



Diabetes Management and CHWs

Kentucky Homeplace

Presented by:

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Funding for the program is a joint collaboration of the Kentucky Cabinet for Health and Family Services and the University of Kentucky and the Center of Excellence in Rural Health.



Kentucky Homeplace History



- In the early 1990's many rural Kentuckians were going without health care services, in particular, preventive care.
- The Commonwealth's General Assembly took the unique step in 1994 of earmarking taxpayer money for Kentucky Homeplace.





Kentucky Homeplace: A Successful Model

Mission: Provide access to medical, social, and environmental services for the citizens of the Commonwealth

Vision: Educate Kentuckians to identify risk factors and use preventative measures to become a healthier people with knowledge and skills to access the healthcare and social systems





Kentucky Homeplace Clients



- Many rural Appalachian residents experience multiple chronic conditions with diabetes being a huge concern.
- They have added barriers of less access to health care providers, specialty care, inadequate health insurance and transportation.
- The ability to receive health coaching for all chronic conditions in their own communities in a limited timeframe is a much needed resource.



Diabetes Facts



- Kentucky adults have doubled from 6.5% (198,052) to 12.9% (442,500) who have been diagnosed with diabetes
- 1 in 8 adults in Kentucky have been diagnosed with diabetes
- In Appalachia, the rate is 17% compared to 11.2% in non-Appalachia counties
- Medicaid reports up to 3,074 youth with diabetes diagnosis claims



Kentucky Homeplace: A Successful Model

July 1, 2018 – June 30, 2019

Total number of clients
served = 4,480

July 1, 2018 – June 30, 2019

Total number of clients
reported having diabetes =
1,682



CDSMP



Chronic Disease Self-Management Program (CDSMP)

- The uniqueness of CDSMP is the curriculum addresses a variety of chronic conditions in one program rather than separate disease-specific programs.
- Proven to increase a persons ability to cope with their disease process while working toward improved chronic disease outcomes.



Chronic Disease Self-Management (CDSMP)

- Developed by Stanford University's Patient Education Program
- Stanford Programs are licensed and evidence based trainings
- Today the trainings are managed by the Self-Management Resource Center
- Training was developed for Master Trainers to train Lay Leaders
- Leader Training is 4 days
- Lay Leaders deliver six weeks of 2 and ½ hour session to community members



Chronic Disease Self-Management (CDSMP)

- Curriculum includes:
 - Exercise and nutrition
 - Medication usage
 - Stress management and managing fatigue
 - Talking with your doctor or health professional, family and friends
 - Evaluating treatment choices
 - Dealing with emotions, frustration and depression
 - Making an action plan
 - Future plans



Diabetes Self-Management Program (DSMP)

- Modeled after CDSMP
- CHWs are cross trained to conduct DSMP
- Designed to enhance regular treatment and diabetes education
- Covers how to deal with the symptoms of diabetes, appropriate exercise, healthy eating, appropriate use of medication and working with health care providers
- Same timeframe and format as CDSMP



Diabetes Self-Management Program (DSMP)

- Topics covered:
 - Healthy eating
 - Action planning
 - Sharing/problem sharing
 - Exercise for strength and endurance
 - Preventing Hypoglycemia
 - Monitoring glucose
 - Stress/Depression
 - Appropriate use of medications
 - Preventing complications
 - Working more effectively with health care providers



Walk with Ease (WWE)

- CHWs completed on-line WWE training
- Recruited participants from their community
- Participants learn to become better arthritis self managers by maintaining appropriate levels of exercise.
- Structured program which provides information on how to walk safely and overcome barriers to exercise
- Can be presented as a group training or individual training



Process Developed by Kentucky Homeplace



- Developed referral procedure to work with community providers to accept clients into CDSMP sessions
- Partnership with WellCare provided gas cards to remove the transportation barriers and allow sharing of data for tracking A1C levels, hospital admissions and emergency room visits.
(Press release coming soon)



- **1,400 completed CDSMP, DSMP and WWE (Spring of 2016 to Spring of 2018)**
- **Created a Workshop Locator Map for Kentucky**





Locator Map

The link to the CDSMP & DSMP Workshop Locator Map:

https://public.tableau.com/shared/9NSZCTRQ3?:display_count=yes&:origin=viz_share_link

Kentucky Homeplace Chronic Disease Self Management Locator
*Contact CHW for information about Walk With Ease Classes

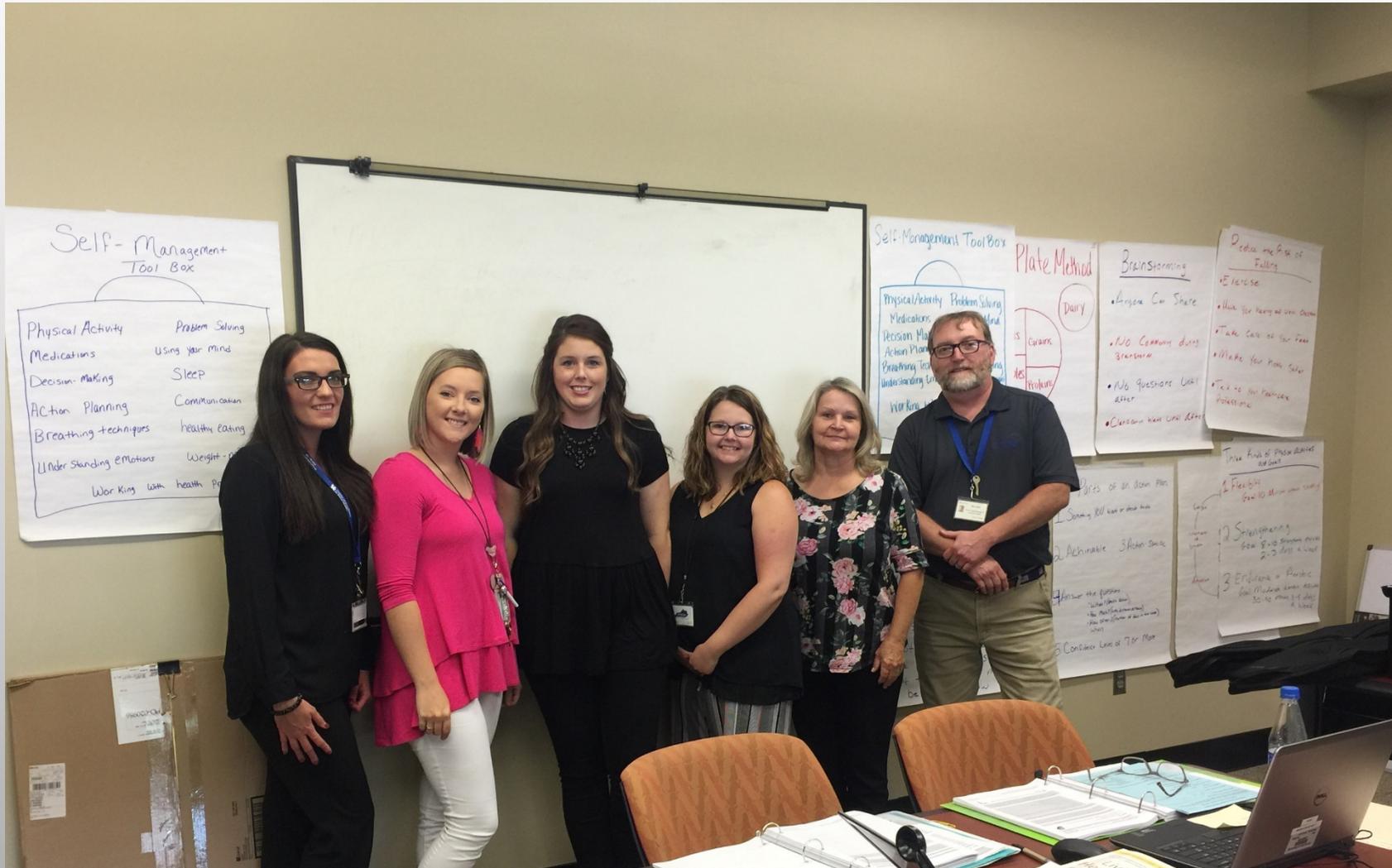
CHW	Co-Leader	CDSMP Class Location	Class Address	Class Time	
Amanda Go.	Null	No Classes Currently S.	Null	TBA	No Classes ..
Angela McG.	Null	No Classes Currently S.	Null	TBA	No Classes ..
Ashley Gilb.	Rita Owsley	Letcher County Health..	115 E Main St. ..	3:30 PM - 6:..	3/27/2018, ..
Barb Justice	Null	No Classes Currently S.	Null	TBA	No Classes ..
Beth Smith	Shirley Prater	Carter County Senior C.	200 Hord Street..	9:30 AM - 1..	3/2/2018, ..
Carole Frazi.	Keisha Huds.	University of Kentucky..	750 Morton Blv..	4:30 PM - 7:..	4/5/2018, ..
Darla Shep..	Null	No Classes Currently S.	Null	TBA	No Classes ..
Judy Bailey	Null	No Classes Currently S.	Null	TBA	No Classes ..
Kala Gilliam	Amanda Goo.	First Baptist Church	123 East Main S.	1:00 PM - 3:..	4/5/2018, ..
Katherina H.	Rita Owsley	Wheelwright Senior Cl.	22 Shop Fork St. .	TBA	3/6/2018, ..
Kathy Slush.	Null	No Classes Currently S.	Null	TBA	No Classes ..
Kendra Ward	Null	No Classes Currently S.	Null	TBA	No Classes ..
Kimberly Pa.	Null	No Classes Currently S.	Null	TBA	No Classes ..
Kimberly S..	Null	No Classes Currently S.	Null	TBA	No Classes ..
Ladonna Yo.	Pollyanna Gi.	UK Robinson Center	176 Robinson R.	3:00 PM - 5:..	3/28/2018, ..
Mary Bowli.	Darla Sheph.	Leslie County Senior Ci.	178 Wendover ..	9:00 AM - 1..	3/9/2018, ..
Pollyanna G.	Null	Wolfe Co. Courthouse	Null	1:00 PM - 3:..	3/5/2018, ..
Ratisha Puc.	Null	No Classes Currently S.	Null	TBA	No Classes ..
Rita Owsley	Ashley Gilbe.	Knott County Hickory ..	100 Recovery W. .	12:00 PM - .	3/7/2018, ..
Samantha ..	Null	No Classes Currently S.	Null	TBA	No Classes ..
Shirley Prater	Beth Smith	Elliot County Senior Ci.	101 S KY 7, San..	1:00 PM - 3:..	3/2/2018, ..
Kala Gilliam	Null	Morgan County Library	151 University ..	9:30 AM - 1..	4/20/2018, ..
Vacant	Null	No Classes Currently S.	Null	TBA	No Classes ..

CHW Legend:
Amanda Goolman
Angela McGuire
Ashley Gilbert
Barb Justice
Beth Smith
Carole Frazier
Darla Shepard
Judy Bailey
Kala Gilliam
Katherina Hamilton
Kathy Slusher
Kendra Ward
Kimberly Patterson
Kimberly Smith
Ladonna Young
Mary Bowling
Pollyanna Gilbert
Ratisha Puckett
Rita Owsley
Samantha Bowman
Shirley Prater
Vacant

Viz created by: Sydney Thompson, MS



CHWs Were Trained as Lay Leaders





Success Stories





GOVERNING
THE STATES AND LOCALITIES

The Future of Health Care Is Outside the Doctor's Office

by Mattie Quinn | March 2017



States are increasingly investing in community health workers to improve their residents' health.

Source: <http://www.governing.com/topics/health-human-services/gov-community-health-workers.html>



Carter County Diabetes Support Group





Carter County Diabetes Support Group





Managing Your Diabetes





QUESTIONS?

The Role of the CHW in Diabetes Self-Management Education and Support (DSMES)

Kentucky Diabetes Prevention & Control Program
9/19/19

Becki Thompson RN CDE MLDE

Kim DeCoste RN CDE MLDE



Kentucky Public Health

Prevent. Promote. Protect.

Kentucky Diabetes Prevention and Control Program



Kentucky Department for Public Health Diabetes Team
Theresa Renn, Janice Haile, Reita Jones, Kim DeCoste,
Julie Steber, Becki Thompson

What is DSMES ?

- “The ongoing process of facilitating the knowledge, skills, and ability necessary for diabetes self-care, as well as activities that assist a person in implementing and sustaining the behaviors needed to manage his or her condition on an ongoing basis, beyond or outside of formal self-management training.”

What is DSMES ?

- DSMES focuses on seven self-care behaviors
 - Healthy Eating
 - Being Active
 - Monitoring
 - Taking Medication
 - Problem Solving
 - Healthy Coping
 - Reducing Risks

Who Can Provide DSMES Standard 5

- At least one of the team members responsible for facilitating DSMES services will be a registered nurse, registered dietitian/nutritionist, or pharmacist with training and experience pertinent to DSMES, or be another healthcare professional holding certification as a diabetes educator (CDE) or board certification in advanced diabetes management (BC-ADM).
- **Other healthcare workers or diabetes paraprofessionals may contribute to DSMES services with appropriate training in DSMES and with supervision and support by at least one of the team members listed above.**

American Association of Diabetes Educators

- **Diabetes Paraprofessional Level 1:** Health Educators/Community Health Workers
- **Diabetes Paraprofessional Level 2:** Dental Hygienist, Certified Nursing Assistants, Medical Assistants, Dietetic Technicians, Registered Pharmacy Technicians, Physical Therapy Assistants, Licensed Practical Nurses

CHW Roles in DSMES

- Per National DSMES Standards
 - Teach and Reinforce
 - Self Management Skills
 - Support Behavior Change
 - Facilitate Group Discussion
 - Ongoing Self-Management Skills
 - Require continuing education specific to the role the CHW serves within the team
- AADE Practice Paper, Community Health Workers' Role in DSMES and Prediabetes 2019

Licensure of Diabetes Educators

- In 2011, KY became the first state to pass legislation requiring licensure of diabetes educators
- Licensed diabetes educators are health professionals, registered nurses, registered dietitians, pharmacists, licensed clinical social workers and others
- Diabetes Paraprofessional
 - Must directly report to the qualified DSMES team member
- KRS 309.325 to 309.339 A title and practice act
 - This legislation regulates both the use of and the title “diabetes educator” and the scope of practice of the diabetes educator
- <http://bde.ky.gov/>

National Diabetes Prevention Program

- A research-based program focusing on healthy eating and physical activity which showed that people with prediabetes who take part in a structured lifestyle change program can cut their risk of developing type 2 diabetes by 58% (71% for people over 60 years old).

- <https://www.cdc.gov/diabetes/prevention/about.htm>

National Diabetes Prevention Program

- Who can be a Life Style Coach?
 - Person who has been formally trained in a CDC approved curriculum for a minimum of 12 hours or two day training by:
 - A training entity listed on the CDC website
 - A CDC-recognized virtual organization
 - A Master Trainer who has delivered the program for at least one year
 - Lifestyle Coach may be a health professional (RN, RD), CHW, lay person.
- Page 37, Centers for Disease Control and Prevention Diabetes Prevention Recognition Program , Standards and Operating Procedures, March 1, 2018

DPP Coaches Training



National Diabetes Prevention Program

Diabetes Home > National Diabetes Prevention Program > How to Get Involved
> Lifestyle Change Program Providers



 National Diabetes
Prevention Program

About the National DPP +

Tools and Resources

What's New?

Prediabetes Risk Test

How to Get Involved -

People at Risk for Type 2
Diabetes

Staffing and Training

Find resources to help staff your CDC-recognized lifestyle change program and ensure lifestyle coaches get the training they need to be successful.

Staffing Your Lifestyle Change Program

You will need a staff member to fill the following roles in your lifestyle change program:

- **Lifestyle coach** to lead the lifestyle change program sessions and support and encourage participants
- **Program coordinator** to oversee daily operations of the lifestyle change program, support and guide lifestyle coaches, and ensure that the program meets quality performance outcomes
- **Data preparer** to collect and submit data to CDC.

Kentucky Diabetes Resource Directory

NEED A DIABETES RESOURCE?



Kentucky Diabetes Resource Directory

<https://prd.chfs.ky.gov/KYDiabetesResources/>

Public Web Address

- <https://prd.chfs.ky.gov/KYDiabetesResources>



GOOGLE:
Kentucky
Diabetes
Resource
Directory

Home Page

Click Search... Two Ways

Kentucky.gov KY Agencies | KY Services

KENTUCKY
CABINET FOR HEALTH AND FAMILY SERVICES
Kentucky Diabetes Prevention and Control Program



About CHFS | Contact Us | Forms and Documents |
Navigate > Home



Kentucky Diabetes Resource Directory



Home
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 Links
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Need To Add Or
Update a Diabetes
Resource?
 New Resource
 Edit Resource

Diabetes Resources

Search For Kentucky Diabetes Resources

 [Click Here](#)

This site allows you to search for diabetes resources such as classes or support groups which are near your location. In addition, this site allows direct links to sites which will help you find diabetes specialists and educators in your area.

Search Page What it looks like...

Search Criteria

Choose your "Search" criteria then click "Search"
Choose any resource to see a description.
For descriptions of all resources, click [here](#).

Resource:

- All
- Diabetes Events, Fundraisers, Expos, Camps, or other "Special Offerings"
- Diabetes Prevention Program/DPP Organizations
- Diabetes Prevention Program (DPP) NEW CLASS INFORMATION (Updated monthly)
- Nationally "Recognized" or "Accredited" Diabetes Self-Management Education and Support Class
- OTHER Diabetes Self-Management Education and Support - Class Taught by Licensed Health Professionals
- Diabetes Self-Management SUPPORT - Class Designed to be Taught by Non-Licensed (Lay) Person
- Diabetes Support Groups
- Diabetes Specialist (Endocrinologist or Diabetologist)
- Diabetes Coalitions
- Medical Nutrition Therapy (MNT) (Dietitians)
- Continuing Education Offerings for Professionals (nurses, dietitians, pharmacists, etc.)

Select County:

Search Adjacent Counties

In Summary.....

- Community Health Workers are a valued member of the healthcare team working to support people at risk for and with diabetes.



