4-30-2018

Improving Diabetes Care for Adult Clinic Patients

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Improving Diabetes Care for Adult Clinic Patients

Bonnie Clark, DNP Student; Sara Ahten, DNP, Faculty Advisor

Rationale
- **Setting** – Rural internal medicine clinic with double the national rate of patients with diagnosed diabetes & poor glycemic control
- **Theory** - Health Empowerment
- **Framework** - Logic Model with 10 certification standards of American Association of Diabetes Educators (AADE)

Purpose/Aims
- Healthcare improvement project to deliver evidence-based care
- Diabetes self-management training (DSMT) classes
- Assist clinic toward AADE certification

Methods
- Formed advisory & work groups
- Evidence-based diabetes protocol
- 3 cycles of DSMT classes
- Individualized plans of diabetes self-management support
- At 3 & 6 months, evaluated patients’ self-management goals & glycemic control
- Draft documents for 7 AADE certification standards

Results
- Patients demonstrated slightly improved self-care behaviors and diabetes empowerment

Clinical Relevance
- Improved diabetes self-care, empowerment, & glycemic control for patients
- Next steps to assist clinic toward AADE certification
- Future research to develop similar models for other chronic illnesses

Acknowledgements:
- Providers, staff, and patients of Lincoln Medical Practice

AADE7 Self-care Behaviors

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