Overall Goal

Helping the community to address prevention and control of diabetes with the participation of community health workers (CHWs)
Learning Objectives

1. Identify the signs and symptoms of diabetes and its complications
2. Describe how levels of glucose can be measured in the body and review the benefits of regular glucose testing for patients
3. Distinguish biological and predisposing factors of diabetes and the types of diabetes (diabetes 1 and 2)
4. Discuss roles of CHWs in the prevention and control of diabetes

1. Demonstrate how CHWs can utilize the ECHO model to improve access to diabetes treatment in your area

Roles of CHWs in Caring for Patients with Diabetes

Preventing diabetes
Screening for diabetes
Improving control of diabetes
What we will discuss today

What is diabetes?
What are the signs and symptoms of diabetes?
Complications of diabetes

How to prevent type 2 diabetes?
Who should be tested for diabetes?

How to control diabetes?
What resources are available to help patients with diabetes?

An interactive activity to share best practices and resources for CHWs for the control of diabetes using project ECHO.
What is diabetes?

There are changes in the normal way the body uses food to give you energy.¹
Diabetes causes increased blood glucose.

Diabetes can be prevented. If you have diabetes there are ways to control the disease and maintain a better quality of life.
The pancreas releases insulin in the blood
Insulin helps glucose from food enter the cells.
If the body does not produce enough insulin or the insulin does not work properly, glucose cannot enter the cells.
Glucose level in the blood becomes elevated

Have a family history of diabetes
Obesity increases the risk of type 2 diabetes
Race: it's unclear why, but blacks, Hispanics, American Indians and Asian-Americans — are at higher risk.
High cholesterol
Smoking and high blood pressure
Giving birth to a baby who weighed more that 9 pounds
Sedentary lifestyle

[Link to IDF website]
Types of diabetes

Diabetes Type 1

- Less common (less than 1 of every 20 people have this type of diabetes)
- The body does not make enough insulin to move sugar out of the blood and into the muscles
- Requires insulin injections every day to control

Children/teenagers
Diabetes Type 2

Usually begin in adults years

More common type of diabetes (more than 19 out of 20 people have this type of diabetes)

Body usually makes enough insulin, but the muscle cells do not respond to insulin

Overweight and inactivity increases the chances of having type 2 diabetes

What are the signs and symptoms of diabetes?
Also:

- Have dry, itchy skin
Can I prevent diabetes?
The risk is less with:

- Weight loss
- Exercise
- Healthy Foods
- Smoking cessation

The risk is increased with:

- Obesity (being overweight)
- Smoking
- Lack of exercise
- Poor Nutrition

Who should be tested for diabetes?
Who should be tested for diabetes? 1

- Persons older than 45
- People who are overweight
- Smokers
- People with high blood pressure
- People with high cholesterol
- People with a family history of diabetes
- Women who have had a newborn who weighed 9 pounds or more

How to control diabetes?
Is my diabetes well-controlled? 8,9

Decisions on lifestyle, diet, exercise and weight control 9,10

- Maintain normal levels of blood glucose
- Have a balanced healthy diet
- Exercise
- Weight control
- Control cholesterol (LDL)
- Controlling blood pressure 10
- Regular check-ups with your doctor or primary care center
**Know your health care team**

<table>
<thead>
<tr>
<th>Dentist</th>
<th>Doctors specializing in diabetes</th>
<th>Diabetes educators</th>
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<tbody>
<tr>
<td>Ophthalmologists (physicians who specialize in the eyes)</td>
<td>Podiatrists (physicians who specialize in the feet)</td>
<td>Family and friends</td>
</tr>
<tr>
<td>Nurse specialists</td>
<td>Pharmaceutical staff</td>
<td>Social Workers</td>
</tr>
<tr>
<td>Mental health counselors</td>
<td>Community Health Workers</td>
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</tbody>
</table>

**What resources are available to help patients with diabetes?**
Personal

Self-management
 Prevent complications due to diabetes
 Participate in local programs to control diabetes

Family and community support
 Keep a record of your sugar levels
 Keep a balance

Visit your doctor regularly
 Maintain good emotional and spiritual health
Health Center

- Health coordination
- Education
- Follow-up appointments
- Incorporating exercise
- Cultural and linguistic approaches
What resources are available in our community to help patients manage their diabetes?

Referral to local programs, such as DSMP and Manejo or the TX Diabetes Prevention & Control Program ¹¹,¹²,¹³

Tips to help patients take blood glucose measurements ¹⁵

Resources available to help patients ¹⁴,¹⁵
Project ECHO

1. Diabetes, exercise, and weight control
2. Diabetes and prenatal care
3. Diabetes and behavioral health
4. Diabetes and cardiovascular diseases
5. Diabetes and oral health
Questions?

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References

15. https://www.dshs.texas.gov/diabetes/
17. http://www.migrantclinician.org/project-echo
Additional Resources

- https://www.niddk.nih.gov/health-information/diabetes/causes
- http://www.nhlbi.nih.gov/health/health-topics/topics/hbp/
- https://medlineplus.gov/diabetes.html#cat82