

PROJECT GOALS

Arthika worked with a team to link low-income patients with diabetes to specialty eye care in Durham County, while also educating them about comprehensive diabetes care, how to prevent its complications and empower patients to be in control of their own preventative health care. In addition, they are creating a system for patients at Lincoln Community Health Center to receive appropriate care in the most time and resource-effective way possible.

PATIENT EDUCATION

The DiaBEAT This! support group met for 12 weeks for a 1 ½ hour healthy breakfast session to discuss:

- Complications
- Comprehensive and preventative care
- SMART Goals
- Exercise
- Health Eating
- Cooking with Diabetes
- Managing Diabetes on a Budget
- Coping with Chronic Disease

SUSTAINABILITY

Next year, the educational programming will be maintained by Duke Medical Students and Arthika will see through the implementation of the Diabetic Retinopathy order set at LCHC.



Our closing celebration!

OUTCOMES

- 7 out of 11 workshop participants were able to establish and follow a personal diabetes care plan for an average of 4 weeks or more.
- 6 out of 11 workshop participants completed an eye exam this year.
- 5 out of 11 workshop participants scheduled a comprehensive eye exam later this year.
- 45 out of 85 patients who required follow up care implemented a diabetes care plan.
- 69 out of 85 patients who required follow up care scheduled a comprehensive eye exam, or alternative follow-up, later this year.
- 83 out of 148 patients accomplished one SMART goal over a four month period related to their diabetes management and care plan.
- 63 out of 148 patients who received a referable result from their teleretinal imaging, completed a comprehensive eye exam this year.
- 85 out of 148 patients who received a referable result from their teleretinal imaging, scheduled a comprehensive eye exam later this year.