



13th Annual Diabetes & Obesity Conference Alabama

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Everyone With Diabetes Counts (EDC)

Objectives

1. Describe the goals and objectives of EDC initiative.
2. Describe the methodology and educational strategies applied throughout Diabetes Empowerment Education Program (DEEP).
3. Describe the DEEP curriculum content.
4. Share how to become a partner in EDC initiative – stakeholder, partner, trainer, and/or referral source.

EDC Initiative

Under contract with the Centers for Medicare and Medicaid Services (CMS), atom Alliance has launched the EDC initiative in Alabama, Indiana, Kentucky, Mississippi and Tennessee.

- ✿ It will provide targeted Medicare beneficiaries living with diabetes an opportunity to participate in free diabetes self-management education (DSME) classes.
- ✿ Beneficiaries will receive eight hours of diabetes self-management training in their home communities, clinical settings, and other locations such as community centers, libraries and senior centers.

EDC Initiative cont.

These classes are designed to:

- ✿ **Educate** beneficiaries on how to best control their blood sugar, blood pressure and cholesterol levels;
- ✿ **Empower** beneficiaries to establish relationships with primary care providers;
- ✿ **Encourage** better nutrition, regular exercise and encourage lifestyle changes that lead to the reduction in the number of limb amputations;
- ✿ **Express** the importance of developing support networks of family, friends, and existing community-based social services.

EDC Initiative cont.

Provide training for Community Healthcare Workers (CHWs) and community laypersons to become diabetes trainers in their communities.

Technical assistance will be provided to practitioners interested in:

- 🌀 A train-the-trainer program; and
- 🌀 Becoming a certified American Association of Diabetes Educators (AADE)/ American Diabetes Association (ADA) recognized site.

Data will be obtained on HbA1c levels, LDLs, eye exams, foot exams and blood pressure to monitor lifestyle changes.






DEEP Goals

- 🌀 Improve and maintain quality of life
- 🌀 Prevent complications and disabilities
- 🌀 Improve eating habits and maintain adequate nutrition
- 🌀 Increase physical activity
- 🌀 Develop self-care skills
- 🌀 Improve patient and health care team relations
- 🌀 Increase use of available resources






DEEP - Methodology

Based on:




-  National medical care and self-care education guidelines
-  Participatory education
-  Adult education principles
-  Group work techniques
-  Progress towards a healthy lifestyle

DEEP - Target Audiences

DEEP is directed towards:






-  Persons with diabetes
-  Their relatives and caregivers
-  Anyone who needs information on self-care

DEEP is written to be implemented by:

-  Health promoters
-  Community health educators
-  Other professionals who care for persons with diabetes

DEEP - Curriculum

An educational curriculum to address the health literacy and self management needs for target population

-  African American
-  Hispanic/Latino
-  American Indian/Native American
-  Asian/Pacific Islander
-  Any race/ethnicity living in rural areas

Curriculum facilitates changes in knowledge and behavioral and clinical indicators

DEEP – Flexibility – Key Feature

Eight content modules that can be done in 6 sessions without compromising the program's integrity

Two trainers for each workshop is recommended, *but not required*

Designed to be adapted to the needs and abilities of the organization and group

- 🌀 Missed sessions can be made up at the discretion of the trainer and participants
- 🌀 Supplies & materials can be made or purchased

DEEP – Participatory Education

- ⊗ Adults learn best when they are actively engaged and when they learn by doing
- ⊗ Participants learn through discussion and experience
- ⊗ Uses the facilitator concept
- ⊗ Responds to needs of the group
- ⊗ Group involvement for planning and action
 - Facilitator and students set goals
- ⊗ Acknowledges the community as the source of knowledge

DEEP – Participatory Education

Learning:

WE REMEMBER:



of what we read

of what we hear

of what we see

of what we see and hear

of what we do



DEEP – Empowerment

Empowerment is a process *and* an outcome.

Empowerment allows people to master their situations and make decisions that affect their lives.

Education for empowerment is the goal.

Education for empowerment must go beyond the acquisition of knowledge.

Communities increase their own control or mastery.

DEEP – Teaching Strategies

Brainstorming

Problem-solving

Feed-back

Demonstrations

Modeling

Role-playing



DEEP – Meaningful Learning

Education should be centered on the patient.

 Oriented to satisfy the patient's needs

 Listening to the patient

Active Learning

 No long and complex sessions

 Focus on basic concepts with the patient's participation

DEEP – Meaningful Learning cont.

Stimulate reasoning more than memory

- 🌀 Stimulate creativity
- 🌀 Short, clear and simple messages
- 🌀 More important to learn to apply the concepts than to repeat them




Work in small groups

Solving problems



- 🌀 Requires decisions every day
- 🌀 Don't expect the patient to count calories but to calculate portions

Becoming an EDC Partner

Person with diabetes or pre-diabetes





-  Attend diabetes education classes when they become available in your community
-  Encourage others to attend diabetes education classes
-  Ask your community leaders to volunteer a site for education in your community

Community

-  Contact us to talk about setting up a diabetes education site in your community
-  Take an active role in improving the health status of others in your community with diabetes or pre-diabetes

Becoming an EDC Partner cont.

Doctor's office and clinic

-  Volunteer to become an education site
-  Refer patients to free diabetes education classes
-  Encourage diabetes to attend available classes
-  Contact us to schedule a time to talk about how we can assist you in becoming a recognized diabetes education site





Summary

EDC Initiative provides:

- ☉ Targeted Medicare beneficiaries with free diabetes self management classes.
- ☉ Free diabetes education training to CHWs, nurse, community laypersons to be utilize to teach diabetes classes in the community.
- ☉ Free technical support to clinics and doctors offices to assist in becoming a recognized site for Medicare billing.

Summary cont.

DEEP


-  Participatory
-  Flexible
-  Empowering
-  Meaningful Learning

Become an EDC Partner!



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