Overview of Diabetes Clinical Services

Kena K. Desai MS, MD
Diabetes Physician Consultant
Alaska Native Tribal Health Consortium
Date: 07/30/2015
Diabetes Services

Our Vision: *A life free of diabetes and its complications* for all Alaska Native People.

Our Mission: A multidisciplinary team of diabetes content experts who work in partnership with the Alaska Tribal Health Service to serve as a resource for diabetes care, prevention and surveillance.
Diabetes Services

Our Multidisciplinary Team Includes:

I. Clinical Team:
   a. Physician – Kena K. Desai MS, MD
   b. Nurse Practitioner – Ann Marie Mayer MPH, NP
   c. Pharmacist and Diabetes Director – Judy Thompson PharmD, CDE
   d. Nutritionist and Insulin Pump Trainer – Angela Manderfeld RD, CDE
   e. Physical Therapist and Foot Expert - Sandy Graham PT
II. Research, Surveillance and Registry – SDPI grant
- monitoring pre-diabetes, diabetes and its complications.
- 30 years
  - Meera Narayanan RD, CDE
  - Cynthia D. Schraer MD

III. Community Education Team – Community and Health Aide Education
- Luz Smeenk MS, RD
- Theresa Hicks RD, CDE

IV. Support Team:
- Nurse Case Manager – Jennifer Brusehaber RN
- Diabetes Secretary – Joan Hastie CAP
Our Patients have Pre-Diabetes or Diabetes:

- Self – referred patients

- Consultations from Primary Care Providers
  - New Diagnosis of Type I Diabetes
  - Transition of pediatric patients with Diabetes to adult care
  - Difficult to treat Diabetes
  - Patient needing more education about Diabetes as a means of improving compliance
  - Education about medications or mitigating adverse effects of medications
  - Initiation of Insulin
  - Evaluation, Placement and Management of patients on Insulin Pumps and Continuous Glucose Monitors
  - Carbohydrate Counting

- Consultations from Inpatient Services
  - Admissions for Diabetic Ketoacidosis, Hypoglycemia, Diabetic foot ulcers
  - Complications of Diabetes, such as Coronary Artery Disease, Strokes, Severe Infections
Diabetes Services

Our Care Consists of:

- Evaluation of risk factors for Diabetes and its complications
- Setting appropriate goals for Diabetes Management
- Tailoring Medications and Lifestyle Modifications to meet and maintain those goals
- Diabetic Foot Exam
- Consultation with Pharmacist for an evaluation of medications and vaccinations
- Consultation with Nutritionist for dietary and lifestyle modifications
- EDUCATION, EDUCATION, EDUCATION
Diabetes Services

EDUCATION: Patients, Providers, Health Aides, Administrators, Our Children, Our Families, Our Community, Our Country, Our World
In Person Visits

For optimal patient visits, the following clinical workup is recommended before the referral/visit:

• A patient that is willing to learn

• A date of Diagnosis

• HgBa1c at time and diagnosis and most recent

• A complete list of all oral and injectable medications with doses

• History of hospitalizations for DKA, HHS or hypoglycemia

• History and date of complications of Diabetes – Coronary Artery Disease, Strokes, Diabetic Foot Ulcers, Lower Extremity Amputations, Retinopathy, Nephropathy

• A Vaccination History – ex. Pneumovax, Prevnar 13, Hep B series, TB testing or treatment
Field Clinic

• An Extension of our clinic at ANMC
• New Diagnosis of Pre-Diabetes or Diabetes
• Patients with Type I Diabetes
• Patients with poorly controlled Diabetes
• Well Establish Patients presenting for follow-up
• Patient Evaluations for Insulin Pumps
• Educational Lectures for Providers and Staff
• In the future:
  - Group Sessions for Patients
Video Tele-Conference Visits

• An Extension of our clinic at ANMC

• In the office

• Follow-up patients that have been evaluated and examined by Kena Desai MD or Ann Marie Mayer NP at ANMC (Diabetes Clinic), ANTHC (Inpatient) or in Diabetes Field Clinic

• New Patients – only under special circumstances and with a firm plan for follow-up in person within the next 2 weeks

• Provider, Diabetes Coordinator and Health Aide
  - Guidance
  - Education
  - Questions
Advanced Diabetes Health Aide Course

8 week course for Community Health Aides, where we share the latest in research on diabetes management, lifestyle intervention and our knowledge about Alaska Native people.

We consider this class an investment in rural health and wellness. Hands-on training improves patient care. Also CHAP model behavior changes in their local communities.

Teresa Hicks leads this intensive 8 week course. It provides 45 CE credits for CHA/Ps and 3 EMT hours; also option of 3 university credits.

Next Class will be September 21st through November 22nd, 2015
Publications

Diabetes Self Care

A guide to help you take care of your diabetes

News You Can Use

Diabetes Dispatch
Alaska Native Diabetes Conference

• Shares our vision
• Connects our partners
• Premiere resource for
   Evidence based Diabetes care
   Traditional foods
   Local Food resources

• 2015 will be our 31st conference year
Contact Information

• Diabetes Clinic: 907-729-1125

• Dr. Kena Desai: 907-729-1115, email- kkdesai@anthc.org

• Judith Thompson (Diabetes Director and Pharmacist): 907-729-2164, email- JBThompson@anthc.org