Preventing the Development of Type II Diabetes in Gestational Diabetes Patients

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March 19th, April 14th

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Scope of the Problem

- Diabetes prevalence in Lancaster County is 7% and the number of Gestational diabetes patients continues to rise as evidenced by the steady increase in patient referrals to the Diabetes Education Center from local OB/Gyn clinics.

AIMS

- The Gestational Diabetes Patients of the Diabetes Education Center and Lancaster County will increase awareness of their risk for developing Type II Diabetes and will gain information to encourage lifestyle changes to decrease that risk.

- Gestational Diabetes patients will increase awareness of local Fitness opportunities available to them to promote more active lifestyles

- These aims are supported by the community as evidenced by the DEC's concern of inadequate follow-up and the poor fund of knowledge of this ever-increasing sector of DM patients

Measures

- 1.) Percentage/Number of patients who attend the workshop.
- 2.) Percentage/Number of patients who learned something new from the workshop
- 3.) Number of patients who made commitments towards more active lifestyles through diet modification or increasing activity level.
- 4.) Number of patients who joined fitness centers and or used A-Pack (compilation of coupons and discounts to local health clubs.)

Possible Changes for improvement

Patients will increase awareness of Diabetes risks and fitness options through and educational workshop.

- **Drivers**

  1.) The support and accessibility of the DEC for this segment of DM population

  2.) This patient population is fairly young, healthy and capable of incorporating exercise into their daily routine.

- **Barriers**

  1.) The youthful nature of this patient population is often accompanied by feelings of invincibility and subsequent poor compliance.

  2.) Many of these patients have several young children and are severely limited in tbe amount of time available to frequent health clubs.

  3.) The membership costs of many fitness centers and the cost of healthy food choices vs. cheaper, unhealthy food options, which are readily available, may pose significant challenges to many of these women.

PDSA Cycle 1-Plan

- Provide a venue for increased awareness of Type II DM risk and local fitness options available to GD patients.
- I will provide a diabetes prevention workshop for gestational diabetes patients in attendance at the annual Diabetes health fair on March 19th.
- I will provide these patients with coupons and discounts to local health and fitness centers to promote increased physical activity

PDSA Cycle 1-Do

- I contacted the four local health & fitness clubs and informed them of the aims of the project. I received support from three centers in the form of membership discounts, coupons, and gift certificates.
- I detailed diabetes prevention and healthy living via a poster display and verbal communication with gestational diabetes at the health fair.
- I created a quiz to assess the participants knowledge of risk of DMII after being diagnosed with gestational diabetes.
- I presented the workshop to the gestational diabetes patients who attended the Annual Diabetes health fair.
- One week following the workshop, attendees were called and asked a series of four questions to assess the benefit of the workshop.

PDSA Cycle 1- Study

- Of the 40 diabetic patients in attendance at the Diabetes Health fair, only four were gestational diabetes patients, each of whom participated in the workshop.

- The four participants each answered the following:

PDSA Cycle 1-Study

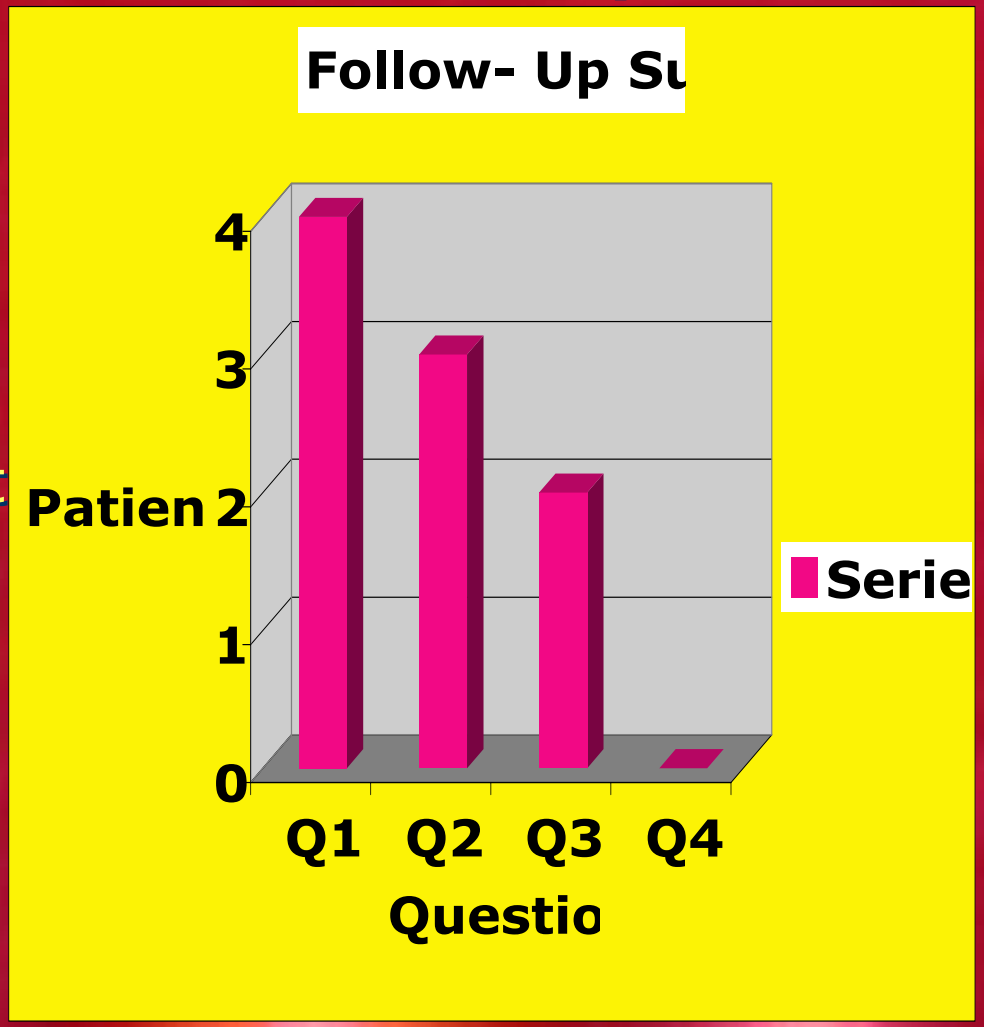
Questions/Surveys

1.) Did you learn something new from the workshop

2.) Were you motivated to change diet or start exercise program

3.) Did you use discounts/coupons made available

4.) Have you checked your BS since the workshop.



PDSA Cycle 1- Act

- Realized that many Gestational diabetes patients (past and current) may not consider themselves at risk for DMII development. This could account for the poor representation of GD patients at the Diabetes Health fair.

- To circumvent this, I will hold a workshop specifically for Gestational Diabetes patients to discuss DMII risk and healthy active lifestyles.

PDSA Cycle 2- Plan

- I will identify gestational diabetes patients through data available from the DEC and host a Healthy Active Lifestyles workshop on April 14th at USC-Lancaster for these specific patients.

- I will promote the workshop via postcards and phone calls to each identified patient.

PDSA Cycle 2-Do

- I contacted the local Wal-mart and requested sponsorship for provision of food, drinks, and utensils for the workshop.
- I contacted the Lancaster Diabetes Coalition for sponsorship in the form of door prizes.
- I mailed 72 postcards to gestational diabetes patients (past & current) who are registered with the DEC 1 week prior to the workshop.
- I made reminder phone calls to the 72 patients 1-2 days prior to the workshop.
- Following the workshop, the attendees were called and asked a series of four questions to assess the benefit of the workshop.

PDSA Cycle 2- Study

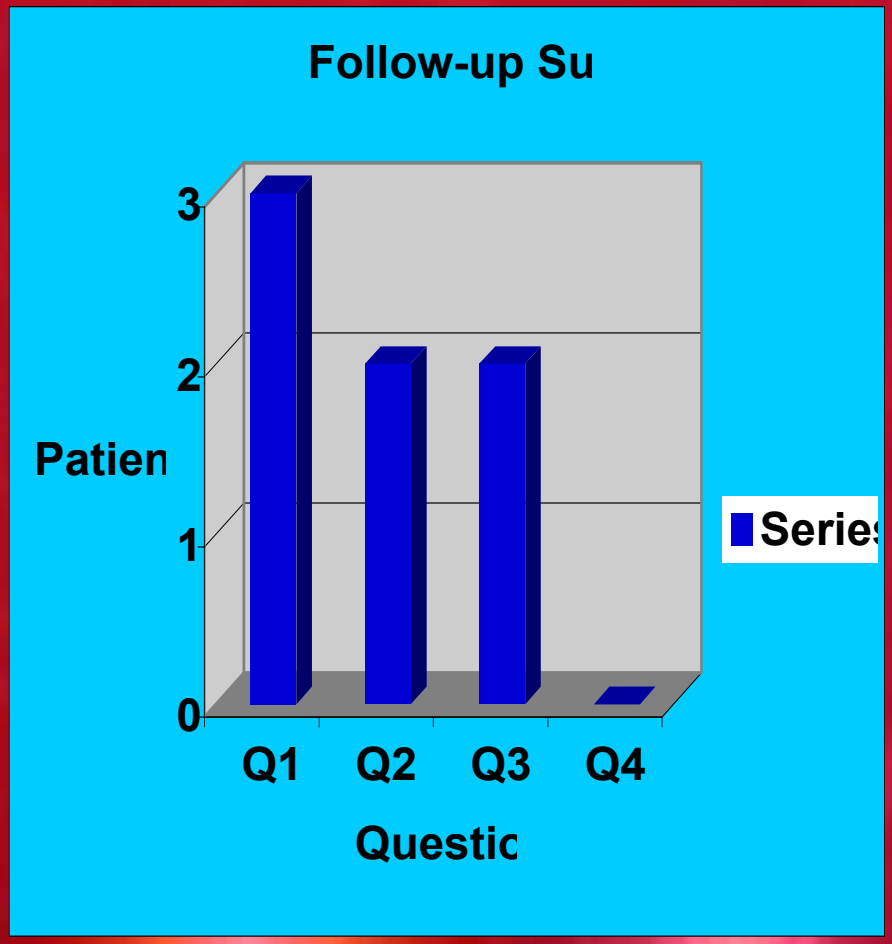
Questions/Surveys

1.) Did you learn something new from the workshop

2.) Were you motivated to change diet or start exercise program

3.) Did you use discounts/coupons made available

4.) Have you checked your BS since the workshop.



PDSA Cycle 2 -Study

- Of the 7 patients who attended the workshops:
- 100% learned something new
- 71% changed diet or began exercise program
- 57% used discounts/coupons
- 0 checked BS levels
- Unfortunately, because of the small sample size, it is impossible to draw conclusions on the effectiveness of this educational session on Diabetes prevention in Lancaster's Gestational Diabetic patients.

Lessons Learned

- Due to various parenting obligations, weekday, evening workshops are not well attended by this patient population
- It is extremely challenging to engage a healthy patient population and convince them of potential health risks.

Next Steps for Future Students

- For future workshops, consider incorporating children and address healthy living for both mom and child, thereby avoiding childcare issues.
- Follow-up with the 7 patients who attended the workshop and gather ideas on how to increase participation among this patient population.