

Diabetes ECHO

November 2, 2023





Welcome

Agenda

1. Introductions (5 minutes)
2. Case Presentation (10 minutes)
3. Clarifying Questions (10 minutes)
4. Recommendations (10 minutes)
5. Didactic Presentation (20 minutes)
6. Wrap Up & Announcements (5 minutes)

ECHO is All Teach, All Learn



Interactive



**Co-management
of cases**



**Peer-to-peer
learning**



**Collaborative
problem solving**



Introductions



Case Presentation

Demographics

Presenter Name: Vy Anh Mai, MD

Clinic/Facility Name: Tulane Uptown Clinic

Case Type: New



Patient Age: 73

Designated Sex: Male



Primary Insurance: Humana Medicare Gold Plus HMO

Secondary Insurance:

Race: Black/African American



If Other, please specify:

Ethnicity: Not Hispanic/Latinx



If Other, please specify:

Preferred Language: English



If Other, please specify:

Interpreter Required? Select One

Patient Goals

Address weight loss
Improve glucose control

Medical History

Diabetes Type? **Type 2** ☐ If Other, please specify: Year of Diagnosis:

Family History of Diabetes? **Unknown** ☐ Family History of CAD? **Unknown** ☐ Years on Insulin:

Patient Medical History:

To add to the patient medical history, select a condition from the drop-down below and click "Add Condition." To clear all conditions, click on "Clear Conditions."

Congestive Heart Failure ☐

ADD CONDITION

CLEAR CONDITIONS

Hypertension
Coronary Artery Disease s/p CABG
Coronary Artery Disease - HFrEF with AICD
Left CVA
Bilateral carotid stenosis s/p stenting
Chronic Kidney Disease stage 3a
Parkinson's Disease

If Other, please specify:

Medical History

Symptoms:

To add patient symptoms, select a symptom from the drop-down below and click "Add Symptom." To clear all patient symptoms, click on "Clear Patient Symptoms."

Fatigue

ADD SYMPTOM

CLEAR SYMPTOMS

Patient Symptoms

Decreased appetite
Weight Change Since Last Clinic Visit
Fatigue
Indigestion

If "Weight Change": Decrease by 7.0 lbs.

Please describe other symptoms:

weight loss of approximately 27 pounds in one year

Recent Hospitalizations? No

If yes, please describe:

Medications and Technology

Medication Allergies:

Current Medications/Vitamins/Herbs/Supplements: *Please list generic medication rather than brand name.*

Medication (generic) Name	Dosage & Frequency	Medication (generic) Name	Dosage & Frequency	Medication (generic) Name	Dosage & Frequency
1. Empagliflozin	10 mg PO daily	6. Carvedilol	12.5 mg PO BID	11.	
2. Atorvastatin	80 mg PO daily	7. Aspirin	81 mg PO daily	12.	
3. Clopidogrel	75 mg PO daily	8.		13.	
4. Digoxin	0.125 mg PO daily	9.		14.	
5. Benazepril	10 mg PO daily	10.		15.	

Insulin Pump: **No** ☐ If yes, Type: (attach pump readings if available)

Continuous Glucose Monitor: **No** ☐ If yes, Type: **Select One**

Blood Glucose Monitoring: **Yes** ☐ Average Blood Glucose: **200** Times Checked/Day: **once daily**

Hypoglycemic episodes/week since last encounter: **0** Self-Reported Data? **Yes** ☐

Vitals, Screenings & Labs

Date: 10/18/20 Systolic BP: 99 Diastolic BP: 65 Pulse: 56
Height: 68 inches Weight: 138 lbs. BMI: 20.98

Microvascular Screening Results

	Date		<u>ASCVD (Atherosclerotic Cardiovascular Disease) Risk:</u>
Dilated Eye Exam/Retinal Scan:	11/2/21	Abnormal	
Comprehensive Foot Exam:	8/2/22	Other	If Other, please describe: Pressure callus
Urine Albumin to Creatinine Ratio:	7/5/22	Normal	UACR:
Sexual Dysfunction Screening:		Select One	

Current Labs

Date: 10/18/23	Date: 12/1/21	Date: 10/5/22	Date: 3/31/21	Other Relevant Labs:
HbA1c: Current: 8.9	Total Chol.: 134	Glucose: 139	ALT:	
Previous: 6.5	Triglycerides: 84	Proteinuria: 30 mg/dL Lab	AST:	
	HDL: 43	BUN: 10	TSH: 0.62	
	LDL: 74	Creatinine: 1.25	GFR: 57	
		Potassium: 4		

Social History

Marital Status: Partnered/Mar If Other, please describe:

Literacy Level of Patient or Caregiver: Adequate **Education:** Select One

Housing: Secure If Other, please describe:

Household Members: Wife

Primary Source of Income: SSI/Social Security If Other, please describe:

Social Support/Support System

Wife

Health Beliefs/Cultural Considerations

Didn't inquire

Patient Strengths

Pt is medically compliant

Barriers to Treatment

Has missed multiple appts with other specialists (but not with primary care)
Undergoing stress because his wife had an aneurysm

Substance Use

Substance Use History: Does the patient have any history of substance misuse?

No



Describe:

Does Patient Use Tobacco Products? Yes



Does Patient Drink Alcohol? No



If Yes, Number of Drinks/Week?

Psychiatric History

Depression: PHQ9 Done?: No



If yes, attach and provide score:

Date:

Suicidity? Unknown



Diagnostic and Treatment History: Pt was previously taking NPH 10 units twice daily and Lantus but had hypoglycemic episodes with sugars in the 40s-50s in 4/2023 - most prominent in the morning. Despite decreasing NPH - continued to have hypoglycemia so this was eventually discontinued which improved his morning sugars. Now complaining of more weight loss and indigestion from use of empagliflozin. Has failed

Lifestyle

Nutrition: Number of meals per day:

Frequency of dining out/week:

Does Patient Count Carbs?

Dining out: What types of dining establishments does the patient frequent? (Select all that apply from the drop-down below)

Fast Food

ADD DINING OPTION

CLEAR ALL DINING OPTIONS

Fast food

If Other, please list:

Groceries: Who shops for groceries?



If Other, please name:

Barriers: Are there any barriers to healthy eating for the patient? (Select all that apply from the drop-down below)

Social/Family

ADD BARRIER

CLEAR ALL BARRIERS

Wife had aneurysm

If Other, please describe:

Lifestyle

Physical Activity:

Frequency (# of times/week): 0

Average Duration (minutes):

Average Intensity: Select One

Barriers: Are there any barriers to exercise for the patient? (Select all that apply from the drop-down below)

Inconvenience



ADD BARRIER

CLEAR ALL BARRIERS

Lack of Motivation
Time
Inconvenience

If Other, please describe:

What is your team's plan for the patient?

We plan on having depression screening as one of our focus at next visit - we suspect this is a major component to his weight loss and glucose control
We plan on further reviewing all cancer screening given his tobacco abuse (colonoscopy, lung cancer screening, PSA, etc)
Advised increased supplementation - has failed Mirtazipine in the past secondary to grogginess and somnolence
Possibility of considering restarting insulin but at lower dose at next visit

General

Primary Question/Concern:

How else would you try to approach pt's elevated A1c?
How else would you help to him gain weight?

Other Comments:



Clarifying Questions



Recommendations



Didactic Presentation

Diabetes Self-Care Management and The Holiday Season

Christine Castille FNP-C, BC-ADM, CDCES



Holiday Survival = Problem Solving Skills

- Problem Solving
 - Skill
 - Learned
 - Confidence / Self-Efficacy
 - Discussion start before holidays
 - Continues after ****
 - Solidify build trust
 - For the patient and relationship

Here are some common situations where problem-solving may be needed:

Situation 1: Flu

You get the flu and notice your blood glucose levels are higher than normal.

What do you do?

Situation 2: Vacation

While on vacation, you don't have easy access to a gym or time for exercise. How will you handle this?

Situation 3: Traditional Foods

You have a hard time finding healthy food choices within your family's cultural or taste preferences. What steps can you take?

Improve Your Problem-Solving Skills

When you succeed in solving problems you have identified, you gain confidence. You can better handle future challenging situations. Because things change over time, you will always need to do some problem solving to keep making progress. Learning from your previous choices and then revising your plans based on that information greatly enhances your ability for successful self-care.

[aade7_problem_solving.pdf \(diabeteseducator.org\)](https://diabeteseducator.org/aade7_problem_solving.pdf)

Health Maintenance

Vaccinations and Immunizations

- ▶ COVID - Primary Care Provider
- ▶ Flu shot every year
- ▶ Depending on your age and personal needs
 - ▶ Pneumonia
 - ▶ Hepatitis B

Send Results to your
Primary Care
Provider



- [Vaccines.gov](https://www.vaccines.gov) - Find COVID-19 vaccine locations near you

Powered by **VaccineFinder**

* Please note that Vaccines.gov reflects vaccine availability only from providers who have agreed to report their information to CDC.

1. [Walmart Inc #10-2938](#)

0.2 miles

2428 W Pinhook Rd, Lafayette, LA 70508

[Visit Website](#)

[Call 3372311852](#)

2. [Walgreens Co. #2004](#)

1.0 miles

1850 W Pinhook Rd, Lafayette, LA 70508

[Check Availability](#)

[Call 337-267-4614](#)

3. [CVS Pharmacy, Inc. #05560](#)

1.5 miles

3604 W Pinhook Rd, Broussard, LA 70518

[Book Appointment](#)

[Call \(337\) 837-2600](#)

Health Maintenance

Medication Adherence – Why?

Mistrust
Mental Illness
Dementia / Cognitive
Decline
Fear of S/E
Anxiety / Depression
.....

Forgetting
Cost
Shift Work
Work restrictions
Health Literacy
.....

- Medication Adherence
 - Alarms – smart phones, flip
 - Pill box, pill packs, blister packs
 - Creativity



Health Maintenance – Problem Solving

- ETOH
- Medication
 - SGLT2s
 - Sulfonylureas
 - Insulin
- Hydration
- Risk of hypoglycemia
 - CGM = Safety



ETOH = Risk for Hypoglycemia

15/15 Rule

If your blood glucose drops below 70 mg/dL, remember the 15/15 rule and treat your hypoglycemia right away.

- 1. Check your blood glucose.** If it is lower than 70 mg/dL, eat or drink **15 grams** of carbohydrates. If you can't check your blood glucose right away, eat or drink 15 grams of carbohydrates just to be safe.
- 2. Wait 15 minutes.** That's how long it takes for sugar to get into the blood.
- 3. Check your blood glucose again.**
- 4. Repeat steps 1, 2, and 3 if:**
 - Your blood glucose level is still lower than 70 mg/dL
 - OR
 - You still have symptoms of hypoglycemia

If your blood glucose is lower than 70 mg/dL after you check it three times, call 911.

- 5 or 6 pieces of hard candy
- 3 glucose tablets
- 1 serving of glucose gel (read the label for the right amount)
- 2 tablespoons of raisins
- 4 ounces (1/2 cup) of juice or regular soda (not diet soda)
- 1 tablespoon of sugar or honey
- 8 ounces of skim milk or 1% milk

Emotional Stress – Food Everywhere

Give yourself “5”

- Put off eating for **5** minutes
- Wait. Take **5** deep breaths and check in with yourself.
 - Are you thirsty?
 - How are you feeling?
 - Even if you eat you now have a better understanding of why.
 - (You are now prepared for the next time.)
- Learn to accept your feelings
 - Takes practice
- Allow your self to feel the uncomfortable emotion.
 - Takes practice

E-motion

Walking – dancing – games that involve motion

Managing Social and Emotional Situations

- *“I am the only one with diabetes in the family”*
 - *“We don’t have diabetes like you do”*
- **Empower your patient**



Empower your patient

DO YOU HAVE PREDIABETES?

Prediabetes Risk Test

1

How old are you?

Less than 40 years (0 points)
40–49 years (1 point)
50–59 years (2 points)
60 years or older (3 points)

2

Are you a man or a woman?

Man (1 point) Woman (0 points)

3

If you are a woman, have you ever been diagnosed with gestational diabetes?

Yes (1 point) No (0 points)

4

Do you have a mother, father, sister, or brother with diabetes?

Yes (1 point) No (0 points)

5

Have you ever been diagnosed with high blood pressure?

Yes (1 point) No (0 points)

6

Are you physically active?

Yes (0 points) No (1 point)

7

What is your weight status? (see chart at right)

Write your score in the box.

Add up your score.

Height	Weight (lbs.)		
4' 10"	119-142	143-190	191+
4' 11"	124-147	148-197	198+
5' 0"	128-152	153-203	204+
5' 1"	132-157	158-210	211+
5' 2"	136-163	164-217	218+
5' 3"	141-168	169-224	225+
5' 4"	145-173	174-231	232+
5' 5"	150-179	180-239	240+
5' 6"	155-185	186-246	247+
5' 7"	159-190	191-254	255+
5' 8"	164-196	197-261	262+
5' 9"	169-202	203-269	270+
5' 10"	174-208	209-277	278+
5' 11"	179-214	215-285	286+
6' 0"	184-220	221-293	294+
6' 1"	189-226	227-301	302+
6' 2"	194-232	233-310	311+
6' 3"	200-239	240-318	319+
6' 4"	205-245	246-327	328+
	(1 Point)	(2 Points)	(3 Points)

You weigh less than the amount in the left column (0 points)

Adapted from Bang et al., Ann Intern Med 151:779-783, 2009.
Original algorithm was validated without gestational diabetes as part of the model.

LOWER YOUR RISK

Here's the good news: it is possible with small steps to reverse prediabetes - and these measures can help you live a longer and healthier life.

If you are at high risk, the best thing to do is contact your doctor to see if additional testing is needed.

Visit DoIHavePrediabetes.org for more information on how to make small lifestyle changes to help lower your risk.

If you scored 5 or higher:

You're likely to have prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes or prediabetes (a condition that precedes type 2 diabetes in which blood glucose levels are higher than normal). Talk to your doctor to see if additional testing is needed.

Type 2 diabetes is more common in African Americans, Hispanic/Latinos, American Indians, Asian Americans and Pacific Islanders.

Higher body weights increase diabetes risk for everyone. Asian Americans are at increased diabetes risk at lower body weights than the rest of the general public (about 15 pounds lower).

For more information, visit us at

DoIHavePrediabetes.org

Ad Council

American Diabetes Association

AMA

CDC

- Place in lobby and patient rooms

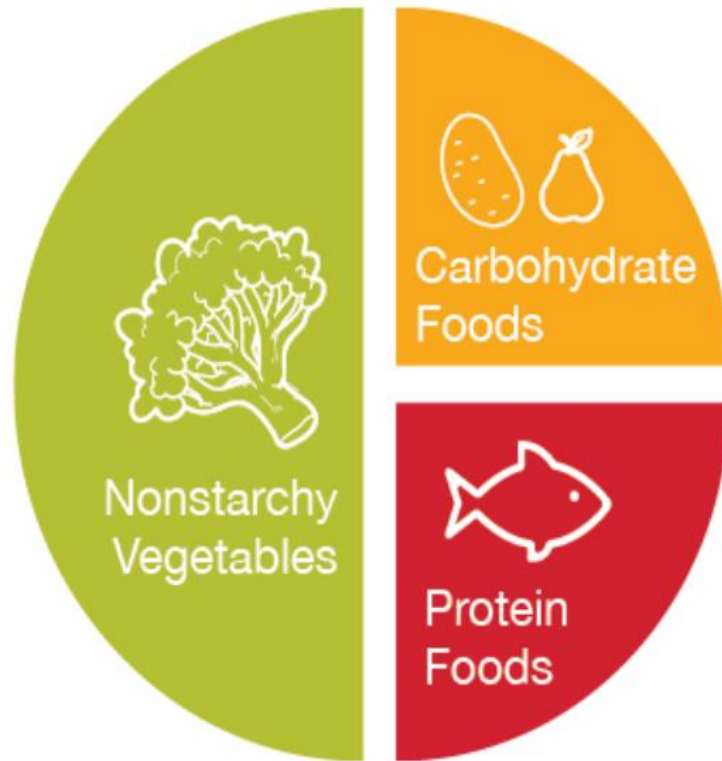
[DPP Pre diabetes Risk Test.pdf](#)

WELL-AHEAD

Project
ECHO

Managing Social Situation

Serving your plate.



- Non-starchy Vegetables
 - Green beans
 - Salad greens
- Carbohydrates
 - Rice / Corn bread dressing
 - Yam
 - Potatoes
 - Macaroni
 - Rolls
 - Pumpkin Pie
- Proteins
 - Turkey
 - Beef
 - Pork
 - Ham

- **Who is your office Diabetes Champion?**
- **Refer to Diabetes Self-Care Management Training**
 - **Certified Diabetes Care and Education Specialist (CDCES) formerly (CDE)**
 - **ADA –**
 - [Find a Diabetes Education Program | ADA](#)
 - **ADCES - Association of Diabetes Care and Education Specialist**
 - [Association of Diabetes Care & Education Specialists \(diabeteseducator.org\)](https://diabeteseducator.org)
- **Links SDOH**
 - <https://diabetes.findhelp.com>
 - <https://navigator.aafp.org>



Questions?



Thank you, Christine!



Wrap-Up & Announcements

Wrap-Up & Announcements

- Please complete the two-question poll
- Enter your information for attendance
- Complete survey for CEUs
- Next Session: November 16 from 12:00 p.m. to 1:00 p.m.
- Next Didactic Presentation: Type 1 vs Type 2 Refresher
- Send questions to wellahead.projectecho@la.gov

Thank you!



Next Session: November 16th from 12:00 p.m. to 1:00 p.m.

Next Didactic Presentation: Type 1 vs Type 2 Refresher

Presented by: Shaveta Gupta, MD

