Innovative Approaches to Making Community Clinical Linkages Work

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Objectives

• Describe an example of a clinical/community partnership that resulted in increased participation in DPP.

• Discuss how a partnership can strengthen existing DPP services.

• Consider ideas for developing future partnerships to build DPP recruitment, retention, and sustainability.
Diabetes Prevention and Control

• Acronym and expanded form
  • DPP - Diabetes Prevention Program
  • DSME - Diabetes Self-Management Education
  • DSMS - Diabetes Self-Management Support
  • HED - Health Extension Diabetes
  • ADA - American Diabetes Association
  • AADE - American Association of Diabetes Educators
Diabetes Prevention and Control

- **Team**
  - **Lifestyle Coach** – trained in group facilitation and motivational interviewing.
  - **Health Extension Agent** – health professional who provides community-based support, education and navigation with a mission to reach all citizens.
  - **Community Health Worker** – frontline public health worker who is a trusted member of the community and serves as a liaison between health/social services and community.
  - **Certified Diabetes Educator** – health professional who possesses comprehensive knowledge of and experience in diabetes management, prediabetes and diabetes prevention.
Clinical/Community Partnership
Healthy Greenville

• Greenville Health Authority (GHA) opportunity
  • Innovative approaches to address:
    • Access to health care, mental health, social determinants of health and healthy eating/exercise – all top concerns identified on 2016 Community Health Needs Assessment
  • First round award, partnered the following:
    • Greenville Health System
    • Clemson University Public Health Sciences Department
    • Clemson University Cooperative Extension Service
Program Structure
Overview

• Three arms:
  • Greenville Health System DPP
  • Greenville Health System/Clemson University DPP
  • Greenville Health System/Clemson University HED
    • DSMS project
  • Enrollment goals: up to 100 per year in each arm over 5 years.
Prediabetes
What is Prediabetes?

- Your blood sugar level is higher than normal, but not high enough to be diagnosed as type 2 diabetes.
- Can lead to type 2 diabetes without lifestyle changes, up to 15-30% within 5 years.
- 1 out of 3 adults have prediabetes.
- 89% unaware they have prediabetes.
Knowing the Risk

**DO YOU HAVE PREDIABETES?**
Prediabetes Risk Test

1. **How old are you?**
   - Less than 40 years (0 points)
   - 40—49 years (1 point)
   - 50—59 years (2 points)
   - 60 years or older (3 points)

2. **Are you a man or a woman?**
   - Man (1 point)
   - Woman (0 points)

3. **If you are a woman, have you ever been diagnosed with gestational diabetes?**
   - Yes (1 point)
   - No (0 points)

4. **Do you have a mother, father, sister, or brother with diabetes?**

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www.doihaveprediabetes.org
Diabetes Prevention Program (DPP)

• Prevent or delay onset of type 2 diabetes
  • Research-based yearlong prevention program
  • Group support and accountability
  • Minimum of 22 sessions
Other prediabetes options

• Prediabetes 101 – 1 hour informational sessions offered by Prisma Health-Upstate, open to public

• Medical Nutrition Therapy – physician referral
Diabetes
What is Diabetes?

• Blood sugar is higher than normal
  • Insulin not being used properly
  • Body does not produce enough insulin
Knowing the Risk

Are you at risk for type 2 diabetes?

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4. Do you have a mother, father, sister or brother with diabetes?  
   - Yes (1 point)  
   - No (0 points)

5. Have you ever been diagnosed with high blood pressure?  
   - Yes (1 point)  
   - No (0 points)

www.diabetes.org
Diabetes Self-Management Education and Support (DSMES)

- Diabetes Self-Management Education
  - Formal education to gain or maintain diabetes control
  - A1C reduction up to 1%
  - Increased use of primary care and preventive services
- Diabetes Self-Management Support
DSMES Timing

• DSME-Diabetes Self-Management Education
  • Newly diagnosed
  • Diabetes questions arise at annual visit
  • Change in condition
  • Transitions in care

• DSMS-Diabetes Self-Management Support
  • Ongoing
Other diabetes options

• Diabetes 101 – 1 hour informational sessions offered by Prisma Health-Upstate, open to the public

• Diabetes Support Groups, open to the public

• Medical Nutrition Therapy – physician referral

• Health Extension Diabetes, research study
Collaboration
Partnership strengths

• Research and Replication: Spreading the Word
  • Partnering with University Research faculty and graduate students
  • Evaluation, dissemination and replication

• Recruitment
  • Increased DPP options
  • Diabetes identified – referral to community or clinical diabetes program

• DPP delivery
  • Multidisciplinary Lifestyle Coach pool
    - DSME educators
    - Clemson Extension Agents
    - Medical Neighborhood Community Health Workers
    - Health Educators
Collaboration Strengths

• Participant and lifestyle coach support
  • Team-based care, cross coverage
  • Community and clinical resource awareness, access and linkage
    • Clemson Cooperative Extension
      • Health Coaches for Hypertension Control
    • Prisma Health-Upstate
      • Medical Nutrition Therapy
      • DSMES
      • Exercise is Medicine Greenville
    • Additional resources example, Vocational Rehabilitation
Care Continuum - Diabetes

• Prisma Health-upstate DSMES

• DSMS: Health Extension Diabetes (HED)
  • Diabetes education support in the community
  • Facilitated by Clemson University Health Extension Agent
  • 4-month long program with 7 educational sessions
  • Medication session delivered by DSMES clinician
  • Support opportunities
Sustainability

• GHA Research
  • PhD student – IRB, data, evaluation, outcomes
  • Healthcare system clinical and community integration
    • Delivery system design
    • Referral source
    • Billing partnership
Future
Recruitment and Retention

- Prisma Health
  - Upstate and Midlands healthcare system alignment
- Clemson Extension
  - Program development (HED) and support (DPP)
  - Expansion to additional counties
- Explore partnership opportunities
Innovative Conclusion

• Leverage Prisma Health (formerly Greenville Health System) to build health extension services.

• Leverage Clemson University Cooperative Extension to build Prisma Health population health platform.

• Leverage GHA opportunity to transform health and build transformative research.
References


