

¡MI SALUD ES PRIMERO!

PROGRAMA DE DIABETES

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An Active Presence for a Strong Community

Project Description

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Diabetes Self Management Support (DSMS)

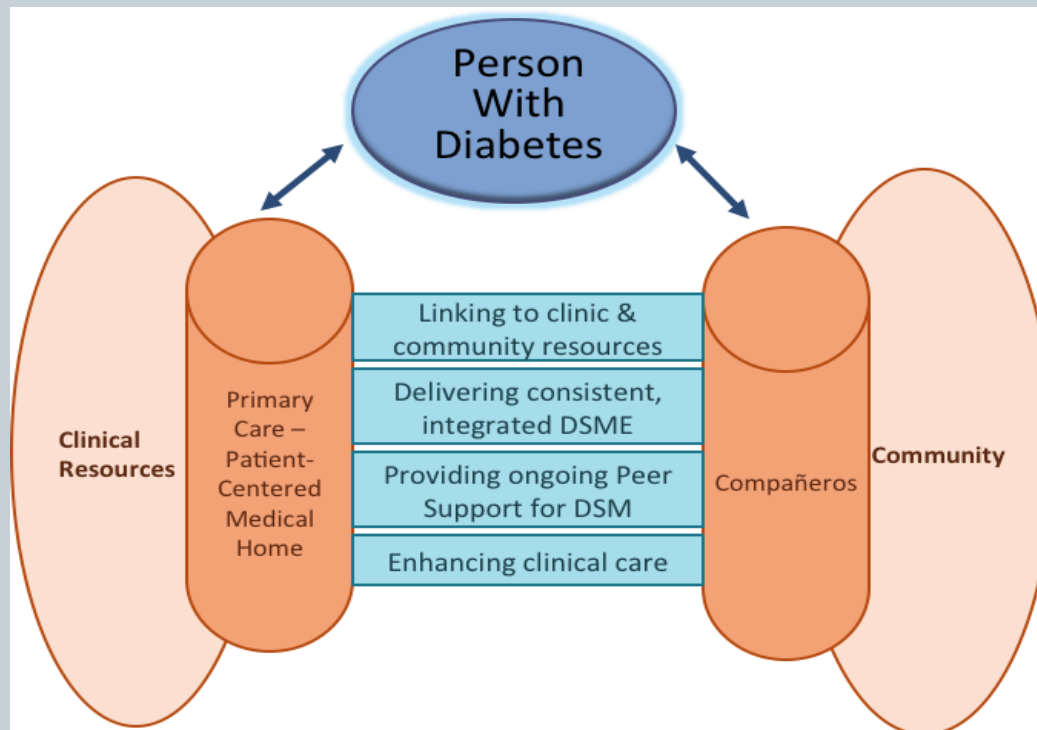
- Engage low income minorities to improve self-mgmt (med adherence, PA, healthy diet, glucose monitoring) and other key outcomes in diabetes (A1c, BP, BMI, etc.)
- Assistance in daily management
- Social and emotional support
- Linkage to care
- Ongoing support, extended over time

The DSME Team



MY HEALTH COMES FIRST TEAM

- Manager, Coordinator and 8 Diabetes Health Educators



Health educators received ongoing training



- Diabetes Self-Management Education
- Risk Reduction and Prevention of Diabetes complications
- Motivational interviewing
- Problem Solving
- First aid in Mental Health
- Affordable Care Act.

Peers Support Focus

- Listening
- Encouraging
- Guidance

Successes



“in my 17 years of being a diabetic, I’ve never reached 100’s.....not even 95 fasting!”

“I learn how to eat and I’m teaching my neighbor about what I’ve learned”

“If I would’ve known taking insulin would help me feel so much better I would’ve started sooner”

Successes



- Working as a Team within the DSME program
- Help pt obtain MD appts, eye referrals, glucometers and strips, medication assistance, community resources
- Providers received updates on their patients
- Support Group
- Diabetes Self Management Education classes
- One-to one interactions
- Setting small goals

Challenges



- Gain trust from our patients, especially the most resistant patients
- Gain the trust of the providers and clinical staff
- Breaking Silos among Departments and staff
- Balancing the case load of patients

Lessons Learned



- Patient contacts should be flexible, nondirective but also focused on at least 1 of the 7 key DSM behaviors
- Support/supervision/training of CHWs/CES/peer supporters must ongoing and consistent
- Allow for CHWs/CES/peer supporters to learn from and support each other

Mi Salud es Primero Programa de Diabetes

