

Helping Your Patients Access Resources for Self Care



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Providing Leadership, Promoting Quality, and Taking Action.

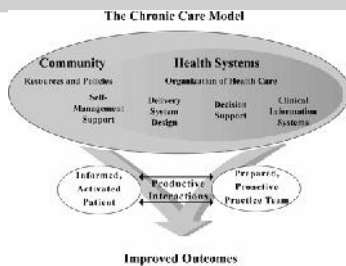
Presentation Objectives



1. Identify healthy living strategies and resources for patients at risk and with diabetes.
2. Discuss and share tools and resources to enhance the process of disease self-management.
3. List online healthy living resources for your patients.

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Focus on the Left Side



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Assisting Patients in Self-Management



Self management support is the assistance given to patients with chronic disease in order to encourage daily decisions that improve health related behaviors and clinical outcomes.

This might include:

A variety of techniques and tools that help patients choose and learn healthy behaviors;

Patient, caregiver, community collaboration, networking

T Bodenheimer, et al; Helping Patients Manage Their Chronic Conditions, www.chcf.org.

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Clinic Community Connection CCC



Addressing complex challenges such as diabetes (self-management) calls for a comprehensive approach in which health care organizations and communities work together to support patient efforts for change .

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Clinic Community Links



1. Work with existing services, they coordinate, encourage the use of, and **enhance** access to those services.
2. They work together to identify gaps and create new programs, services, or policies that **complement existing services**.
3. They provide **leadership** and a forum to **raise awareness** about diabetes and create consumer demand for resources and supports.
4. Provide a forum for **community input** and participation.

Clinic-Community Partnerships: A Foundation for Providing Community Supports for Diabetes Care and Self-Management, Diabetes Spectrum 2007 and RWJF

Types of Coordination between Clinic and Community



- Development of coalitions or partnerships
- Use of clinics and their resources as a base for supporting key community programs
- Expansion of group medical visits to include group support, education and activity sessions
- Use lay health workers to bridge clinic and community

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Pros of Clinic and Community Coordination



- Coordination of care and goals
- Delivery of clear messages and avoidance of conflicting messages
- Sharing of resources
- Consistent web of influences to support maintenance of individuals' health behavior
- Patient social support and interaction in their community

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Clinic Linkage with Community



- Having patient representatives on clinic board
- Local self management programs in community
 - Clinic branch in churches
 - Local point of entry for diagnosis and treatment
- Promotion of programs and recruitment through community settings
- Using CHWs to facilitate patient advocacy with clinic as well as community organizations

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Facilitating use of community resources



- Directories of community resources
- Referrals to community exercise groups, weight management classes, etc.
- Providing services to community based organizations and groups
- Initiating organizational linkages with community-based organizations
- Using clinic-based participation activation

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What Are The Resources?



- What community resources do you connect with?
- How do you connect your patients to them?
- Do you get feedback from the resource or patient about the resource?
- What would make it easier connect with community resources?
- Community resources template

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What do you use?



- Local – parks and rec, community college classes, Senior programs, Gyms and family health clubs, City and County programs
- State and National – ADA, JDRF, Office of Aging

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Community Investigation



What do your patients know about their community resources?

- Have your patients investigate their communities
- Scavenger hunt , test pilot or news reporter
- Make it an assignment... Bring back in exchange for incentive (coupon, book...)?

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Diabetes Information Resource Center (DIRC)



What is DIRC?

- A quick and easy-to-use Web-based portal to find information, tools and programs about diabetes prevention and control
- An online learning community where organizations can find each other and share resources and best practices

www.caldiabetes.org

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A Few Resources on DIRC



- *Diabetes and CV Provider Reference Guide CMAF*
http://www.caldiabetes.org/content_display.cfm?contentID=1304
- *Be Well Live Well Program UCSF*
http://www.caldiabetes.org/content_display.cfm?contentID=1301
- *Dance Out Diabetes*
http://www.caldiabetes.org/content_display.cfm?contentID=1267
- *Health Education Answers*
http://www.caldiabetes.org/content_display.cfm?contentID=1179
- *Learning about Diabetes*
http://www.caldiabetes.org/content_display.cfm?contentID=649

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More Websites to know



- **National Diabetes Education Program**
<http://ndep.nih.gov/resources/diabetes-healthsense/>
<http://ndep.nih.gov/resources/diabetes-healthsense/index.aspx?terms=34&page=-1>
<http://ndep.nih.gov/publications/PublicationDetail.aspx?PubId=164>
- **Scripps Diabetes Institute:**
www.scripps.org/services/diabetes
- **New Health Partnerships** - Institute for Healthcare Improvement
www.newhealthpartnerships.org
- **Prevent Blindness Northern California** -- offers a course for Health Educators on Diabetic Eye Disease www.eyefinfo.org

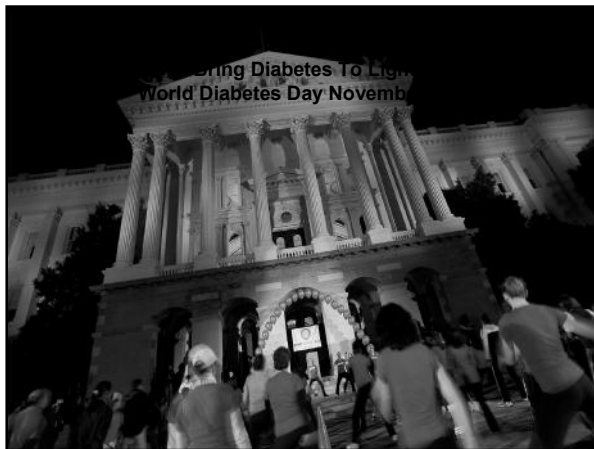
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More



- **Chronic Disease Self Management Program**
- <http://patienteducation.stanford.edu/organ/cdsites.html#CA>
- **Alameda City Parks & Recreation**
- <http://www.cityofalameda.ca.gov/Recreation/Fall2011-Winter2012ActivityGuide>
- **UC Cooperative Extension (master gardener)**
- <http://ucanr.org/>
- **Seniors Helping Seniors**
- <http://www.seniorshelpingseniors.com/>
- **KidShape**
- www.kidshape.com

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Thank you for all you do!



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www.caldiabetes.org

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