

Anna and Nick implemented shared medical appointments as the standard of care for patients with type 2 diabetes at the ODC, focusing on the three levels of disease prevention by preventing prediabetes progression, diabetes management, and reduction of long-term complications or disability.

## Project Premise

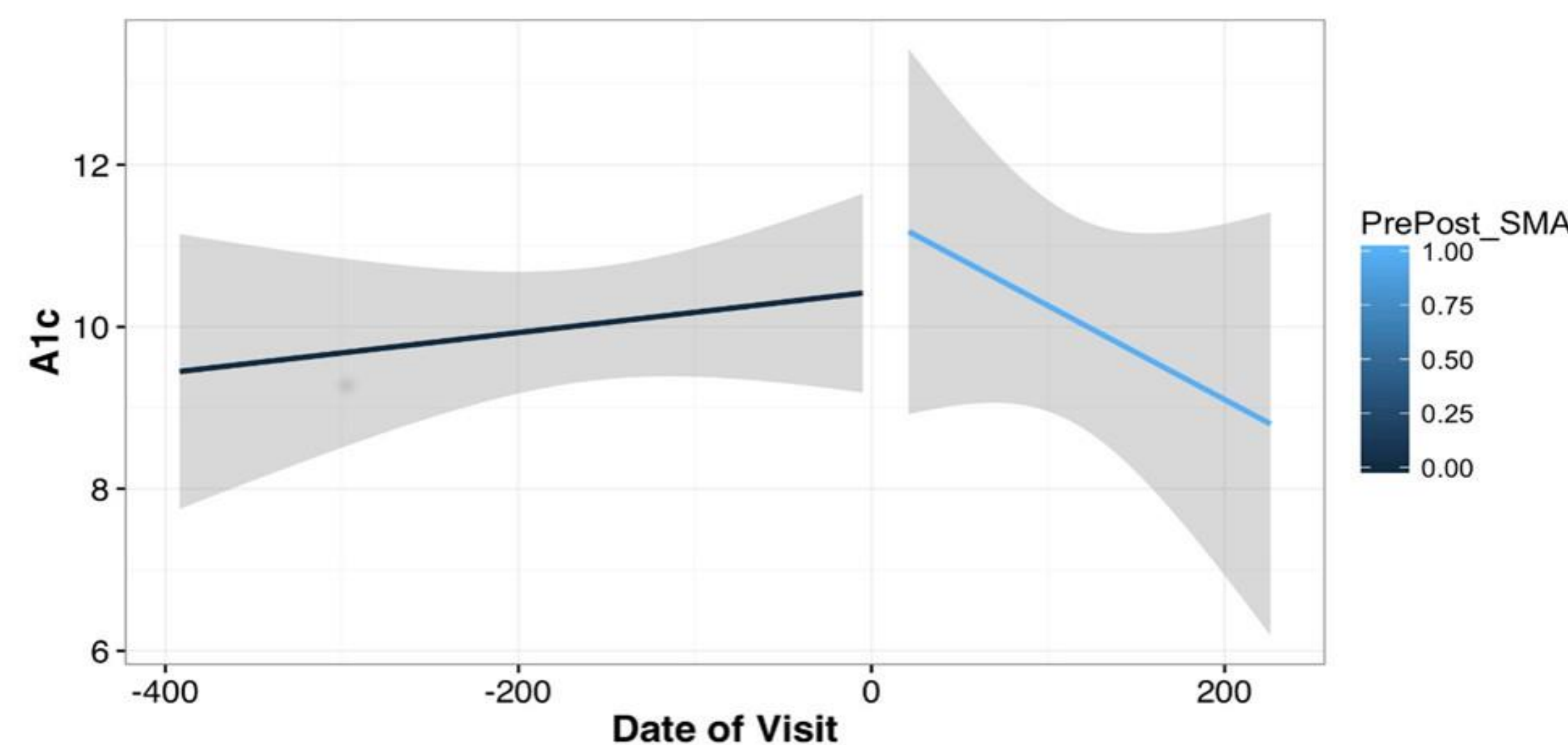
- A disproportionate disease burden of type 2 diabetes falls on underserved patient populations.
- Shared medical appointments (SMA) integrate group-based diabetes self-management education and training along with a primary care visit to enhance peer support, increase motivation and medical adherence, and decrease disease distress.

## Project Site

- The Open Door Clinic (ODC) of Alamance County, established in 1990, provides free healthcare to over 500 adult Alamance county residents with an income of 150% or less of the federal poverty rate yearly.
- The Diabetes Maintenance and Prevention Program (DMPP) operates within the ODC and provides free endocrinology care in a monthly clinic.
- The DMPP represents a collaboration between UNC Endocrinology, UNC-SOM medical students, Elon pharmacy students, and Elon undergraduate students.



Figure: Aggregate shift in Hemoglobin A1c from 12 months pre- and 6 months post-Shared Medical Appointment (SMA) Intervention Among Patients Receiving Specialized Endocrinology Care at a Free, Student Run Clinic (n=8)



## Results

- 40 patients were seen in SMA model that incorporated the rotation of medical, physician assistant, and undergraduate students, pharmacy residents, and an attending endocrinologist to offer monthly diabetes care.
- SMA intervention was found to be acceptable to patients and improved peer support.
- Data collection and evaluation suggested that SMA are having a modest but statistically significant effect on reducing hemoglobin HbA1c.
- Students involved in SMA gained exposure to novel models of care, the challenges of other aspects of diabetes care, and the complexities of the patient-perceived experience of diabetes.

## Sustainability

- Optimization of the SMA at the ODC of Alamance County through continued work 2017-2018.
- SMA may be an educational opportunity to integrate transdisciplinary students in the free-clinic context to improve diabetes care for underserved patients.

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