

DIABETIC PATH CLASS

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WHAT IS DIABETES EDUCATION.....

Diabetes education is the cornerstone of diabetes management, because diabetes requires day-to-day knowledge of nutrition, exercise, monitoring, and medication.

The Diabetes - PATH (Personal Action Towards Health) class is a six-week workshop designed to provide the skills and tools needed by people living with Type 2 diabetes to improve their health and manage their symptoms.

The PATH sessions are a scripted material that trained instructors follow exclusively.

Staff Training for PATH Classes

Obstacles we faced

- 4 days of training for the certified class
- Coverage for staff while attending class with no extra resources to pull from
- Staff members willing to participate in taking class and leading a class.

Prevails achieved

- Staff working together, picking up extra time to ensure coverage.
- Senior resources being flexible with training days (2 days / 2weeks) instead of 4 consecutive days.

DIABETIC PATH WORKSHOP'S

FREE TO ANYONE IN THE COMMUNITY

- ❖ How to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, stress, and emotional problems such as depression, anger, fear and frustration.
- ❖ Learn about exercise for maintaining and improving strength and endurance.
- ❖ Healthy eating, meal planning, label reading.
- ❖ Appropriate use of medication.
- ❖ Working more effectively with your health care provider.
- ❖ Participants will make weekly action plans, share experiences, and help each other solve problems they encounter in creating and carrying out their self-management program.
- ❖ Each participant is provided with a Healthy Meal at each session along with a recipe card and instructions to recreate that meal.
- ❖ All materials provided during a class, the participants are allowed to take home with them and are FREE of charge.

N.S.P.C.N GOAL


TO IMPROVE 2015 RATE OF TWO CLASSES OFFERED IN OCEANA COUNTY.

- **Increase classes by 4 in 2016.**
- **Increase locations and times allowed for participants**
 - **Class times**
 - **Tues. 12-2:30pm (4 classes)**
 - **Wed. 5-7:30pm (2 classes)**
 - **Mon. 5:30-8pm (2 classes)**
 - **Tues. 6-8:30pm (2 classes)**
 - **Thur. 5:30-8pm (2 Classes)**
- **Classes held at Lakeshore Community Hospital, Hart Family Medical, Lakeshore Medical Whitehall.**
- **Completion of the class rate to be 70% or greater.**

REFERRAL PROCESS

- Referrals was done by both providers and staff.
- Referral information was sent to Senior Resources.
- Each office kept a list of dates for classes offered/ times .
- Patients were given reminder calls 2 weeks prior to their scheduled class.
- Patients were also called 1 week prior to, and 1 day prior to their class.
- If patient did not sign up for a class we addressed the barriers they were facing at their next appointment..

BENEFITS OF PATH CLASSES

- **Increase** knowledge for staff.
 - **Increase** the patient relationship throughout the office.
 - **Empowering** the staff to be part of the patients care.
 - **Encouraging** other staff members to take the training.
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PARTICIPATION BENEFITS

- 1st quarter HBA1C for 11 patients tracked ranged from
 - 7-15.2
- 3rd quarter HBA1C for 11 patients tracked ranged from
 - 4.9-6.9 (15.2 dropped to 13.6 she is still working on improving.)

Two participants asked to meet with the Care Managers to discuss Depression that was not obvious to the patient until they attended the class.

The community was as much involved with this process as our offices.

Participation Rate was 90% or above for completion of all classes.



LOOKING FORWARD

- 1. To ensure classes continue past 2017 Senior Resources has been accredited for Medicare patients working with Priority Health on sustaining the program.**
- 2. The N.S.P.C.N. is having a RN who will be trained as a Certified Educator on Diabetes, she will oversee the staff teaching the PATH Classes offered.**