

Diabetes Tele-Education Programs

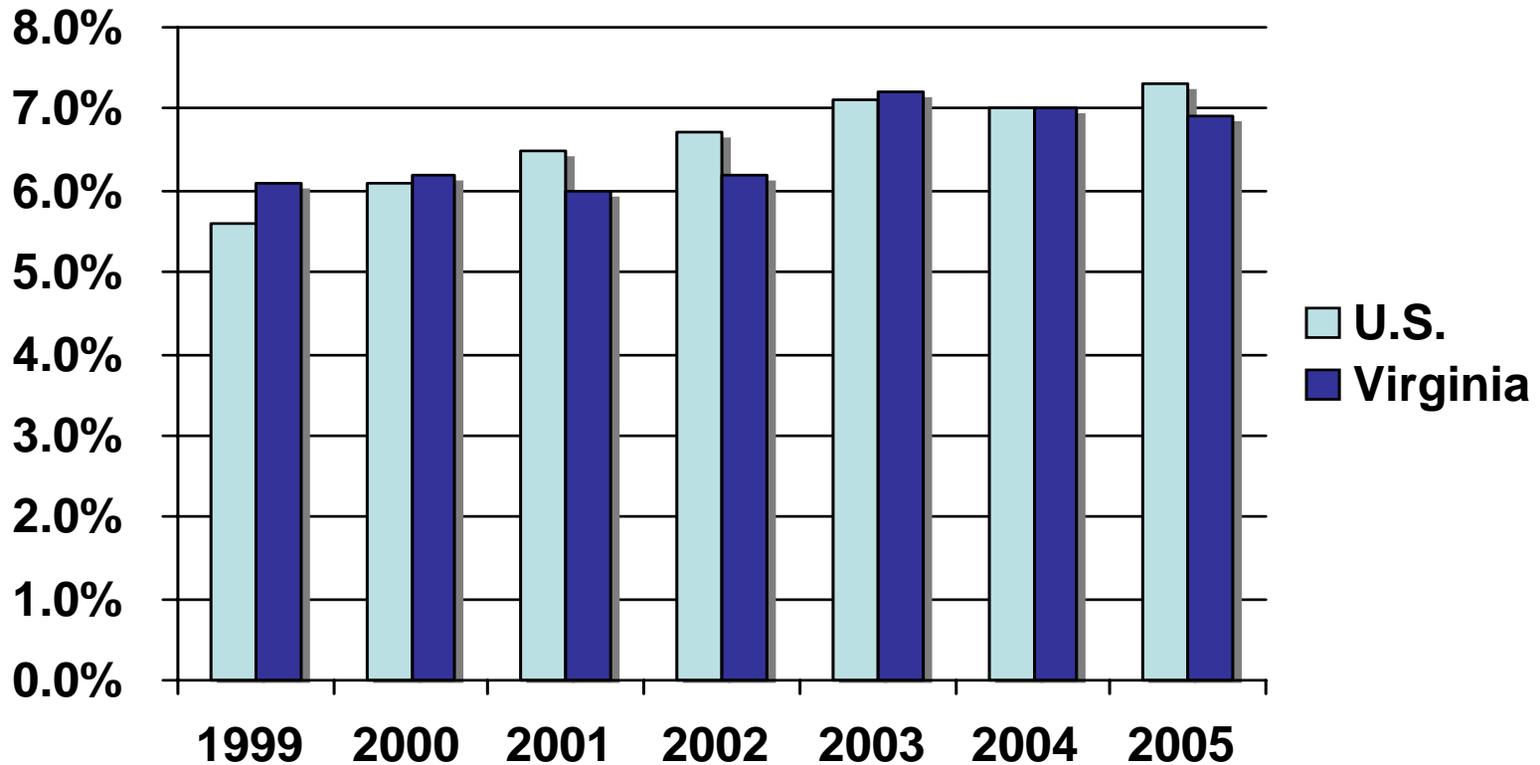
August 2006

July & August 2007

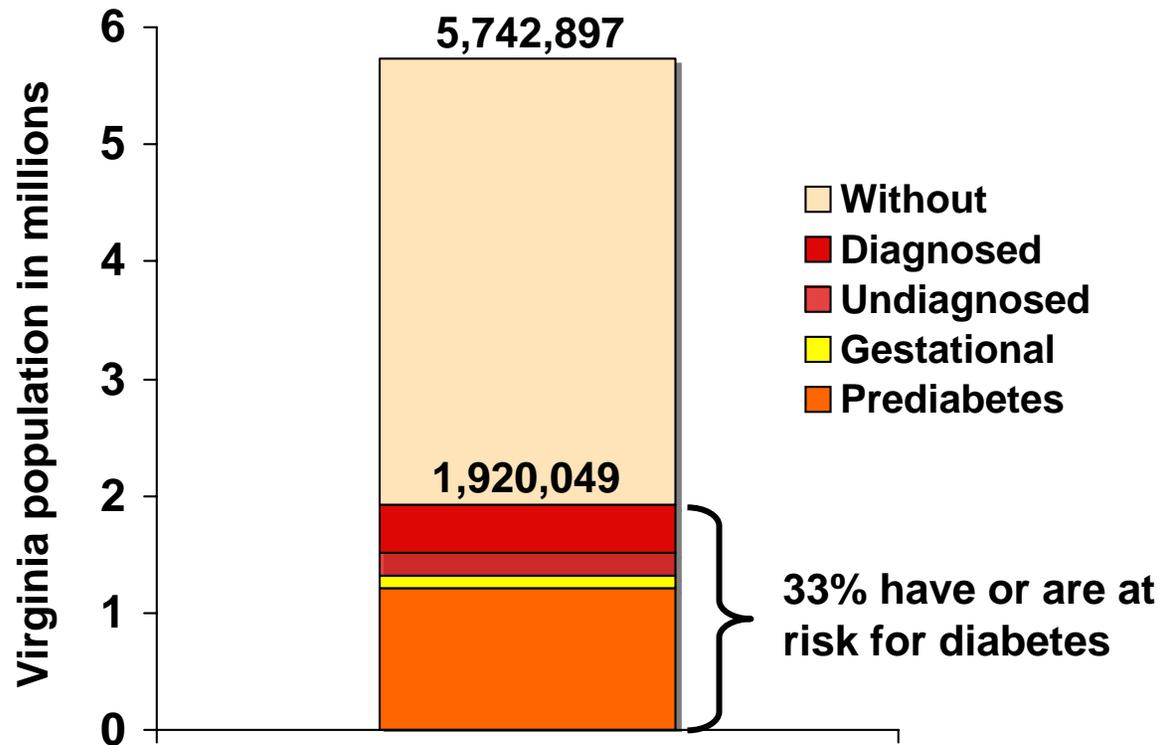
J. Terry Saunders, Ph.D.

Virginia Center for Diabetes Professional Education

U.S. and Statewide Prevalence of Diabetes in Virginia, 1999-2005



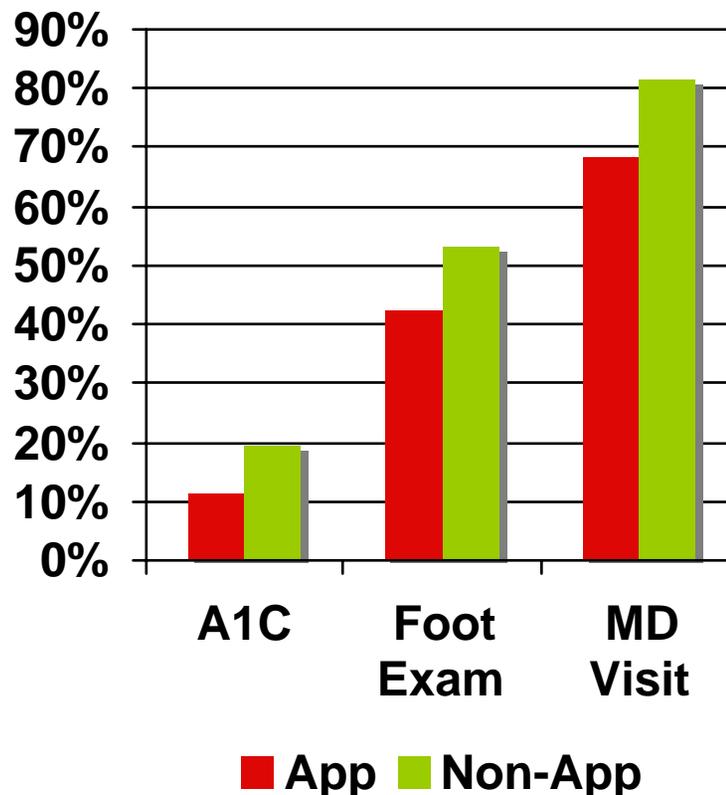
10% of Virginians already have diabetes
Another 23% are at risk of getting it



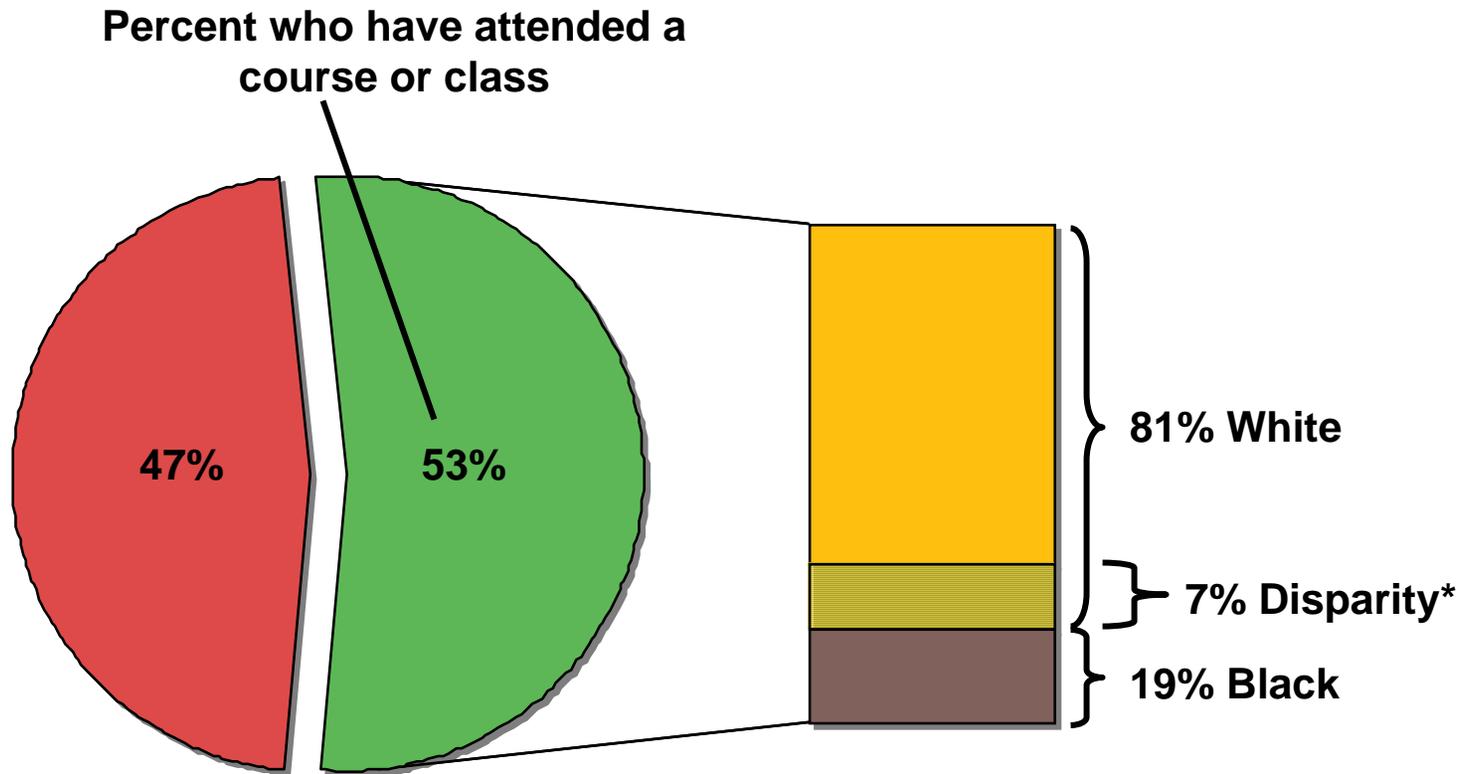
Disparities Within Virginia: Appalachian vs. Non-Appalachian Counties

Higher cardiometabolic risk:

- Diabetes (1.41)
- Obesity (1.06)
- Hypertension (1.2)
- High cholesterol (1.16)



47% of Virginians with diabetes have not participated in diabetes education



*Relative to the diabetes population, participation should be 73% White, 26% Black

Rationale for Diabetes Tele-Education

- Epidemic of diabetes statewide
- Co-occurrence of high risk and lagging management practices
- About half of those who have diabetes in Virginia have not had education
- Shortage of diabetes educators and education programs in rural and underserved areas of the state
- Lack of adequate reimbursement for diabetes patient education
- Difficulty and expense of providing face-to-face professional education
- Efficiency of using existing telemedicine equipment for education

Virginia Center for Diabetes Professional Education

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Virginia Center for Diabetes Professional Education

Virginia Center for Diabetes Professional Education

About the Center Programs

- Special Projects
- Contacts & Related Links
- Faculty

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About the Center

- [Mission Statement](#)
- [Goals](#)
- [Directions to Center](#)
- [Contact Information](#)

The Center's Programs

- [Interventions to Improve Health Care Systems](#)
- [Education for Diabetes Care Providers](#)
- [Education for Medical Residents](#)
- [Diabetes Patient Education Program Development](#)

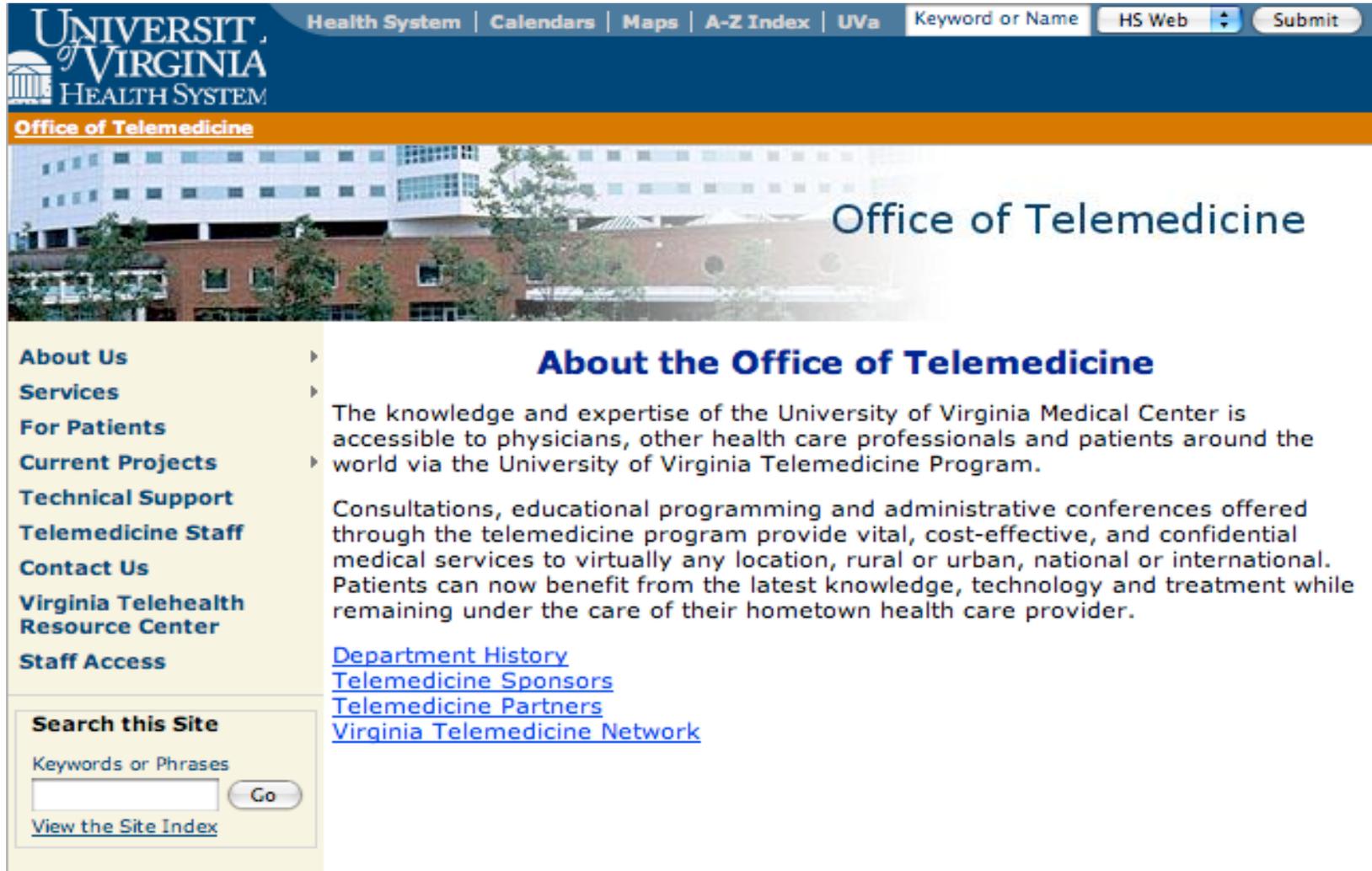
Center Faculty and Staff

- [Director & Psychologist](#)
- [Medical Director](#)
- [Nutrition Specialist](#)
- [Program Support Technician](#)
- [Research Administrator and Grants Specialist](#)

Special Projects

- [Virginia Diabetes Control Project](#)
- [Virginia Diabetes State Plan](#)
- [Virginia Diabetes Council](#)
- [Appalachian Diabetes Coalition Project](#)
- [Diabetes Management Project in Ghana](#)

UVA Office of Telemedicine



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Office of Telemedicine

Office of Telemedicine

About the Office of Telemedicine

The knowledge and expertise of the University of Virginia Medical Center is accessible to physicians, other health care professionals and patients around the world via the University of Virginia Telemedicine Program.

Consultations, educational programming and administrative conferences offered through the telemedicine program provide vital, cost-effective, and confidential medical services to virtually any location, rural or urban, national or international. Patients can now benefit from the latest knowledge, technology and treatment while remaining under the care of their hometown health care provider.

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Diabetes Education and Management Program

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Health System | Calendars | Maps | A-Z Index | UVa | Keyword or Name | HS Web | Submit

Diabetes Education & Management Program



Diabetes Education and Management Program

Our Mission

The **Diabetes Education & Management Program** is designed to increase patient access to diabetes education in order to promote optimal health and prevent the high costs and complications of this disease.

We work in partnership with university physicians, primary care physicians, and nurse practitioners to help the person with diabetes learn the content and skills necessary for successful self-management. Certified diabetes educators (CDE), both registered nurses and registered dietitians, who utilize the case management and empowerment models in the delivery of care are on staff. Recognized by the American Diabetes Association in 2000, and recertified in 2006, the ADA standards of care and self-management education provide the framework for the program's curriculum.



Our Services

- Group Workshops
- Support Group
- Insulin Pump Program
- Diabetes Research
- About Us
- Links

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The Nuts and Bolts of Diabetes

Introductory Workshop: "The Nuts & Bolts of Diabetes": A 4-hour interactive workshop that covers what the American Diabetes Association has identified as important to learn in order to successfully manage diabetes. It is referred to as the "core curriculum". Topics include: what is diabetes?, diabetes complications, blood glucose monitoring, staying well, foot care, sick day guidelines, and introductions to nutrition, exercise, and stress management.



I Have Diabetes, Now What Do I Eat?

Nutrition Workshop: "I Have Diabetes, Now What Do I Eat?": This is a 3-hour hands-on workshop, that provides the most up-to-date nutrition information upon which participants will plan their meals. Content includes understanding the Food Guide Pyramid, nutrient effects on blood glucose, serving sizes, reading food labels, use of non-nutritive sweeteners, fats, and fiber. Emphasis is on heart healthy eating, as well as, improving glycemic control.



Tele-Medicine Equipment



Aurbach Classroom



Patient Tele-Education Programs 2006

August 21 and 23: 5:00 - 6:30 PM:

Nuts and Bolts of Diabetes, parts 1 and 2

August 29 and 31: 5:00 - 6:30 PM:

I Have Diabetes, Now What Do I Eat, parts 1 and 2

28 participants from 3 sites:

Bath Community Hospital: 14

Saltville Medical Center: 8

Twin Cities Medical Center: 6

Patient Evaluation Results

	Nuts and Bolts of Diabetes		
Patient confidence	Very	Somewhat	Not at all
Bath (15)	69%	26%	5%
Saltville and Twin Cities (13)	81%	18%	<1%
Combined Sites	75%	22%	3%

Other Positive Outcomes

- Uniformly positive feedback from staff facilitators
- Onsite activities enhanced learning experience for patients
 - Footcare, glucose testing classes
 - Healthy food preparation
- Patient support group started

2007 Patient Tele-Education Classes

- Basic
 - The Nuts and Bolts of Diabetes
 - I Have Diabetes, Now What Do I Eat?
- Advanced
 - Tools for Weight Loss (most requested)

Tools for Weight Loss

Tools for Weight Loss: Did you know that nearly 9 out of 10 people with newly diagnosed type 2 diabetes are overweight? Find creative ways to decrease calories but still consume the foods you enjoy. Losing weight and keeping it off is a real challenge. It's important to remember that losing even a relatively small amount of weight will make an improvement in reducing your risk for diabetes complications and other serious conditions. This class will give you the "tools" to chart your own course towards a healthier weight.



CAH Site Visits: May 2007

- Bath Community Hospital
- Carilion Giles Memorial Hospital
- Page Memorial Hospital Hospital
- Shenandoah Memorial Hospital

Patient Tele-Education Programs 2007

July 10: 9AM-12:30PM:

Nuts and Bolts of Diabetes

July 17 and 19: 5 - 6:30PM:

Nuts and Bolts of Diabetes, parts 1 and 2

August 2: 1 - 4PM: I Have Diabetes, Now What Do I Eat?

August 20 and 22: 5:00 - 6:30PM:

I Have Diabetes, Now What Do I Eat, parts 1 and 2

August 23: 1:00 - 3:00PM:

Tools for Weight Loss

September 13: 5:00 - 6:30PM:

Tools for Weight Loss

Professional Tele-Education Programs 2007

July 24: 12 - 1PM or 6 - 7PM:

New Medications: Orals and Insulin

July 25: 12 - 1PM or 6 - 7PM:

Flexible Insulin Strategies

August 14: 12 - 1PM:

Medical and Behavioral Management of Cardiometabolic Risk

August 15: 12 - 1PM or 6 - 7PM:

Progression of Therapy in Type 2 Diabetes

September 4: 6 - 7PM:

New Medications: Orals and Insulin

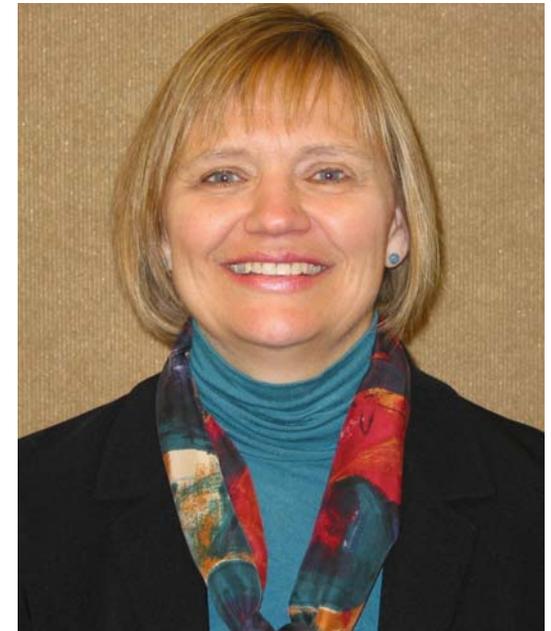
2007 Tele-Education Faculty



Anthony L. McCall
M.D., Ph.D.



Anne Diamond
R.N., M.S.N., C.D.E.



Joyce Green Pastors
M.S., R.D., C.D.E.

Future Possibilities

- Addition of SHIP programs and/or rural health clinics
- Planned calendar of programs for the year
- Additional funding for expanded professional tele-education
- Simultaneous broadcast to larger number of sites

Thank you!

Questions and Comments