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Disclosure to Participants

- Notice of Requirements For Successful Completion
 - Please refer to learning goals and objectives
 - Learners must attend the full activity and complete the evaluation in order to claim continuing education credit/hours
- Conflict of Interest (COI) and Financial Relationship Disclosures:
 - Jonell Hudson, PharmD, CDE - No COI/Financial relationship to disclose
 - Karra Sparks, RD, CDE - No COI/Financial Relationship to disclose
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Objectives

- Recognize how culture was used to adapt a DSME approach
- Describe how innovative strategies were developed to address cultural needs
- Discuss how the culturally adapted family model of DSME was implemented

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A map of the Pacific region, highlighting various island groups and countries. The map includes labels for China, Philippines, Northern Mariana Islands, Federated States Of Micronesia, Wake Island, Hawaii, Johnston Atoll, Marshall Islands, Kingman Reef, Palmyra Atoll, Christmas Island, Jarvis Island, Tokelau, Kiribati, Tuvalu, Samoa, American Samoa, Cook Islands, Tokelau, French Polynesia, Pitcairn Islands, New Zealand, and Australia. The map also shows the Indian Ocean, North Pacific Ocean, and South Pacific Ocean.

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Marshalllese
and
Diabetes

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Screenings in Churches



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Health of Marshalllese in Northwest Arkansas

Screening Item	Result
No Health Insurance	46%
No identified medical provider	79%
Did not see a medical provider due to cost	49%
Had been told by a medical provider they had diabetes	20%
Had been told by a medical provider they had HTN	22%
Screened positive for pre-diabetes	33%
Screened positive for diabetes	38%
Screened positive for HTN	41%

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Pilot Family Model of Diabetes Education

Traditional Diabetes Education – limited success
Family Centered Focus

- How do you define your family?
- Where do you want to have the sessions?

Conversation Maps

Sessions led by a CDE with Marshallese CHW providing translation

6 families participated

Results: Improved control in diabetes management



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Development of Curriculum



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Purpose of diabetes self-management (DSME) intervention

Randomized controlled trial that compared traditional DSME with a family centered, culturally adapted DSME

Traditional Model: delivered in a standard setting with a CDE and translator



Family Model: delivered in the home by a Marshallese CHW with a CDE present and included the "family"



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Self-Care Behaviors

- Healthy Eating
- Being Active
- Monitoring Blood Glucose Levels
- Medicine
- Problem Solving
- Reduce Complications
- Coping with Stress

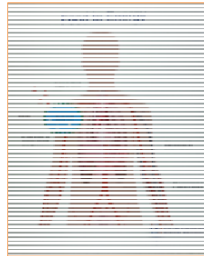


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What is Diabetes?

- Energy
- Blood glucose goals
- Types of Diabetes
- Risk factors and symptoms



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Healthy Eating as a Family

- Macronutrients
- Whole grains and fiber
- BMI and healthy weight
- Social events



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Carbohydrates

Healthier carbohydrates and unhealthy carbohydrates

Carbohydrate servings per meal

Counting carbohydrate



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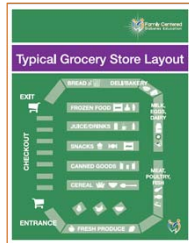
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Eating Healthy on a Budget

Three steps to eating healthy on a budget

What is in a grocery store?

Tour of the grocery store



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Being Active Together

Active as a family

Lifestyle activity

Types of physical activity

Being safe with physical activity



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Medicine for Health

Types of Medicine
Western medicine for diabetes
Generic vs non-generic medicine

Western Medicine for Diabetes

French Lilac Plant = Metformin

Prescription Information:
 Prescribing name and address: Jane Smith, MD, 1234 Main Street, Suite 500, St. Louis, MO 63101, (314) 555-0123
 Doctor's Name: JANE SMITH
 Dispensing pharmacy: ABC PHARMACY, 456 Market Street, St. Louis, MO 63101, 800-555-5555
 Prescription #/Date: 123456789 / 08/20/19
 Number used by the pharmacy to identify the drug for your records: 123456789
 Patient who gave the drug: JANE SMITH
 Introduction about the drug used: TAKE ONE CAPSULE BY MOUTH, THREE TIMES DAILY FOR 30 DAYS UNTIL ALL TAKEN.
 Name of drug and strength of drug: AMOXICILLIN 500MG CAPSULES
 Number of units dispensed: ONE MONTH SUPPLY

Western Medicine for Diabetes
 French Lilac Plant = Metformin
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Taking Care of our Families

Know the Heart Attack Warning Signs
 You can save a life, maybe your own.
 Know the signs: chest pain, shortness of breath, nausea, lightheadedness, sweating, pain in the arm or jaw, or sudden dizziness.

MOUTH
 Take care of your mouth. Brush your teeth twice a day. Floss daily. Use mouthwash. See your dentist regularly.

HEART
 Eat a healthy diet. Exercise regularly. Don't smoke. Limit alcohol. Manage stress. Control blood pressure and cholesterol.

KIDNEYS
 Stay hydrated. Eat a healthy diet. Exercise regularly. Don't smoke. Limit alcohol. Manage stress. Control blood pressure and diabetes.

EYES
 Get regular eye exams. Wear sunglasses. Don't smoke. Limit alcohol. Manage stress. Control blood pressure and diabetes.

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Supporting Each Other

Stress-Relieving Activities

- Relax
- Spend quality time with family
- Talk
- Exercise
- Learn more
- Read
- Volunteer
- Meditate
- Take a break
- Spend time in nature
- Laugh
- Listen to music
- Take a walk
- Call a friend
- Watch TV
- Get plenty of sleep
- Eat healthy foods
- Avoid stress

Stress All Around Me

CERTIFICATE OF PARTICIPATION

IS THANKED FOR PHENOMENAL PARTICIPATION IN THE FAMILY-CENTERED DIABETES EDUCATION CLASSES

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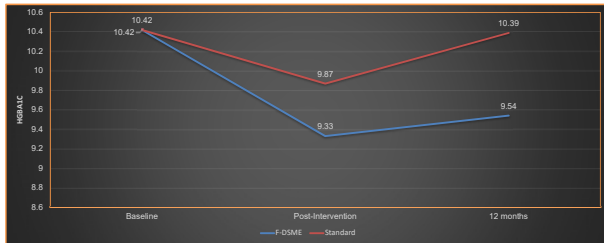
Lessons Learned



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Study Results



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Publications

- Cultural Adaptation of Diabetes Self-Management Education For Marshallese Residing In The United States: Lessons Learned In Curriculum Development. *Progress in Community Health Partnerships: Research, Education, and Action*. 2017; 11(3): 253-261
- Comparative effectiveness and maintenance of diabetes self-management education interventions for Marshallese patients with type 2 diabetes: a randomized controlled trial. *Diabetes Care*. 2019; 42(5):e1-10.

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Research with Curriculum

- FDSME in the clinic
- FDSME in the Republic of the Marshall Islands
- FDSME in Churches



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Marshallese Colleagues



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Where to find Family Model of DSME Curriculum

UAMS Northwest Community Health and Research

Under Resources

Diabetes Self-Management Curriculum

<https://northwestcampus.uams.edu/chr/s.edu/chr/>

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