



**Williamson Memorial Hospital Diabetes Management Clinic:
Making a Difference for Patients with Diabetes and their Families**

Public Health Problem

- Uncontrolled diabetes can result in many long-term complications such as heart disease, stroke, blindness, kidney failure and amputations.
- In 2008, the Centers for Disease Control and Prevention reports the prevalence of diabetes in WV was 11.4% as compared to 8% nationally.

Program

To help combat the problem of uncontrolled diabetes, the Williamson Memorial Hospital established the Diabetes Management Clinic in 2008. The goal of the clinic was to improve the patient's understanding of diabetes as a manageable disease state with positive outcomes. The clinic is staffed by a registered nurse and a registered dietitian, as well as a nurse practitioner who is a Certified Diabetes Educator (CDE) and board certified in Advanced Diabetes Management.

Impact

Due to the impact of diabetes on the health of Mingo County residents, Williamson Memorial Hospital committed to the establishment of a diabetes self-management education program in the fall of 2007. The Diabetes Management Clinic was opened and successfully gained approval by the American Diabetes Association (ADA) in February 2008. This approval was granted after the clinic had met ADA's stringent criteria for diabetes education. A critical component of this program is data collection. The clinic was assisted by the West Virginia University Office of Health Services Research (which is funded in part by the WV Diabetes Prevention and Control Program) in implementing CDEMS for data collection and reporting. This registry has been an excellent tool that has allowed the clinic staff to easily compile and compare data for the patient demographics as well as outcomes. The education program has continued to improve health outcomes of local residents. Achievements of this program include:

- For the 2009 data period, the average HbA1c for all patients has improved from 8.36 to 7.37. Using the Diabetes Impact Tool released by the National Health Disparities Collaborative, this 0.9% decrease accounts for:
 - 12.5% decrease in total mortality
 - 18.7% decrease in diabetes related mortality
 - 12.5% decrease in myocardial infarction
 - 10.1% decrease in stroke
 - 38.3% decrease in amputation
 - 21.4% decrease in renal failure
 - 12.9% decrease in cataract extraction
 - 32.9% decrease in micro-vascular disease

- Participants in the education program also were successful in meeting their self-management goals. The following data reflects goal achievement in ADA's seven self-care goal areas:
 - Nutrition and Healthy Eating 76% goal achievement
 - Physical Activity 80% goal achievement
 - Medications 100% goal achievement
 - Prevention, detecting, treating complications 50% goal achievement
 - Risk Reduction 71% goal achievement
 - Psychological adjustment 100% goal achievement
 - Monitoring blood glucose 86% goal achievement

- The Diabetes Management Clinic successfully hosted a Diabetes Fair in November 2009 at a local mall. Diabetes education was provided to over 100 local residents. The diabetes clinic staff as well as nursing students, an optometrist and various diabetes care vendors were on hand to provide information to the participants.

- An educational event called "Live, Learn and Play with Diabetes" was also sponsored in November 2009 for children with Type 1 Diabetes and their parents. Workshop sessions were held for both parents and the children that provided information about coping with diabetes. The event was held at the local community college and sessions were lead by the clinic staff, local school nurses and the clinic advisory council members.

- The Diabetes Management Clinic also added a Pre-Diabetes class for those individuals who have been diagnosed with pre-diabetes. The agenda for this class is based on the findings of the Diabetes Prevention Program that reduction of weight by 5-10% and increase in exercise to 150 minutes per week will result in a 58% incidence of development of diabetes.

- Clinic staff and advisors continue to pursue additional education and certifications in the area of diabetes care. Dr. C. Donovan Beckett, medical advisor for the Diabetes Management Clinic, was recognized for Excellence in Diabetes Care by the National Committee for Quality Assurance (NCQA). This recognition requires chart review and data submission to ensure that diabetes patients in his practice are receiving care according to ADA guidelines for diabetes care. He became the first physician in WV to achieve NCQA recognition. Vicki Hatfield, CFNP, CDE and Clinic Director, has also submitted data for this prestigious recognition and is awaiting review. Ms. Hatfield also holds the certification from the American Nurses Credentialing Center for board certification in Advanced Diabetes Management. Melissa Justice, Clinic RN, will be taking the CDE exam in June 2010.

- Williamson Memorial Hospital has also committed to achieving improved glycemic control for their inpatients. The hospital, assisted by the Diabetes Management Clinic staff, has begun the process of achieving Joint Commission Disease-Specific Care certification for Inpatient Diabetes. The goal of this major project is to improve the outcome for patients with diabetes and to better educate the staff regarding guidelines for inpatient diabetes care. Policies and protocols are being developed to meet the criteria for this certification.

If you have any questions, please contact Vicki Hatfield at the contact information below.

Contact

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