

Abstract:

QI Project: Development of a Health Tracking Tool for Diabetes Management

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Background:

Patients at Erie Humboldt Park with Type II Diabetes Mellitus have poor control of their Diabetes. Our observed findings are patients do not have a good understanding of what their A1c goal is, what medications they are taking for DM management, and annual DM screenings recommended. Limited health literacy and numeracy skills are associated with suboptimal medication adherence and thereby worse glycemic control. The American Diabetes Association recommends for patients with diabetes to participate in a self-management education program, however health education materials are often written at high reading levels which are difficult to understand and utilize. Patients may benefit from health literacy and numeracy-focused tools developed to facilitate learning about their Diabetes management plan.

Methods:

A tool was developed in collaboration with the Health Promotions team at Erie Humboldt Park to consolidate key information for Diabetes management in an easy format to understand and use to track health information. The tool will be accessible to all providers at Erie Humboldt Park. Patients at Erie Humboldt Park will be encouraged to bring the Diabetes Passport to each of their PCP visits to discuss any changes and assess their progress towards reaching A1c goal. Metrics assessed at the end of the intervention period will include number of patients given the health information tracking tool, number of office visits focused on Diabetes management, number of visits for which the health information tracker is brought back by the patient, DM management screenings scheduled/completed, patient-reported medication adherence, and A1c levels.

Results and Conclusions:

In progress