

Implementing a Free Interprofessional Diabetes Education Clinic in an Urban Setting



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INTRODUCTION

- By 2030, 16.2% of Detroit's population will have diabetes
- Diabetes Education and Wellness Clinic (DEW) is a free interprofessional student-run clinic in Detroit, MI
- Eight disciplines:
 - Medicine, pharmacy, physical therapy, occupational therapy, dietetics, social work, law, and public health
- Uses a Chronic Care Model to empower patients with diabetes and support them in improving their health by providing patient-centered care that is personalized, effective, timely, and equitable care
- Students from a variety of backgrounds work in a collaborative environment to strengthen their skills, while also helping a patient with diabetes take control of their health
- Objective:**
 - Provide interprofessional care to patients with diabetes in a collaborative, patient-centric environment.
 - Give students the opportunity to learn how to care for patients with diabetes from several perspectives.

METHODS

- Recruitment**
 - Patients are recruited from the Detroit and metro-Detroit areas through flyers posted at locations throughout the community (i.e., pharmacies, coffee shops, senior centers, food banks and soup kitchens, grocery stores, Bridge Card offices)
 - Patients are encouraged to let their friends and families know about this free opportunity
- In-person Clinic**
 - Intake:**
 - A student takes the patient to a triage room to assess the patient's height, weight, blood pressure, and blood glucose test
 - Interview:**
 - A student takes the patient to a conference room to meet with interdisciplinay students from two to three disciplines
 - Disciplines are grouped based on the needs of the patient
 - Patient and students collaborate to answer the questions and needs the patient has
 - Debrief:**
 - Patient responds to the patient satisfaction survey
 - All students and faculty participate in a round table debrief discussion about the patients seen and what was learned
- Recommendations for Patient**
 - Recommendations are gathered from each discipline and sent to the patient by the end of the week via email

MATERIALS

Intake Form

GENERAL INFORMATION AND DIABETES ASSESSMENT

Name: _____ Date: _____
 Age: _____ Sex: _____ Race: _____
 Address: _____
 Phone: _____
 Email: _____
 Primary Care: _____
 Secondary Care: _____
 Tertiary Care: _____
 How did you learn about this clinic? _____
 How do you feel about your diabetes? _____
 How do you feel about your blood sugar? _____
 How do you feel about your blood pressure? _____
 How do you feel about your cholesterol? _____
 How do you feel about your vision? _____
 How do you feel about your feet? _____
 How do you feel about your energy? _____
 How do you feel about your mood? _____
 How do you feel about your stress? _____
 How do you feel about your diet? _____
 How do you feel about your exercise? _____
 How do you feel about your social support? _____
 How do you feel about your financial situation? _____
 How do you feel about your insurance? _____
 How do you feel about your access to care? _____
 How do you feel about your health? _____

- Glucometers
- Blood pressure cuffs
- 8 Interview Forms:
 - Medicine
 - Pharmacy
 - Dietetics
 - Physical Therapy
 - Occupational Therapy
 - Social Work
 - Law
 - Public Health

RESULTS

- Of the 17 patients in 2022, 15 have identified as female and 2 have identified as male
- 72% of the patients in 2022 were 65 years old or older and 28% of the patients were younger than 65 years old
- The most common associated symptom patients presented with was hypertension (HTN)
 - Following HTN was eye problems, arthritis, and high cholesterol
- From the satisfaction survey implemented in July:
 - 100% of patients felt they were treated with respect by the students and faculty in the clinic and felt the clinic fostered a collaborative environment.
 - 100% of patients felt they discussed valuable information, had health information explained in an understandable way.
 - 87.5% of patients would share what they discussed at DEW with their primary care provider.

FIGURES

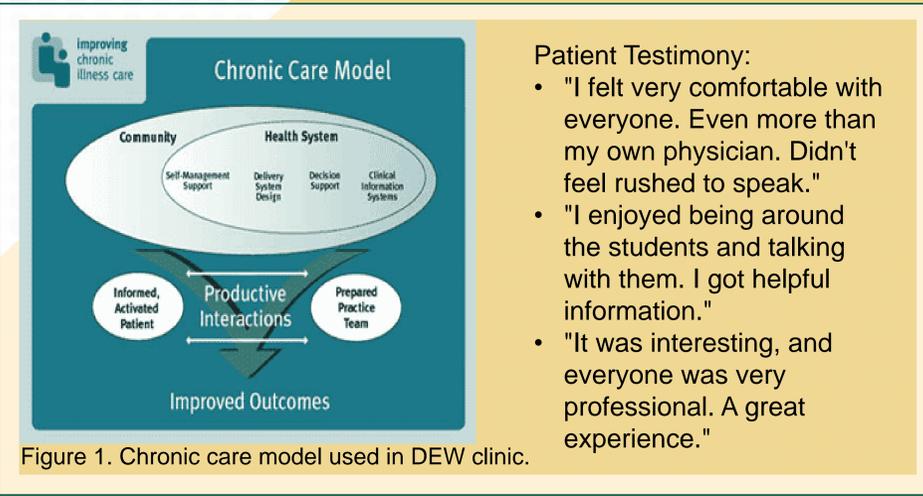


Figure 1. Chronic care model used in DEW clinic.

- Patient Testimony:**
- "I felt very comfortable with everyone. Even more than my own physician. Didn't feel rushed to speak."
 - "I enjoyed being around the students and talking with them. I got helpful information."
 - "It was interesting, and everyone was very professional. A great experience."

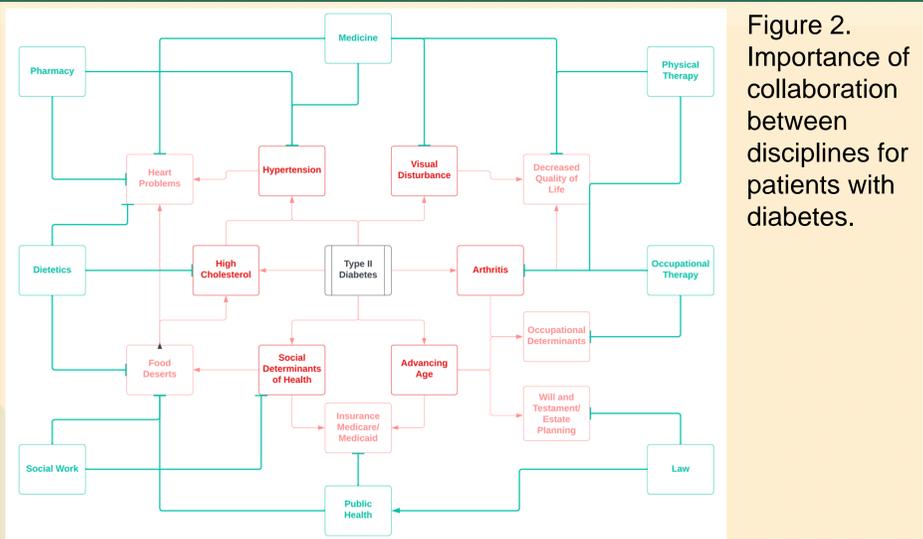


Figure 2. Importance of collaboration between disciplines for patients with diabetes.

DISCUSSION

- Using a chronic care model is essential because it allows patients to be empowered to take care of themselves by helping them in an interprofessional fashion
- During the pandemic, it was possible to hold the clinic virtually on Zoom
- DEW Clinic provides the care patients are searching for, and can do so despite not supplying medications or metabolic tests
 - Patients are taught how to properly conduct blood glucose testing, diabetic at home foot exam, and home exercises tailored towards their needs.
- Students learn collaboration, communication, and responsibility in taking care of patients' concerns in a timely manner
- An opportunity to practice interprofessional teamwork, which may be unavailable in other clinics.
- Limitations:**
 - Clinic held once a month due to limited availability of space and students/faculty
 - Clinic held only at one Detroit location
- Next steps: The clinic hopes to grow to serve more patients.**
 - Adding more patients will allow us to serve a greater community.
 - At return visits, patients will be able to choose which disciplines they will see based on their needs.
 - Looking to help patients long-term, and be able to track improvement of health (i.e., weight, A1c, etc.) longitudinally
 - Our population is skewed female, so we hope to reach more male patients to address any gaps in care. We did not solely seek out female patients so there could be a reason male patients are not attending that we need to elucidate.

REFERENCES

- Michigan diabetes statistics and reports. MDHHS. <https://www.michigan.gov/mdhhs/keep-mi-healthy/chronicdiseases/diabetes/michigan-diabetes-statistics-and-reports>
- Changes to improve chronic care: IHI. Institute for Healthcare Improvement. <https://www.ihl.org/resources/Pages/Changes/ChangestoImproveChronicCare.aspx>