

Diabetes Shared Medical Appointments

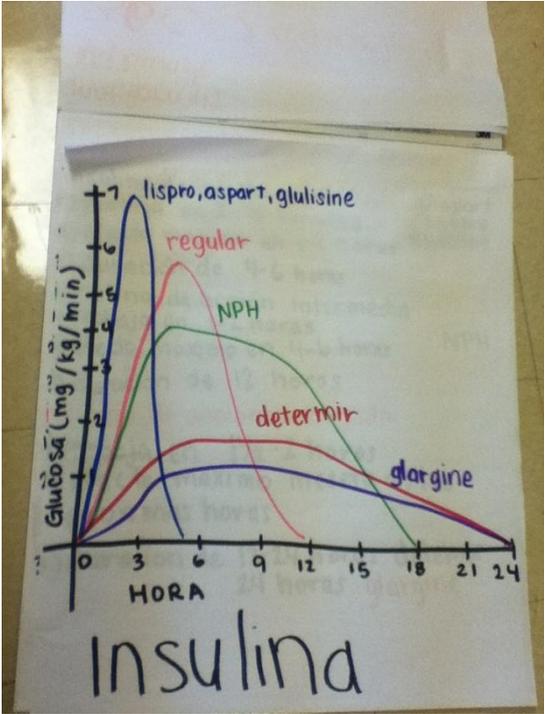
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Posters by Nurse Instructor



Executive Summary

- Adelante Healthcare supports 7 community health centers.
- The Buckeye site is a rural site 1 hour outside of Phoenix.
- After several weeks of observing and shadowing, it was agreed among the site mentor, faculty mentor, preceptor, and patients that a diabetes education class would be useful for patients.
- Patients found the class useful and wanted to continue learning.



Introduction

- Beverly Gallagher is a Family Nurse Practitioner.
- In the past 30 days of July she had over 100 visits from patients with diabetes in her panel
- Those patients were cross-referenced NextGen with a list of monolingual Spanish speakers and 20 were called to participate
- They were provided with 90 minutes of education, 2-Spanish pamphlets, 2 pill-trays, and the opportunity to make an appointment with Beverly.



Background

- Arizona has a higher diabetes rate 11.4% compared to the nation overall 8.7%.
<http://www.statehealthfacts.org/profileind.jsp?cat=2&sub=22&rgn=4>
- Arizona has a higher rate of obesity 65.4% compared to nation overall 63.8%.
<http://www.statehealthfacts.org/profileind.jsp?ind=89&cat=2&rgn=4>
- Latinos have a higher genetic predisposition to diabetes
<http://www.ncbi.nlm.nih.gov/pubmed/15929869>
- Buckeye has a staff of 3 providers, 2 family providers, and 1 pediatrician
- There are 7 medical assistants on a daily basis



Methodology

- Kirsh, S. (2007). Shared medical appointments based on the chronic care model: a quality improvement project to address the challenges of patients with diabetes with high cardiovascular risk. *Quality Safety Health Care, 16(5)*, 349–353.
- This study showed that providers taught the class and patients took turns meeting with their primary provider to adjust medications, diet, exercise, and discuss any issues.
- Shared Medical Visits have shown to improve HgA1C levels in patients with diabetes.



Results

- 5/5 patients completely agreed that :
 - They enjoyed the class
 - It helped to have the class in Spanish
 - The class helped them understand medications
 - The class helped them understand diabetes
 - This class helped them understand how to eat healthier
 - Enjoyed meeting other patients with diabetes



Discussion

- Patients suggested learning more about foods, recruiting more patients, weekly classes on Tuesdays, and learning how to control diabetes.
- As this was a pilot to gauge interest, no pre and post test was conducted.
- Visual posters were helpful in describing diabetes



Conclusion

- Patients learned new things.
- Patients built community with each other sharing the Senior Center as a place to eat healthy and exercise.
- Potential for provider to bill 5 patients within a 90 minute time frame.
- Shared medical visits benefit both provider and patient.



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