

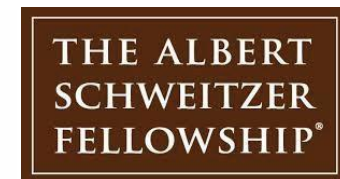
SALUD: SUPPORT AND AWARENESS FOR LATINOS UNDERTAKING CHRONIC DISEASE MANAGEMENT



Carolinan HealthCare System



UNC
SCHOOL OF MEDICINE



Rebecca Flint | 2015 -2016 NC Albert Schweitzer Fellow



SALUD is a chronic disease management program serving the vulnerable Latino population of the volunteer-run free clinic at Our Lady of Guadalupe Catholic Church in Charlotte, NC. Rebecca engaged patients with chronic diseases such as diabetes, hyperlipidemia, hypertension and obesity in a 6 month program to educate and empower them to improve chronic disease management, overall health, and quality of life.



PROGRAM DETAILS

- 6 week Stanford “Tomando Control de su Salud” course taught by trained health promoters in Spanish
- Monthly concurrent one-on-one evaluations with bilingual medical students for 6 months
- Focus groups after completion of 6 month course
- Hgb A1c and lipid panel at initial and final evaluation
- Monthly evaluation of BMI, waist circumference, and blood pressure

OUTCOMES

- 36 patients participated in the program
- Quality of life improvement average of 1.8 on a scale of 1-10
- Average weight loss of 1.5 lbs
- 9 patients lost over 5 lbs
- 15 participants lost >1 in waist circumference and 8 of those lost >2 in
- One participant lowered his Hgb A1C by 4.1 points
- Unexpected social support networks were formed between participants



ONE SUCCESS STORY

On the first day of the program, one patient was diagnosed with diabetes and she adamantly told the Fellow every week that she was not going to have diabetes. After six months of hard work, her Hgb A1C had dropped dramatically and she was taken off her diabetes medications. She almost cried when Rebecca told her the news.

SUSTAINABILITY

- UNC School of Medicine students Shimena Li and Judd Heideman were awarded a Schweitzer Fellowship to sustain the project
- 3 community members will be trained to teach the “Tomando Control de Su Salud” curriculum
- Urban Scholars from the second and third year medical school classes have been recruited to take part in and sustain the project after the second fellowship year

www.schweitzerfellowship.org