



SPEAKERS:

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Overall Goal

Helping the community to address prevention and control of diabetes with the participation of community health workers (CHWs)

Learning Objectives

1. Identify the signs and symptoms of diabetes and its complications
2. Describe how levels of glucose can be measured in the body and review the benefits of regular glucose testing for patients
3. Distinguish biological and predisposing factors of diabetes and the types of diabetes (diabetes 1 and 2)
4. Discuss roles of CHWs in the prevention and control of diabetes
1. Demonstrate how CHWs can utilize the ECHO model to improve access to diabetes treatment in your area



Roles of CHWs in Caring for Patients with Diabetes



Preventing diabetes



Screening for diabetes



Improving control of diabetes

What we will
discuss today



What is
diabetes?

Types of
diabetes

1
2



What are
the signs and
symptoms
of diabetes?

Complications of diabetes



How to
prevent
type 2
diabetes?

Who should
be tested
for
diabetes?



How to
control
diabetes?

What resources
are available to
help patients
with diabetes?



An interactive activity
to share best practices
and resources for
CHWs for the control
of diabetes using
project ECHO.



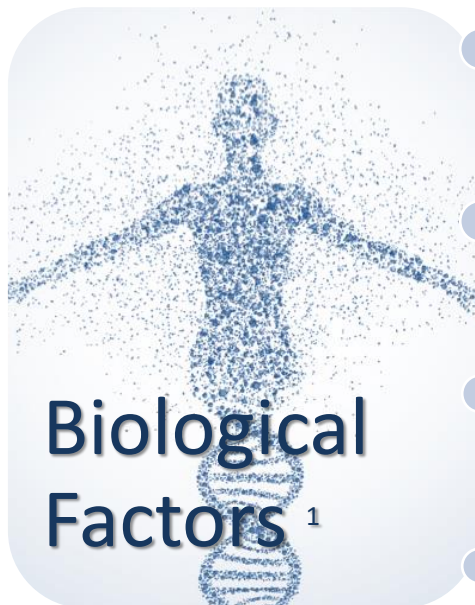
What is
diabetes?

There are changes in the normal way the
body uses food to give you energy. ¹



Diabetes causes increased blood glucose.





The pancreas releases insulin in the blood

Insulin helps glucose from food enter the cells.

If the body does not produce enough insulin or the insulin does not work properly, glucose cannot enter the cells.

Glucose level in the blood becomes elevated



Have a family history of diabetes

Obesity increases the risk of type 2 diabetes

Race: it's unclear why, but blacks, Hispanics, American Indians and Asian-Americans — are at higher risk.

High cholesterol

Smoking and high blood pressure

Giving birth to a baby who weighed more than 9 pounds

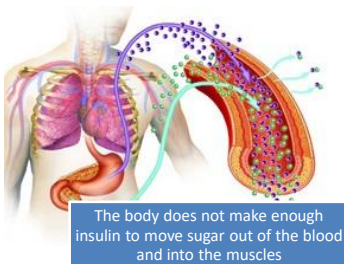
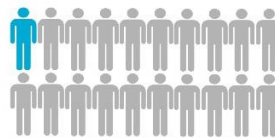
Sedentary lifestyle

<http://www.idf.org/node/26455?language=es>

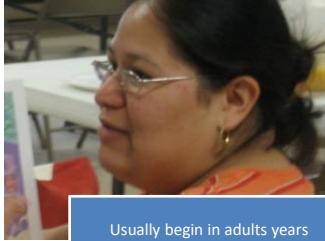
Types of diabetes

1 2

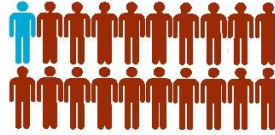
Diabetes Type 1



Diabetes Type 2



Usually begin in adults years



More common type of diabetes (more than 19 out of 20 people have this type of diabetes)



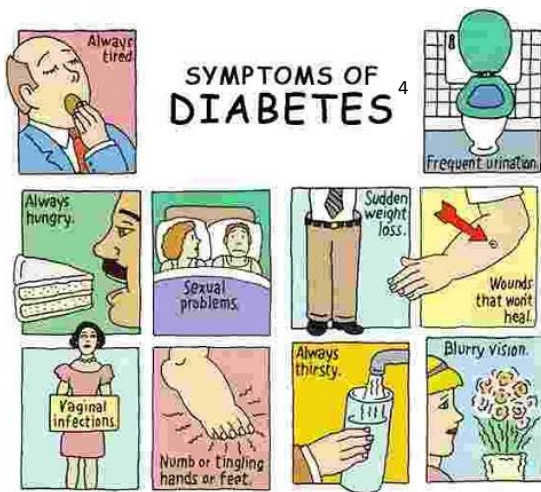
Body usually makes enough insulin, but the muscle cells do not respond to insulin



Overweight and inactivity increases the chances of having type 2 diabetes



What are the signs and symptoms of diabetes?



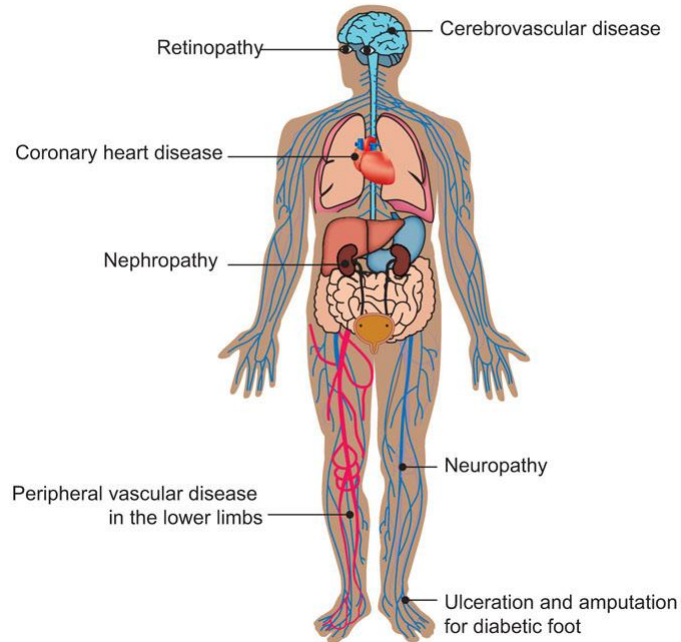
Also:

- Have dry, itchy skin

Complications
of diabetes



Major diabetes complications ^{5,6}



Can I
prevent
diabetes?



Who should
be tested
for diabetes?



Who should be tested for diabetes? ¹



Persons older than 45



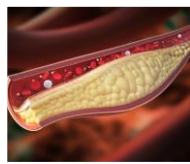
People who are overweight



Smokers



People with high blood pressure



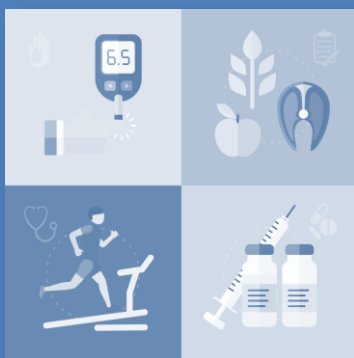
People with high cholesterol



People with a family history of diabetes



Women who have had a newborn who weighed 9 pounds or more



How to control diabetes?

Is my diabetes well-controlled? ^{8,9}

Diabetes Control Card

HbA _{1c} test score	MEAN BLOOD GLUCOSE	
	mg/dL	mmol/L
14.0	380	21.1
13.0	350	19.3
12.0	315	17.4
11.0	280	15.6
10.0	250	13.7
9.0	215	11.9
8.0	180	10.0
7.0	150	8.2
6.0	115	6.3
5.0	80	4.7
4.0	50	2.6

action suggested (red/orange section)
 good (yellow section)
 excellent (green section)

Decisions on lifestyle,
diet, exercise and
weight control ^{9,10}



Know your health care team^{8,9}

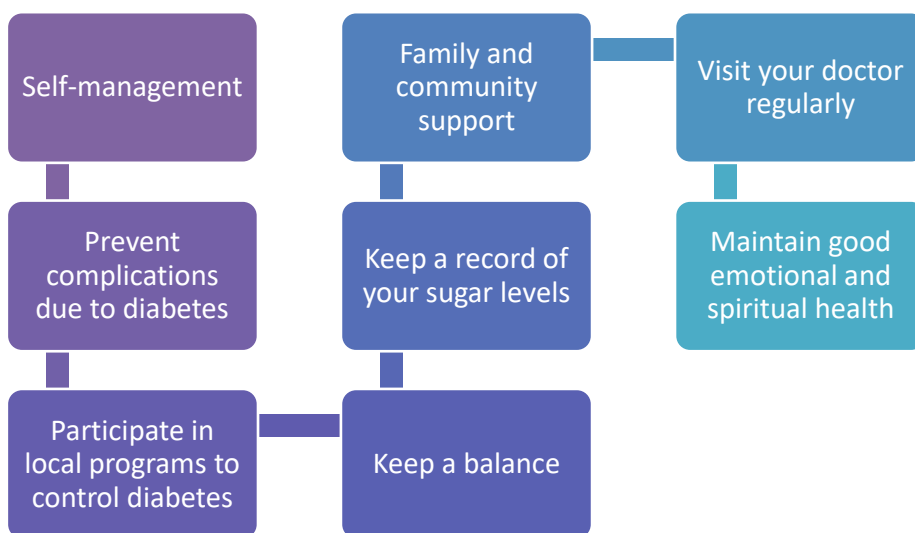
	Dentist	Doctors specializing in diabetes	Diabetes educators	
Dietitians	Ophthalmologists (physicians who specialize in the eyes)	Podiatrists (physicians who specialist in the feet)	Family and friends	Mental health counselors
Nurses	Nurse specialists	Pharmaceutical staff	Social Workers	Community Health Workers

What resources are available to help patients with diabetes?





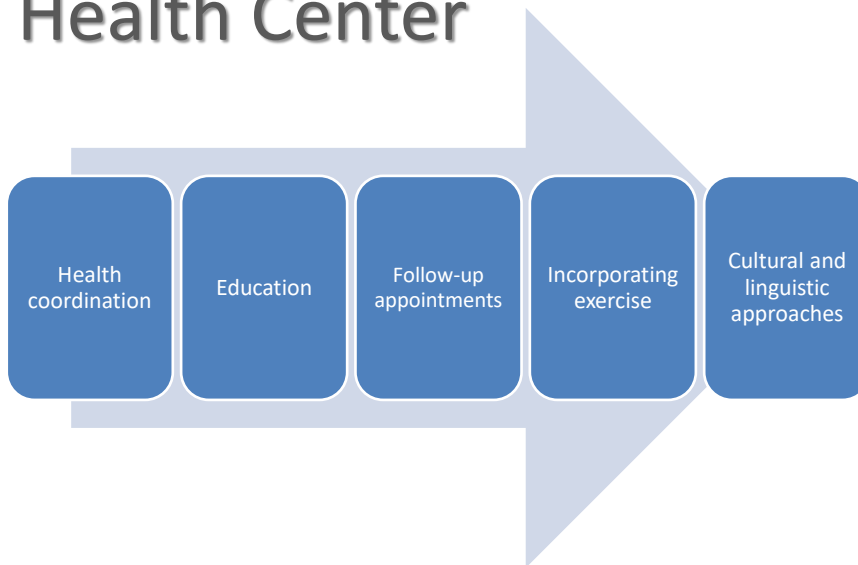
Personal



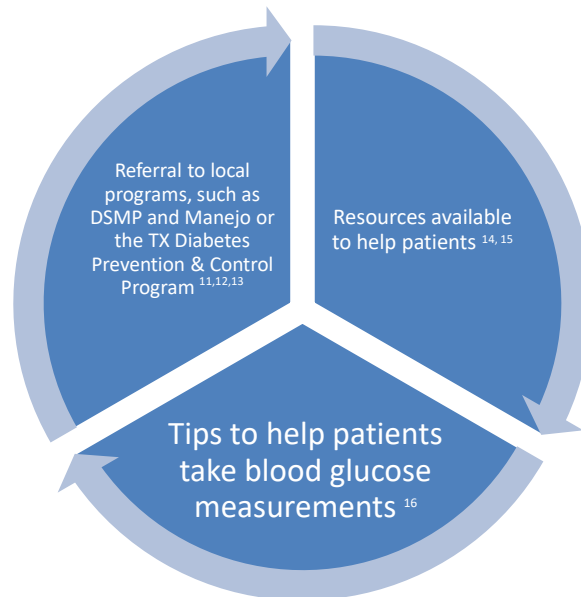
Health Center



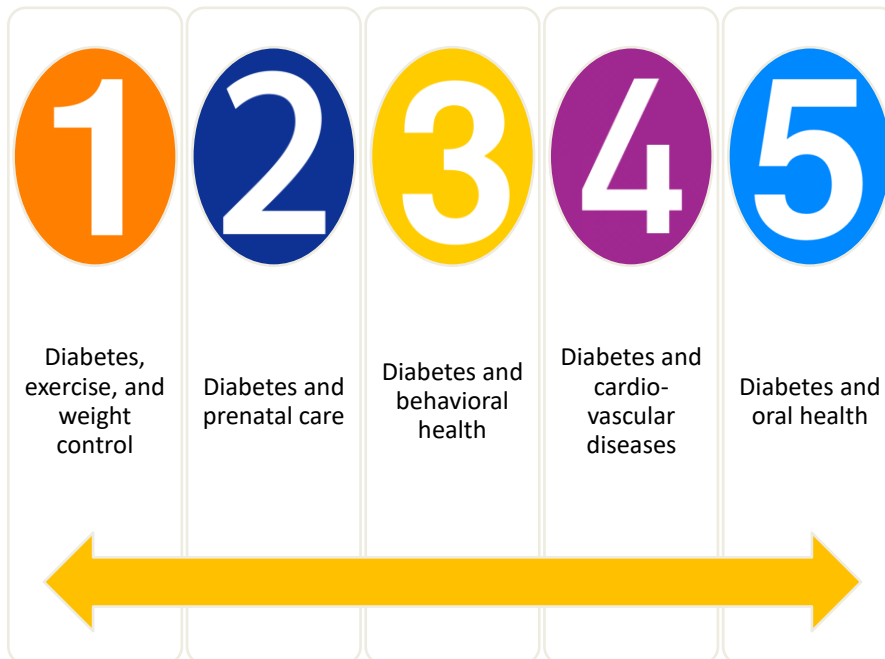
Health Center



What resources are available in our community to help patients manage their diabetes?



Project ECHO ¹⁷



Questions?

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2. <https://www.niddk.nih.gov/health-information/diabetes/delaying-preventing-type-2-diabetes>
3. <http://www.mayoclinic.org/diseases-conditions/diabetes/basics/risk-factors/con-20033091>
4. <https://www.niddk.nih.gov/health-information/diabetes/types>
5. http://en.hesperian.org/hhg/New_Where_There_Is_No_Doctor:Chapter_21:_Diabetes
6. https://www.texashealth.org/eHealth/AdamHealthContent/article/long-term-complications-of-diabetes/000327_117_60
7. <https://www.texashealth.org/Pages/Health-Information/Health-Risk-Assessments.aspx>
8. <https://www.niddk.nih.gov/health-information/diabetes/manage-monitoring-diabetes/monitor-your-diabetes>
9. <http://www.cdc.gov/diabetes/ndep/people-with-diabetes/taking-care.html>
10. <https://www.niddk.nih.gov/health-information/diabetes/preventing-diabetes-problems/heart-disease-stroke>
11. <http://patienteducation.stanford.edu/programs/diabeteseng.html>
12. <http://patienteducation.stanford.edu/programs/spanish/diabetesspan.html>
13. <http://www.dshs.texas.gov/diabetes/tdcdata.shtm>
14. <https://www.texashealth.org/pages/services/diabetes/diet-and-nutrition.aspx>
15. <https://www.dshs.texas.gov/diabetes/>
16. <http://www.diabetes.org/living-with-diabetes/treatment-and-care/blood-glucose-control/checking-your-blood-glucose.html?referrer=https://www.google.com/>
17. <http://www.migrantclinician.org/project-echo>

Additional Resources

- <https://www.niddk.nih.gov/health-information/diabetes/causes>
- <https://www.niddk.nih.gov/health-information/health-communication-programs/ndep/health-care-professionals/school-guide/section1/what-is-diabetes/pages/default.aspx>
- <https://medlineplus.gov/diabetes.html>
- <https://vsearch.nlm.nih.gov/vivisimo/cgi-bin/query-meta?v%3Aproject=medlineplus&v%3Asources=medlineplus-bundle&query=diabetes+complications>
- <http://www.cdc.gov/diabetes/pubs/statsreport14/national-diabetes-report-web.pdf>
- <https://www.niddk.nih.gov/about-niddk/research-areas/diabetes/diabetes-prevention-program-dpp/Pages/default.aspx>
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- <https://medlineplus.gov/diabetes.html#cat82>
- <https://www.niddk.nih.gov/health-information/health-communication-programs/ndep/health-care-professionals/game-plan/related-resources/Pages/index.aspx>