Healthcare at the Flea Market, III

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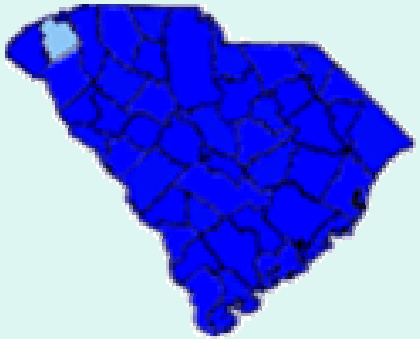
Family Medicine/Rural Clerkship
29 August 2002



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Pickens County

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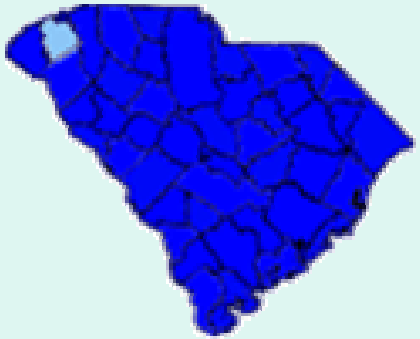


Diabetes and Hypertension in Pickens County

- An estimated 6.7% of Pickens County has Type II DM. This figure exceeds the state average of 5.7%.
- Pickens County exceeds the state average in rates of behavioral risk factors for diabetes, including obesity, smoking, physical inactivity, and high cholesterol.
- DM costs Pickens County an estimated $16.2 million/yr in hospital charges.
- DM contributed to 109 deaths in Pickens County in 1998.
- An estimated 22.1% of Pickens County has hypertension.

*Data from a 1998 SC Department of Health and Environmental Control study.

Aims

1. Flea market shoppers, many of whom do not have healthcare access*, will increase their awareness of diabetes, hypertension, and the risk factors for these diseases.
   (*Data from previous screening booths at the Easley Curb Market).
2. Individuals assessed to be at high risk for diabetes and/or hypertension will increase their healthcare usage.
3. Shoppers will offer suggestions, and I will compile contact information for continuity of future healthcare booths.

*The community supports these aims as evidenced by the success of two previous healthcare booths and donations from local businesses, including Wal-Mart Pharmacy, the Easley Curb Market, the Pickens County Flea Market, and Family Practice Associates of Easley.

Measures

- 3 Surveys:
  - ✓ ADA diabetes risk assessment survey
  - ✓ Survey that shoppers complete when they first approach booth
  - ✓ Survey that shoppers complete after I have screened them and spoken with them about diabetes and hypertension
- The number of shoppers who visit the booth
- The number of shoppers who leave with pamphlets on diabetes and/or hypertension
- The blood pressure and blood glucose measurements that I will obtain from shoppers
- The stamped, addressed postcards that shoppers will mail after they visit a physician
- Follow-up phone surveys for individuals assessed to be at high risk for diabetes and/or hypertension

Possible Changes for Improvement

*Establish a monthly healthcare booth at the flea market.

Drivers:

1. Large turnout at local weekly flea markets
2. Preceptor and community support:
   - Donation of glucometer, lancets, and 100 test strips from Wal-Mart Pharmacy ($75.00 retail value)
   - Gloves, alcohol pads, and other supplies from Family Practice Associates
   - Donation of booth space from 2 local flea markets
3. Data from 2 previous flea market healthcare booths:
   - Shoppers lack regular healthcare
   - Shoppers are at increased risk for diabetes and hypertension

Barriers:

1. Weather affects turnout at outdoor flea markets
2. Possible barriers to healthcare access for the flea market shoppers
3. Lack of continuity: variable number of students in Easley each month

PDSA Cycle

<u>Plan/Do:</u> Set up a diabetes and hypertension education and screening booth to reach an underserved population at 2 flea markets: the Easley Curb Market and the Pickens County Flea Market.

- ***Target Audience*:**

  1. Flea Market shoppers who do not have access to regular healthcare.
  2. Shoppers who have healthcare access but are interested in learning more about DM and HTN.

Collection of Data: 3 Surveys

Free Health Screening Survey:

Part A: (to be completed first)

1. Have you gone to see a doctor for a check-up in the last year?
2. Have you been to the hospital or free medical clinic in the last year?
3. Do you have a regular doctor?
4. Do you think it is difficult to get healthcare in Pickens County?
5. Are you concerned that you may have Diabetes or Hypertension?

Part B: (to be completed after BP/Glucose testing)

1. Did you learn something today about Diabetes or high blood pressure?

2. Are you planning to see a doctor in the near future?

2a: Is this decision based on information learned today?

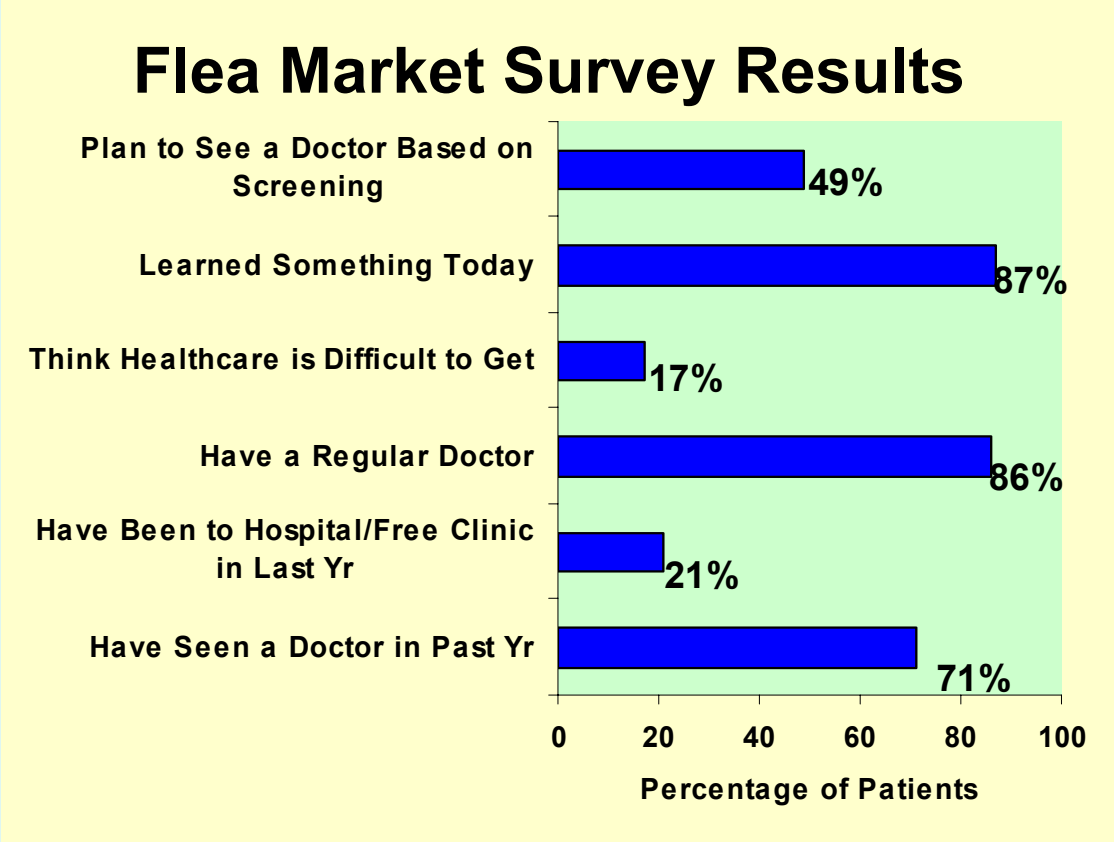
3. How can this booth be improved in the future?

Diabetes Risk Assessment Form (ADA)

1. My weight is equal to or above that listed in the chart. Yes 5_____
2. I am under 65 years of age and I get little or no exercise during a usual day. Yes 5_____
3. I am between 45 and 64 years of age. Yes 5_____
4. I am 65 years old or older. Yes 9_____
5. I am a woman who has had a baby weighing more than 9 pounds at birth. Yes 1_____
6. I have a sister or brother with diabetes. Yes 1_____
7. I have a parent with diabetes. Yes 1_____

*Individuals with scores of 10 or greater were considered to be at increased risk for DM, and blood glucose measurements were taken.

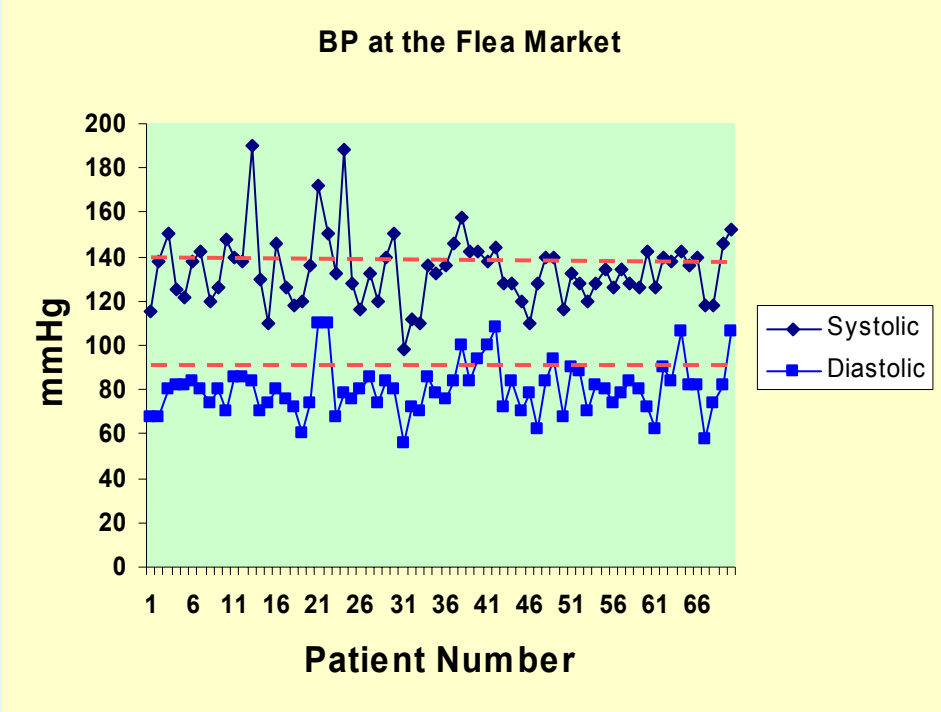
PDSA Cycle: Study



*Note: There was <5% difference between survey results at the two sites. The graph above represents the combined results.

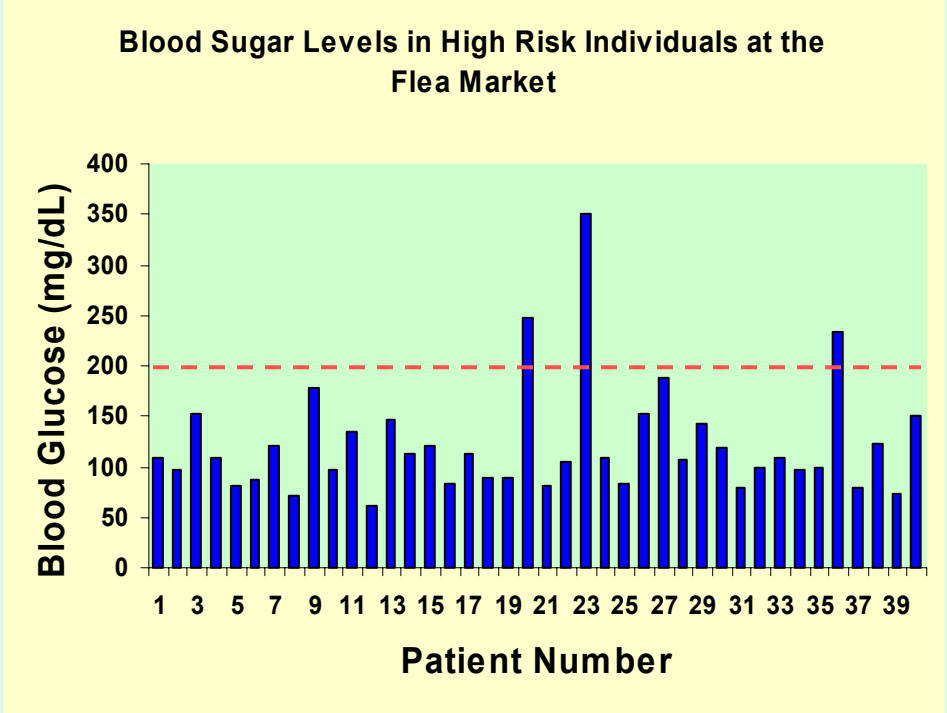
- Total of 70 visitors at the 2 booths:
  ECM: 32 visitors, 8 a.m.-12 p.m., Fri., Aug. 8
  PCFM: 38 visitors, 7:30 a.m – 11:30 a.m, Wed., Aug.13
- All visitors left with pamphlets on DM & HTN
- All visitors were given their BP and/or BS on a card with information about the Pickens County Free Medical Clinic
- Patient suggestions for future booths:
  Cholesterol screening

PDSA Cycle: Study



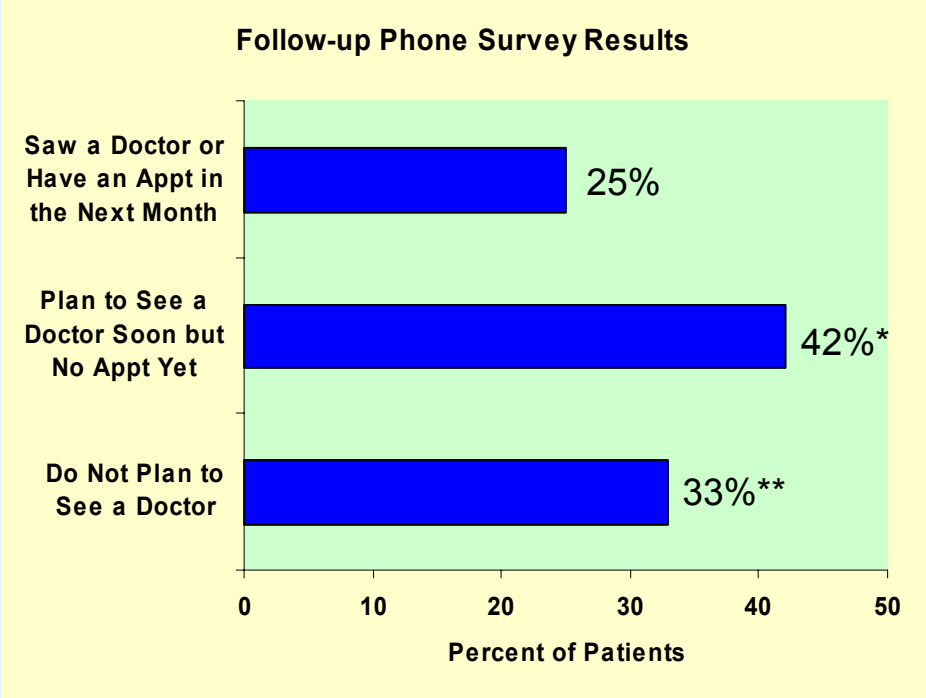
- Based on this single measurement, 25/70 shoppers had Stage I, II, or III HTN.

PDSA Cycle: Study



- 39/70 shoppers scored 10 or greater on the ADA risk assessment, and their blood glucose levels were checked.
- 3 shoppers, not previously diagnosed as diabetic, had random blood glucose levels >200 mg/dL.
- 1 shopper, who was reportedly fasting, had a level of 142 mg/dL, which exceeds the 126 mg/dL limit.

PDSA Cycle: Study



Twelve patients with high BP or BS readings were contacted by telephone 9-10 days after visiting the healthcare screening booth.

*Note: As of 2 weeks after the first screening booth, none of the addressed, stamped postcards were returned.

Reasons given:

* Patient does not have enough money for medicine right now.

* Patient has Medicare and has lost Medicaid. He is not eligible to visit the free clinic, and he has not been able to get an appointment with a Family Doctor.

** Patient does not feel sick and believes drinking vinegar will lower his blood pressure.

** Patient does not believe he is truly diabetic. He has not been to a doctor in 30 years because he cannot afford it.

PDSA Cycle: Act

- Continue monthly or bimonthly healthcare screening booths at the Easley Curb Market and the Pickens County Flea Market.
- Continue to seek support from local businesses to offset the cost.
- To promote project continuity, give donated supplies and contact information to the AHEC Site Coordinator.
- Involve other health professional students, nurses, and community members to ensure continuity and to increase the number of volunteers working at each booth.
- Expand screening booths to other area flea markets.

Lessons Learned

- A simple health screening booth can be an effective way to educate an underserved population and prompt them to seek care for problems that may have otherwise gone unnoticed.
- Barriers to healthcare access prevent many people from getting the care they need.
- People are thankful when someone just listens to their health concerns.
- Next steps: In addition to the suggestions on the previous slide, future screening booths should have 2 or more volunteers. The booth was quite popular, and more people could have been screened if they did not have to wait.