5-10.0% of the population according to the 2012 America’s Health Rankings’ Annual Report. In Mississippi, however, according to that same report, diabetes affects between 12-16% of the population, ranking Mississippi as number 50 in the area of diabetes.
- This project will aim at determining how lifestyle change through education can impact the long-term management of diabetes, what forms of education are most successful in producing impactful and long-lasting lifestyle change within Mississippi, and how can the best means of education be spread to at risk populations.



Methodology

- My goal was to assess the current forms of diabetic education currently offered and Jackson-Hinds Comprehensive Health Center and develop a Diabetic Friendly Grocery List that will act as a companion to already existing literature.
- I used a survey to assess the patient satisfaction in diabetic education in a sampling of 17 JHCHC diabetic patients.
- I modeled the Diabetic Friendly Grocery List after the recommendations of American Diabetes Association sample shopping list and assessed its cost and usefulness by compiling a booklet of diabetic friendly recipes and pricing the ingredients at local grocery stores.

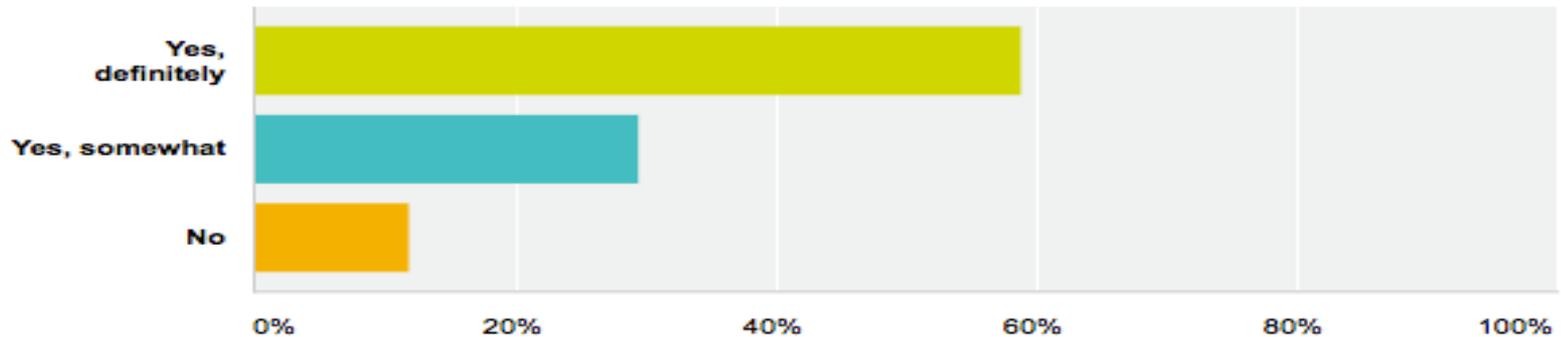
Tools



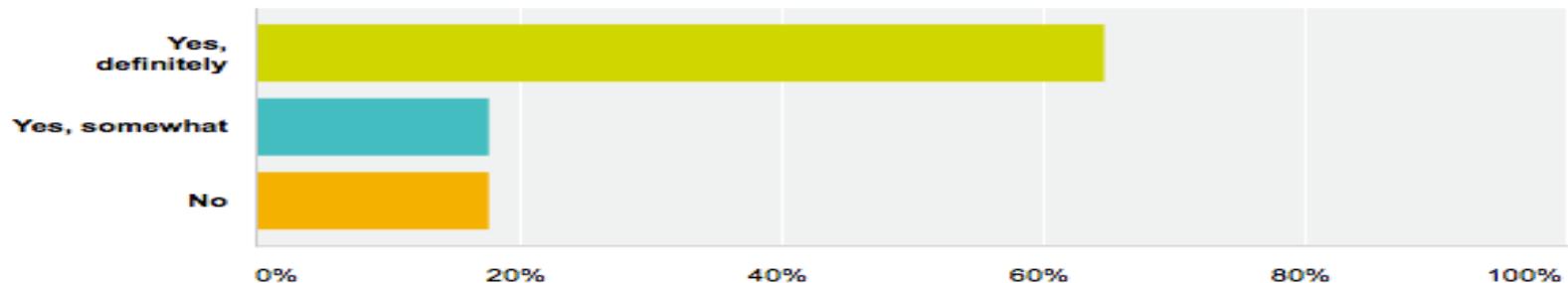
- Photos from Diabetes Day at Jackson-Hinds Comprehensive Health Center July 17, 2013. (Top left: Diabetes Day breakfast featuring Spinach Omelet Roll-up and a cup of berries, Top right: Ipad for patients to complete their surveys, Center right: Table of food with a stack of Diabetic Friendly Recipe Books, Bottom left: Stack of Diabetic Friendly Grocery Lists with dry-erase markers for re-use on the laminated finish, Bottom right: Display of the American Diabetes Association: My Food Advisor website.)

Results

- Has your healthcare provider given you easy to understand information about your diabetic health concerns?

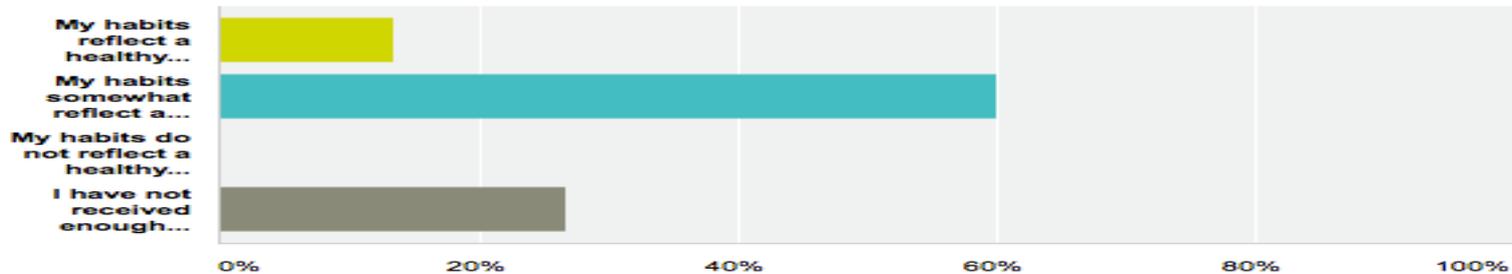


Has your healthcare provider explained a diabetic diet in a way that was easy to understand?

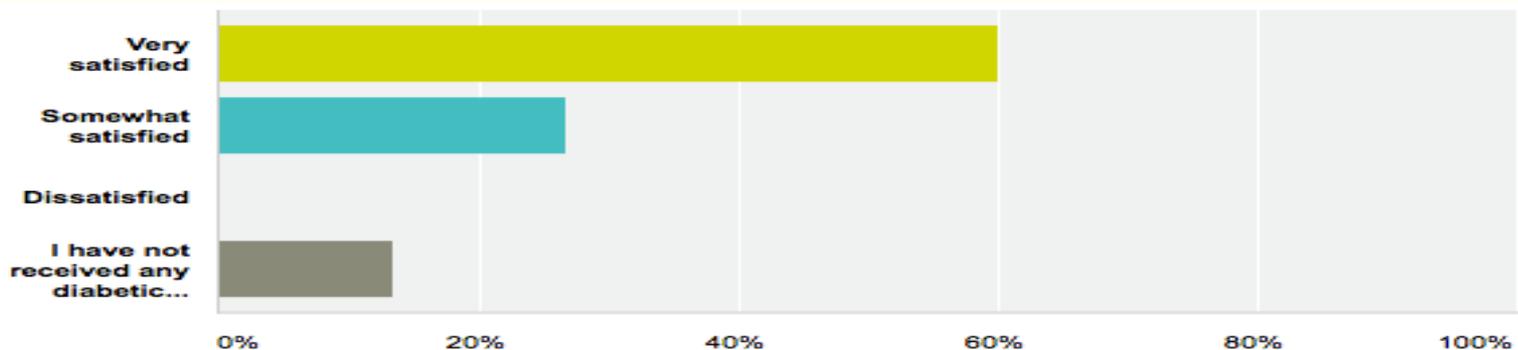


Results Continued

- How would you rate your grocery shopping habits based on the diabetic education you have received in the past?

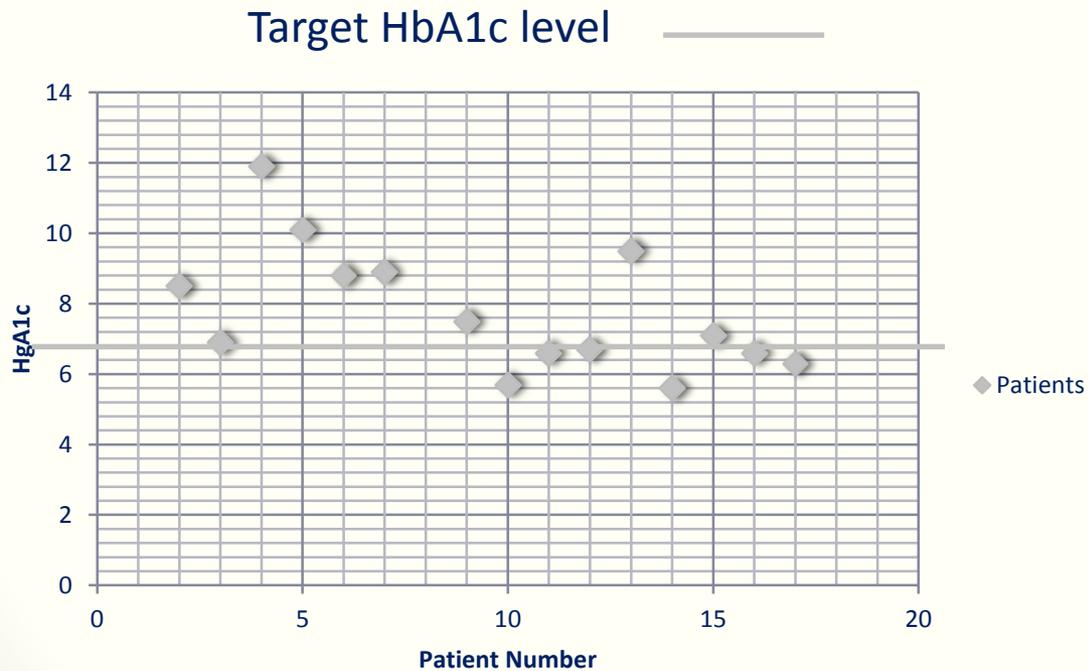


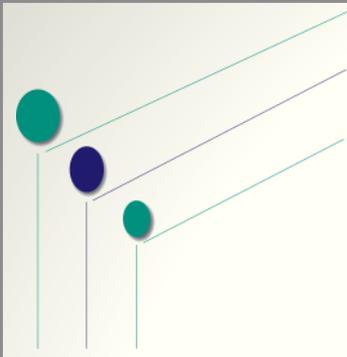
Overall, how satisfied have you been with you diabetic education resources?



Results Continued

- Hemoglobin A1c Levels of the Jackson-Hinds Surveyed Patients





Results Continued

- Average Cost of Groceries for a Family of Four for One Month:

\$548.00

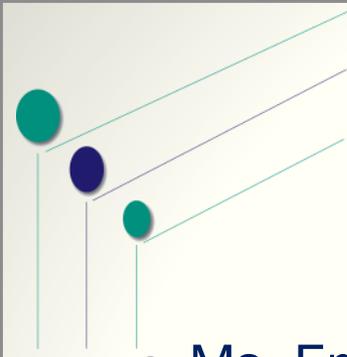
- Cost of Groceries for a Family of Four for One Month using the Diabetic Friendly Grocery List:

\$242.50



Discussion

- While the majority of the patients surveyed were satisfied or somewhat satisfied in the diabetic education they have received, there were some deficits in the areas surveyed. Most of the deficits were found in the areas dealing with the purchasing of diabetic appropriate foods.
- These findings were further reflected in the discussions following the handing out of the grocery list. When presenting the grocery lists to the patients, I explained to them that the list could be used to build a diet of appropriate ingredients, and if found to be useful, the list can be reused. All of the patients surveyed expressed need of this type of list in their everyday lives. The majority of the patients also had questions concerning the appropriate foods they should be eating and how they may prepare those foods.
- Additionally, 70% of patients surveyed showed their Hemoglobin A1c levels had not reached the target of management in last three months.



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