

Providing Diabetes Tele-Education Programs in Underserved Areas of Virginia

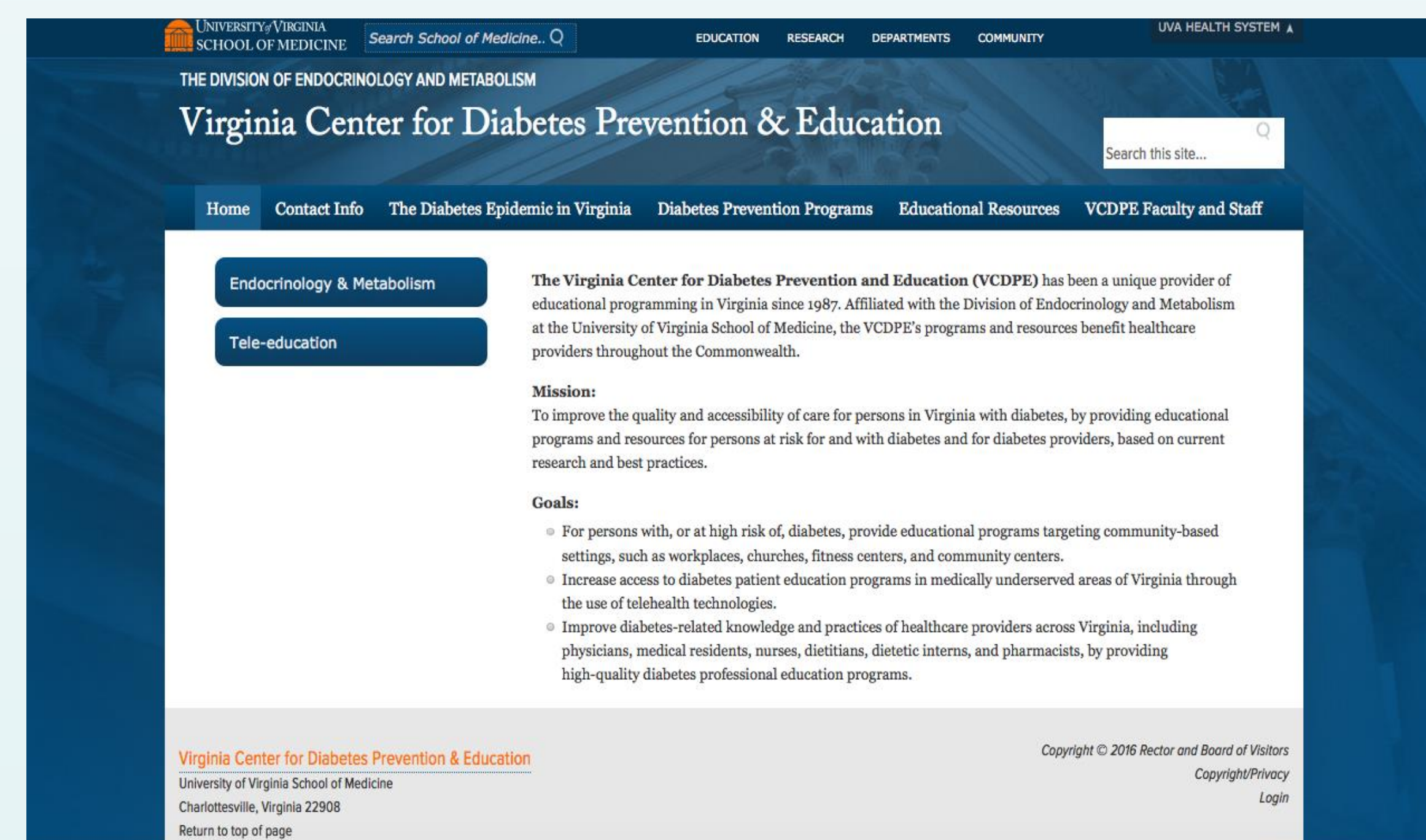
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Background of Our Center:

- Virginia Center for Diabetes Prevention & Education (VCDPE) is located in the University of Virginia in Charlottesville, VA.
- Partners: University of Virginia Diabetes Education and Management Program, Office of Telemedicine

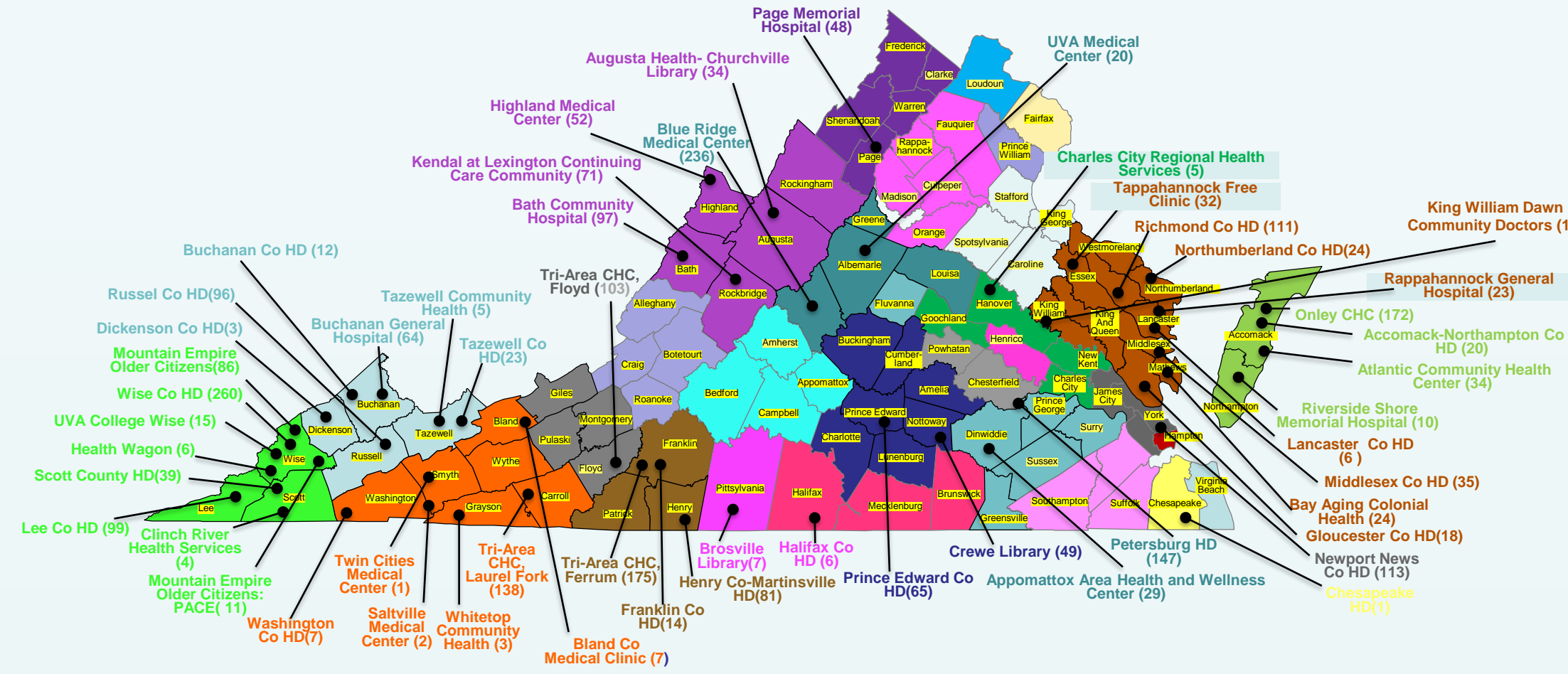
Our Website (<http://med.virginia.edu/vcdpe>)



Methods:

Participating Sites

Sites and Number of Patients Participating from 2008-2015



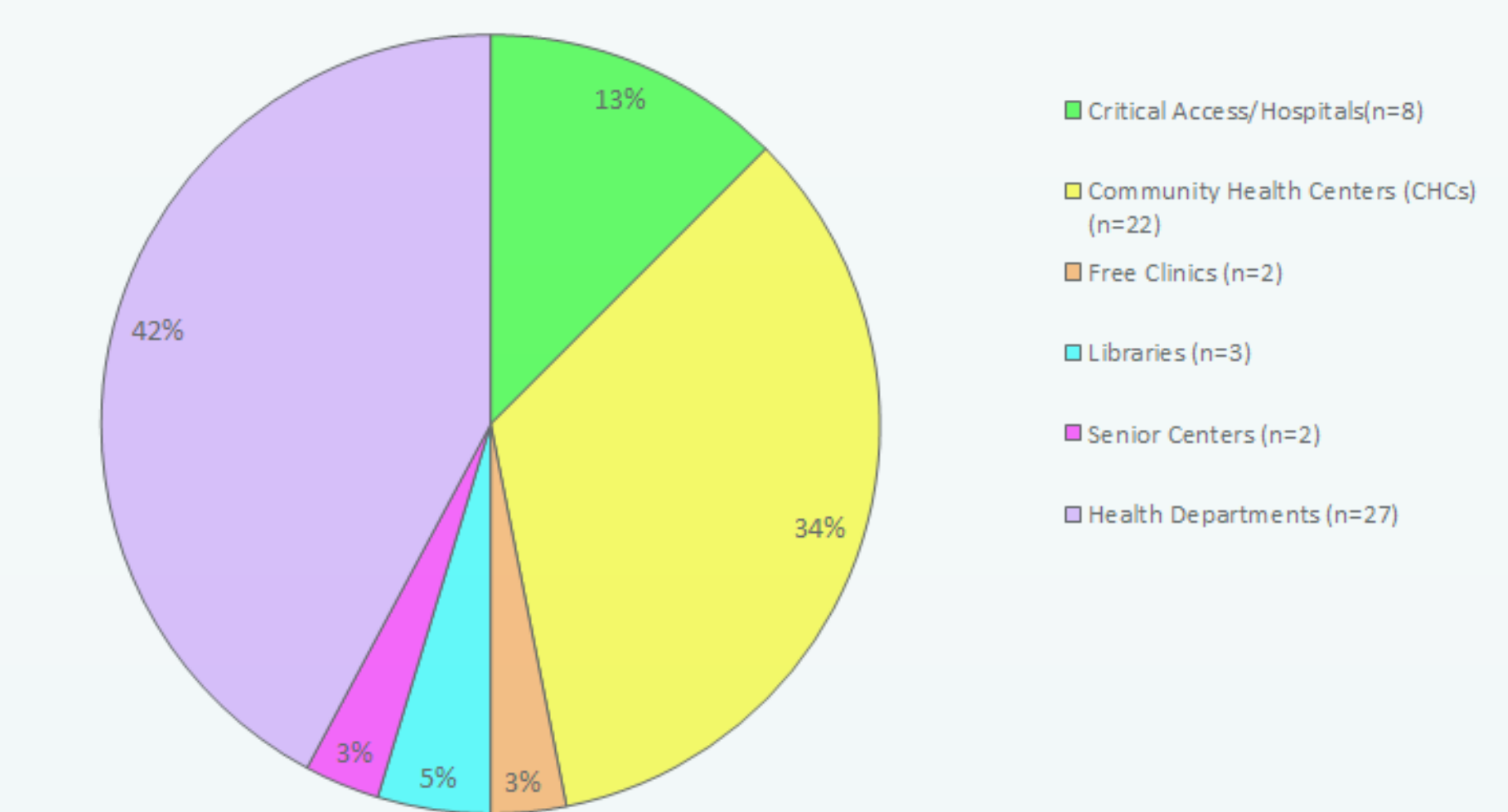
Effectiveness & Conclusions:

- Patients served from 2008-2015: 3,000 in 60 sites
- Highest participant rates were in 2012, followed by 2011.
- 2008-2015 type of sites
 - Critical Access/hospitals: 8
 - Community Health Centers (CHCs):22
 - Free Clinics: 2
 - Libraries: 3
 - Senior Centers: 2
 - Health Departments: 27

Marketing



Percentage by Group Setting (2008-2015)



Objectives:

- Objective 1: improve quality and accessibility by providing diabetes education programs and resources.
- Objective 2: provide to areas that may not have diabetes education services otherwise.
- Objective 3: spread awareness across Virginia to patients and families that may not have received appropriate treatments.
- Objective 4: provide services to areas throughout Virginia, including southwestern Virginia and the Eastern Shore.

Comparisons Between Our Program vs. Other States:

	VCDPE	South Carolina	Arkansas	Montana
Location of site	University of Virginia Office of Telemedicine	FQHC	Rural Community Hospital	Rural primary care clinics
Number of sites	60 sites	3 sites	1 site	5 sites
Type of HCP	RN and RD	RD; RN/CDE	CDE	PCP-referred: NP, CDE, RN, RD, LCSW
Content of Program	Diabetes and lifestyle change topics including Self-Management Basics, Nutrition Basics, Eat Smart-Change Your Lifestyle, Glucose Control, Activity, and Stress	Diabetes topics recommended for ADA program recognition	Diabetes topics recommended for ADA program recognition	Diabetes care and self-management education
Type of education	Group sessions at various locations, facilitation by video-conferencing	3 in-person group sessions (session 1,6,12) 9 group video-conference sessions	Group sessions	Face-to-face office setting compared with telehealth 1-1 visits with PCP or ID team member
Length of program	4 courses meeting quarterly, in the months of April, June, September, and November	12 months Monthly sessions	6 biweekly (two 1-hour and four 2-hour sessions)	3 years; monthly visits to complete education; quarterly visits thereafter
Outcomes	Served almost 3,000 participants in 60 sites-responses favorable.	0.9% decrease in A1c at 6 months; 1.0 % decrease in A1c at 12 months	NSD in self-care, preventative practices, or clinical outcome measures	NSD between groups; increases in diabetes SOC measures; increase in pt. knowledge, self-mgmt. skills, preventative care

Successes and Challenges

Successes:

- Interactive group sessions across different areas of the state
- Interactive materials provided effective learning (showing food labels, exercise module, etc.)

Challenges:

- Need for trained facilitator at participating site
- Up-to-date equipment at participating site
- Internet access
- Easy, quick access to on-site technician for problem solving
- Reimbursement