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Editors, journalists and bloggers: there are more than 130 educational sessions at the AADE Annual Meeting in Atlanta and it's virtually impossible to cover all the presentations you'd like to attend. We at the AADE have highlighted some sessions on Friday and Saturday that caught our eye and included summaries from the Show Daily for you here in this condensed form.

Friday, August 7

Session explores culturally sensitive diabetes education

While diabetes has reached epidemic proportions across all populations, minority groups still develop this disease at higher rates than Caucasians. In fact, African-Americans are 2.2 times more likely to have diabetes than whites, and an estimated 10 percent of Hispanic adults have diabetes.

Given this, it's important for diabetes educators to be prepared to provide culturally and linguistically appropriate information and care to minority patients. To help educators, Adeola Akindana, MSN, RN, CDE, Diabetes Nurse Clinician at Howard University Hospital in Washington, DC, will present "Culturally Sensitive Diabetes Education in Multi-Ethnic Communities."

The session will take place from 1:30 to 3:00 pm today, Friday, August 7, in room B312 on Level 4 of the Georgia World Congress Center.

"My goal is for people to understand culturally the patients that they serve," Akindana said. "To be more cognizant to little nuances and sometimes to the bigger cultural differences. To become aware of what is unique to different populations. We obviously cannot know everything about every group, but we can bring more sensitivity and awareness to our practices."

Session to examine prediabetes diagnostic criteria, primary prevention efforts

Two clinicians will recount their efforts to educate physicians on the diagnosis of prediabetes this morning during "Raising Awareness and Treating Prediabetes in the Healthcare System."

Kimberly Buss, MD, MPH, is a family physician in a large medical group in Sacramento, California, and the Medical Director of Diabetes Education for Sutter Medical Foundation. Deborah Greenwood, MEd, CNS, BC-ADM, CDE, is the ADA/AADE Program Coordinator for the Sutter Integrated Diabetes Education Network. They will discuss their results on Friday, August 7th 10:30 a.m. in B407 on Level 4 of the Georgia World Congress Center.

They educated more than 300 healthcare providers within the Sutter Medical Foundation on the diagnosis of prediabetes and the algorithm created by the Centers for Disease Control and Prevention (CDC) to help determine prediabetes treatment.

"The algorithm that the CDC created was based on the ADA's 2008 recommendations for the treatment of prediabetes in their 2008 *Standards of Medical Care in Diabetes* position statement." Dr. Buss said. "We helped evaluate the algorithm and then we taught it to most of the primary care physicians in two large multispecialty groups in Sacramento."

Technology to be harnessed for today's diabetes care models

For many healthcare professionals, staying on top of the latest technology and advances is a daunting task — especially when also dealing with heavy patient caseloads. Fortunately, diabetes educators will have a hands-on opportunity to learn about recent innovations during session F18, which takes place tomorrow, Friday, August 7.

Maryanne Kridner, MSN, RN, CDE, of Baylor HealthCare System in Fort Worth, Texas, and Margaret Fowke, RD, LD, MPA, MA, of the National Weather Service in Silver Spring, Maryland, will discuss new and developing technologies during "Exploring Future Tools for Better Diabetes Management Outcomes."

The session will take place on Friday, August 7th from 1:30 to 3:00 pm in room B405 on Level 4 of the Georgia World Congress Center.

Kridner and Fowke will examine a variety of new technologies — both in use and in the works — that can benefit educators and patients alike.

“Not only are these tools things that can be used for our patients’ benefit, they are things that can be used for our own professional growth and to be more efficient and effective,” Kridner said.

The session will explore everything from social networking web sites such as Twitter and Facebook to nano- and automotive technologies that can continuously but unobtrusively monitor blood sugar. Other ideas on the horizon include health amusement parks and interactive, educational visitor’s centers.

Studies in behavior change show positive results

Behavior change is one of the most crucial elements of diabetes management and sometimes the most difficult to achieve. During a breakout session this afternoon, participants will hear about three studies looking at behavior change in diabetes patients.

The session, “Research Presentations: Behavior Change,” takes place on Saturday, August 8th from 2:00 to 3:30 pm in room B315 on Level 3 of the Georgia World Congress Center.

The first presentation of the session is from Amanda Kirpitch, Nutrition Educator at Joslin Diabetes Center, who will present “Why WAIT? Multidisciplinary Program for Weight Control in Obese Patients with Diabetes — 1 year later.”

Kirpitch will present data on 85 patients who participated in a 12-week weight management program at the Joslin Diabetes Center, which focused on nutritional, behavioral and exercise components

“It’s a medical weight loss program that focuses on three behavioral components, and it’s really the only weight loss program that’s been developed for patients with diabetes,” Kirpitch said.

The Why WAIT? (Weight Achievement and Intensive Treatment) program’s study results show that participants experienced average weight loss of 24.6 pounds after 12 weeks in the program, and more importantly, the majority of participants were able to

maintain the loss one year later.

Session to show successful effort to bring education to rural areas

For patients in smaller communities, there are many barriers to receiving high quality diabetes education. Such concerns as cost and travel prevent many patients with diabetes from obtaining regular care and education.

To help other educators who serve rural populations, Leisa Blanchard, RN, BSN, CDE, CPT, Director of Diabetes Education, and Eden Ogden, BSN, RN, CDE, Nurse Educator, will present “Providing Diabetes Self-Management Training in Rural Clinics” on Saturday, August 8th from 3:45 to 5:15 pm in room B404 on Level 4 of the Georgia World Congress Center.

Both presenters work at Barton County Memorial Hospital in Lamar, Missouri. The hospital serves citizens of three rural counties with a combined population of 33,971. The hospital has rural clinics in two of the three counties.

During the presentation, Blanchard and Ogden will share their success in developing a program to bring better diabetes education and care to their rural communities. “We have so many people in our area that are either uninsured or underinsured, so they have very few resources for diabetes education,” Blanchard said. “We wanted to provide a way that they could get education and it not be cost prohibitive.”

Saturday, August 8th

Web-based Education

For those looking for a more in-depth look at how to use the internet to its fullest, try session S04 on Saturday morning.

Elizabeth L. Quintana, EdD, RD/LD, CDE, Clinical Associate and Nutrition Program Coordinator at West Virginia University School of Medicine in Morgantown, will present “At Your Fingertips: Web-Based Diabetes Education.” The session will take place on Saturday, August 8th from 8:30 to 10:00 am in room B312 on Level 3.

Quintana will demonstrate how diabetes educators can make the most of internet resources.

“As educators, we are constantly having to deal with new information,” Quintana said. “And it’s not always reliable. Our clients rely upon us on for accurate information. When patients are reading mainstream news, the information can be limited, and headlines can be misleading or misinterpreted. So while the internet is a great resource, we must scrutinize the information and direct our patients to reputable sites.”

To help educators, Quintana will share tips for evaluating a web site and how to dispel misinformation when you find it online. She will also discuss ways the internet can enhance patient communication and problem solving.

“With web-based information, patients have an opportunity to review information before meeting with a diabetes educator,” Quintana said. “The information can also then be reviewed and referred to later.”

The future of U.S. healthcare to be discussed

The patient-centered medical home is one of the concepts intertwined with healthcare reform. This afternoon, an expert in primary care will discuss the concept and how diabetes educators can fit into it.

Richard Roberts, practicing primary care physician and professor of family medicine at the University of Wisconsin School of Medicine and Public Health, will present “The Patient-Centered Medical Home: So, What’s All the Fuss?”

The session will take place from 2:00 to 3:30 pm today, Saturday, August 8, in room B305 on Level 3 of the Georgia World Congress Center.

“I’m going to present a different world-view of health care than many in the audience have typically thought about or been focused on,” Dr. Roberts said. He will discuss some of the reasons that the U.S. healthcare system is the most expensive in the world, yet ranks 37th in the world in terms of healthcare outcomes.

“It’s been said that the U.S. could have the world’s best health system if only we had one. This very fragmented, granular, subspecialty-focused healthcare system we have had has not served us well,” Dr. Roberts said. “We have this notion as Americans that

doing more is doing better when many times it's just doing more and often times doing worse.”

Communication specialist to examine health literacy concerns

Studies show that literacy skill is the strongest predictor of health status. Patients with limited health literacy are more likely to skip preventative measures; enter healthcare system when they are sicker; have less knowledge of their illness and it's management; be hospitalized more for preventable conditions; and use the emergency room more.

To help educators better address the problem of health literacy in their practices, Sarah Piper, MPH, CDE, Diabetes Education Coordinator at Diabetes Association of Atlanta, will present “Health Literacy: What You Say — And What the Patient Hears!” from 8:30 to 10:00 this morning, Saturday, August 8, in room B308 on Level 3 of the Georgia World Congress Center.

“The ultimate goal is to maximize communication with patients,” she said. “There are many things we can do as diabetes educators to maximize our patients understanding through clear communication.”

Piper will review the tenets of clear communication and provide practical strategies for helping patients understand complex medical information.

Surprising as it may sound, Piper said all patients in the healthcare system are at-risk of not understanding medical information — regardless of intelligence or education level.

“An accountant, who may be very intelligent, may really struggle in the medical system, which uses a different language,” she said. “We need to take a universal precautions approach. You may not know which of your patients may struggle with this, so we want to treat all patients the same in regards to how we communicate.”

Session offers in-depth analysis on type 2 prevention strategies for youth

The American Diabetes Association (ADA) recently conducted an extensive secondary and primary research review in an effort to develop prevention strategies for minority youth in urban and rural areas.

To share the results and discuss strategies to apply the information, Mary Pat King, MS, National Director of Youth Initiatives at the ADA in Alexandria, Virginia, and Lorena Drago, MS, RD, CDN, CDE, Senior Associate Director at Lincoln Hospital in Forest Hills, New York, will present “Type 2 Diabetes Prevention in Minority Youth — And How to Reverse the Trend.”

The session takes place from 10:30 am to 12:00 pm today, Friday, August 7, in room B403 on Level 4 of the Georgia World Congress Center.

During this interactive session, King and Drago will work together to not only share findings that shed light on the obesity epidemic but will also discuss how diabetes educators can use these findings, lessons and resources to empower parents with diabetes in an attempt to prevent future generations from developing type 2 diabetes.

“I wanted to share the results of our year-long environmental scan because our findings could benefit more than our internal audiences,” King said. “It includes a lot of secondary research — it’s not just data, but we sought to answer tough questions. Why are youth and families not changing their behaviors? What is known beyond the typical obesity facts that could influence a strategy locally?”

As part of the extensive environmental scan, the ADA examined various campaigns and programs and reviewed the evidence to see what interventions were effective.

“We found community-wide campaigns to be effective, but only when paired with environmental or policy actions,” King said. “Such campaigns were not as strong alone compared to when they were paired with an environmental change of some sort.”

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