Training Program for Diabetes Management in Primary Care

“The Madison Clinic Peggy Huang Diabetes Nurse Fellows Program”
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Catherine Chesla

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:
Presenter: Maureen McGrath, RN, MS, PNP-BC, BC-ADM, Diabetes Technology Society Speaker
Non-Endorsement of Products:
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Addressing a Gap in Diabetes Practice
• Epidemic of diabetes in the US
• Increased access and care seeking due to ACA
• Increased demands in primary care clinics to manage patients with diabetes
• Special needs of ethnically diverse populations
• Increased practice possibilities: Board Certified Advanced Diabetes Management

Additional Development Forces
• External donor committed to interdisciplinary diabetes care—wih nurses central to care
• Master’s programs focused on Advanced Practice Nursing
• Program accessible to Nurse Practitioner students: Adult/Geri, Family and Pediatric
Student Options within Minor
- Complete one or two courses
- Complete all coursework
- Complete the Minor
  - 3 Courses plus clinical component
  - Apply for and complete Diabetes Fellowship

UCSF’s Diabetes Minor
- Nation’s first APN program in diabetes
- Three 2 unit courses; Total of 6 units
- Clinical Rotations
  - Primary care sites with high percent of diabetes
  - Diabetes specialty clinics
  - Diabetes teen camp, and weekend family camp

Establishing the UCSF Diabetes Program
- Curriculums includes 3 courses:
  - Advanced Clinical Management of Adult Diabetes
  - Advanced Clinical Management of Pediatric Diabetes
  - Behavioral Approaches to Diabetes Across the Life Span

Management of Adult Diabetes
- Videos & Study Guide
  - Insulin
  - Nutrition
  - Oral Medications
- Didactic
  - Etiology & Pathophysiology
  - Insulin Management
  - Food Insecurity and Diabetes
  - Complications and Diabetes
  - Elderly and Diabetes
- Interactive
  - Insulin Cases
  - SFGH GM Home Visit Cases

Management of Pediatric Diabetes
- Preview / Video Lectures
  - T1DM in Youth, cell loss and recovery
  - Pump Therapy
  - Physiologic Insulin Therapy
  - Childhood Obesity
- Didactic
  - T2DM in Youth
  - Insulin
- Interactive
  - Sick Day Scenarios
  - Pump Simulation
  - Insulin Cases
  - CHO Counting
Behavioral Approaches

- Didactic
  - DCCT, UKPDS, DPP
  - Family Approaches to Diabetes Care
  - Empowerment Model
  - Chronic Care & Ecological Models
  - Self Management Model
  - Diabetes Distress & Depression
  - Shared Medical Apts

Interactive Lab
- Problem Solving
- SMART Goal Setting
- Diabetes Simulation
- SMA Simulation
- Motivational Interviewing
- Role Play
- Family Interaction Cases

Clinical Approaches

- Specialty Clinics
  - Pediatric Diabetes Clinic at UCSF
  - Private adult endocrine practices
  - Zuckerberg San Francisco Endocrine Clinic

- Community Clinics/Primary Care
  - Santa Cruz Community Health Centers
    - SMA for Spanish speaking Latinos, Type 2 DM
  - La Clinica de La Raza – SMA for Type 2 DM
  - Zuckerberg San Francisco General Hospital General Medicine Clinic

Clinical Intensive Rotations

- Weeklong rotation in Ventura County at Las Islas
  - Peds/Adults/GDM/Wound Care

“...The simulation was invaluable. I wish every professor made us do this. It was the perfect example of how we really don’t know what our patients go through day to day, and we have to approach them with empathy and an open mind.”

Concrete Experience

- Diabetes Simulation
- Concrete Experience
- Reflective Observation

Abstract Conceptualization

Active Experimentation

Activities Beyond Clinical Rotations

- Students are encouraged to:
  - Attend a 2-day or 4-day UCSF Diabetes Teaching Center class for T1DM or T2DM
  - A weekend diabetes family camp
  - 10 day teen camp at Bearskin

Beyond Clinical Rotations

- Students are encouraged to do community observations:
  - Shared medical appointments (SMA) for diabetes
  - Group teaching in the diabetes teaching center at UCSF

Camp & the Diabetes Minor

- Weekend Family Camp 2013-2016
- Residential Summer Camp 2013-2015
  - Students spend 10 days at teen camp
  - Receive 4 hours/day clinical hours for APRN
  - Daily Didactic
- Summer 2016
  - Grants to cover summer tuition
  - Will attend both kids camp and teen camp

Program Evaluation

- Student interest and enrollment
- Student characteristics
- Employment sites and roles
- Holistic program evaluations

This was by far the most impactful class that I have taken at UCSF. It has helped me make changes in my personal and professional lives. I am so grateful for all the thought and effort that went into this course.
Student Interest and Enrollment

In the first three years of the Diabetes Minor:
* 60 students completed some coursework
* 49 students completed minor
  - 16 completed in 2014
  - 15 completed in 2015
  - 18 completed in 2016
* 15 students were designated Diabetes Fellows (with financial support)

Holistic Program Assessment

- Course evaluations are in very good to excellent range
- 90% of graduates intend to pursue BC-ADM certification
- Post-program evaluations note range of skills acquired

"At least half my patients have T2DM in my current practice. Having the foundation of the minor is invaluable in guiding my management plan. I utilize behavioral approaches I learned in the minor in my visits with patients with diabetes... and with other chronic conditions as well."

Student Characteristics

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Post-Graduation Employment

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