

National Diabetes Prevention Program



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National Diabetes Prevention Program

Who Are We:

- Exodus was established in 1992 by Dr. Brian Zehnder and we are located in Magna and West Valley, Utah.
- We are a family practice consisting of 18 Doctors, PA's and NP's
- Specialty providers include General Surgeon, Podiatry, and Gastroenterology
- PCMH certification level 2



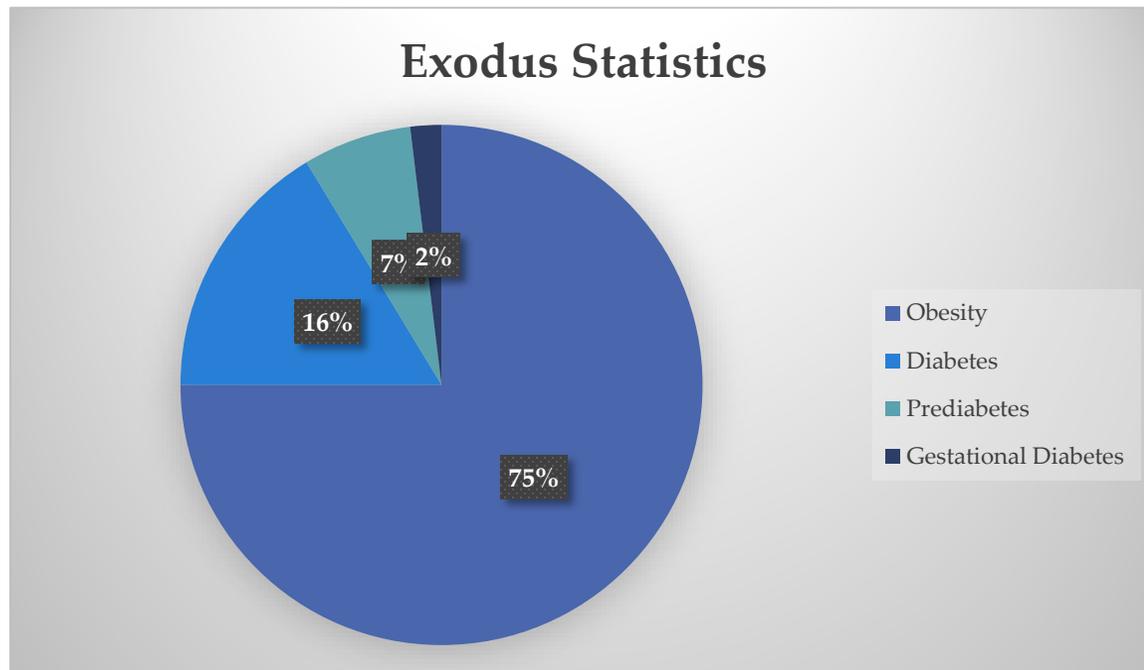
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- **Why we were interested in the NDPP**
 - Exodus places high value on preventative health services
 - With the introduction of a Nurse Educator, Exodus has implemented one-on-one education and group classes geared toward new diagnoses and chronic diseases
 - Taking active steps to partner with our patients to improve health literacy and self-management through education
 - NDPP aligns with the direction our company is aiming towards in regards to preventative medicine



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- Exodus Statistics (Family Medicine)



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- **Patient Referrals**

- Individual provider referrals to the Exodus Nurse Care Coordinator
 - Email, In-house orders
- Report generated from Athena (EMR) with qualifying pre-diabetic patients
 - HgbA1c: 5.7 – 6.4%
 - Fasting blood glucose: 100-125mg
 - 2 hour GTT (75 gm load) 140-199
 - Hx gestational diabetes
 - Age: 18 years +
- Marketing tools
 - Newspaper
 - Social Media
 - In-house posters and fliers
- Independent patient sign-ups



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- **Patient Identification and Education**

- Identification through EMR and individual provider referrals
- Education
 - Initial interest meeting prior to first class
 - Definition of prediabetes
 - Program objectives
 - Course curriculum
 - Risk assessment forms (CDC prediabetes screening test)
 - Prediabetes statistics
 - Modeling facilitative structure
 - Demographic information



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- **Current Experience – Successes**

- Completed First year of program with 7 and our second group has 17
- Provider involvement (facilitator key, resource for clinical questions)
- Benefits of peer support
- Module structure
- Importance of organization & familiarity with materials
- Creative activities
- Supplemental materials (i.e. 100 ways to burn 100 calories)
- Patient weight loss and increased understanding of nutrition and exercise role in making lifestyle changes through self management

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- **Current Experience - Challenges**

- Participant retention
- Providers as group facilitators
- Program buy-in
- Awareness to educational services and benefits of preventative care
- Helping participants stay encouraged when weight loss not evident



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- **Helpful Advice**

- If you're looking to see lives changed and helping patients self-manage their health, this program gives patients the tools they need to succeed.
- Program leader to organize meeting space, participant handouts, class supplies, activity materials, and arranging schedule for the program has helped make it successful
- Allow adequate time for gathering participants and marketing
- Thoughtful facilitator choice and time for participation

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- **Program Benefits**

- Giving patients the tools they need to make educated choices
- Self-management
- Peer and facilitator support – sharing challenges and victories along the way
- Facilitative approach with emphasis on patient participation
- Tracking nutrition and physical activity – helpful data for clinicians
- Patient stories
 - Mrs. N understanding of calorie content in specific foods and making healthier choices accordingly
 - Ms. M implementing different activities into her work day.



Questions & Answers



**Being prediabetic
doesn't have to make you feel silly.**

Learn how to take care of yourself
for a healthier life

Prediabetes Education
Registration now being accepted
To find out more, join us
_____ at Exodus Healthcare