

## Telehealth Diabetes Education ACT Grant for SWR

Delivering Lower-Cost Diabetes  
Education in Rural Oregon and  
Southwest Washington Primary Care  
Clinics Using Telehealth in a  
Standardized Delivery Model

October 15, 2013

## TDE Overall Objectives

- Provide diabetes education to Southwest Washington using Telehealth, videoconferencing technology
- Improve patient and provider access to diabetes services
- Reduce health disparities
- Reduce costs for diabetes education service

## Study Design

- Diabetes Education
- Olympia "hub"
- Centralia "spoke"
- Telepresenter

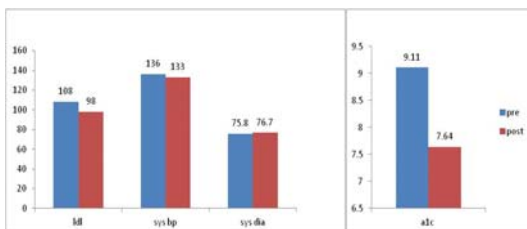


## Project Objectives and Measures

Triple Aim: Improve Health Experience, Improve Population Health, Reducing Cost

<b>Clinical Outcomes</b>	Triple Play Measures: A1c, LDL and BP Pre and Post educational screening rates.
<b>Satisfaction Measures</b>	Ensure patient satisfaction with diabetes education with telehealth delivery model
<b>Assessment Measures</b>	Discover the distinctive characteristics of the population being served. <b>Engagement &amp; Knowledge</b>
<b>Financial Measures</b>	Capture operational savings

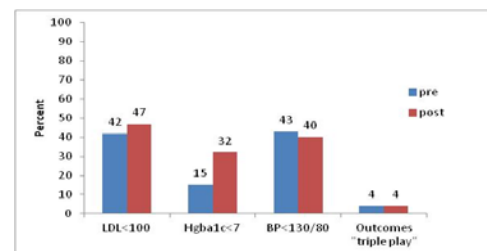
## Triple Play TDE Outcome for SWR



p<0.04

p< 0.0001

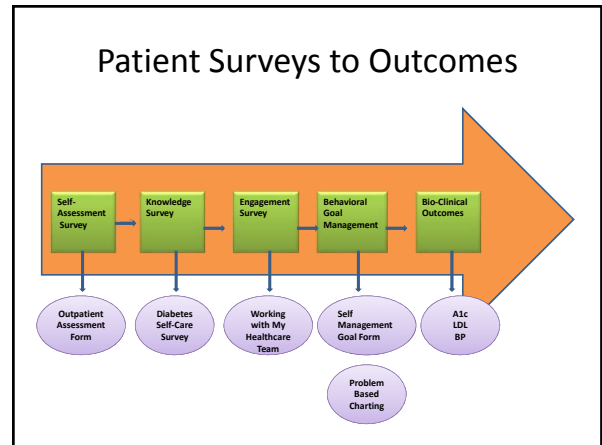
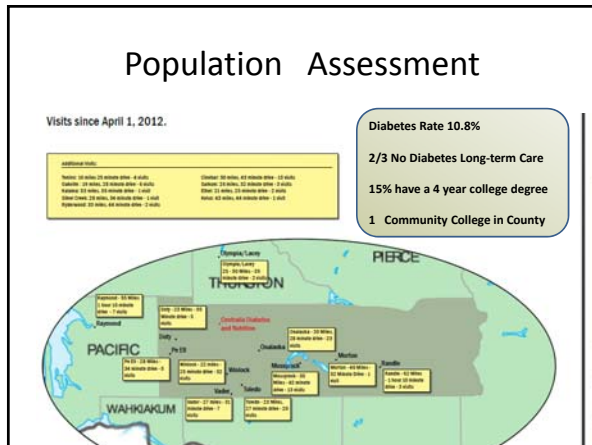
## Triple Play TDE Outcome for SWR



p<0.01

### TDE UOS & Descriptions

• DM 1:1 Registered Dietitian	75
• DM 1:1 Registered Nurse	64
• DM Group	15
• MNT 1:1 Registered Dietitian	36
• GDM	17
• DM Prevention Screening	23
• Hospital OB Patient	2
<b>• Total (August 2013)</b>	<b>268</b>



### Diabetes Self-Care Survey

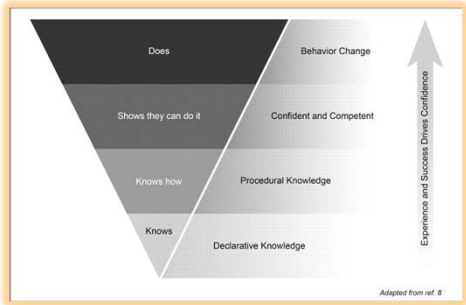
• Health Belief About Diabetes	2
• Meal Management	4
• Medications	4
• Lab A1c Personal Values	5
• Monitoring	4
• Exercise	2
• Long-term Care	12

### Standout Questions

(SCK Survey t Value -2.6 Pr > |t| 0.0171)

Question	Pre Correct	Post Correct
Meals higher in fiber are good.	55%	100%
Blood sugar before breakfast under 110 mg/dL is okay.	45%	91%
Exercise would not help my diabetes.	100%	100%
A1c is done yearly.	55%	91%
Physical illness can increase blood sugar.	45%	91%
Smoking is okay with diabetes.	55%	91%
High blood sugar could lead to heart disease.	64%	100%
High blood sugar cannot cause infections.	55%	100%

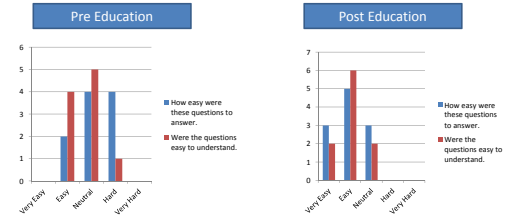
### Education & Experience Progression



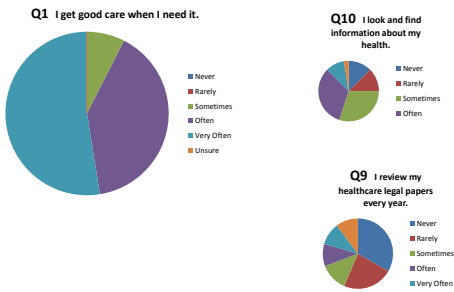
Beebe C A , Schmitt S Clin Diabetes 2011;29:123-126

### Declaration of Knowledge

	Pre Diabetes Education	Post Diabetes Education
Number of Questions Answered "Unsure"	96	33



### Working with My Healthcare Team



### Problem-Based Charting

### Financial Gains

- Saving 1 Round Trip for RN Manager
  - 61 Driving Hours/ Year
  - 3000 miles/year
- Patients enjoyed not going to Olympia for care
- Reciprocal Coverage between Oly & Cent.
- Team Meetings and Inservices with Telehealth

### Safety, Regulations, & Audits



PROVIDENCE ST. PETER HOSPITAL  
TELEHEALTH DIABETES EDUCATION (TDE)  
COMPETENCY BASED SKILLS CHECKLIST



Thank You!!!

