Diabetes Empowerment Education Program: Taking DEEP into the Community

Mary Beth Dahl
Program Manager, Stratis Health

Jessica Remington
Director of Health and Wellness Services
Winona Health
Objectives

1. Describe the fundamental aspects of the Diabetes Empowerment Education Program (DEEP)
2. Discover what worked (and what didn’t) with program implementation and evaluation
3. Learn how to offer a DEEP workshop in your community
Diabetes Empowerment Education Program (DEEP)
What Is DEEP?

DEEP is a unique, multi-cultural, self-management education program for adults with type 2 diabetes (and pre-diabetes):

- Community-based
- Train-the-trainer approach
- Led by trained Peer Educators/Community members
- Tested in various health centers and community settings across the nation
DEEP Helps Participants

- Gain knowledge and skills to facilitate short- and long-term behavioral change
- Increase knowledge of diabetes and its risk factors
- Develop skills to reduce risk factors
- Increase self-management skills – including problem solving
- Develop skills to manage emotional issues
- Create weekly “action plans”
DEEP Sessions

• Understanding the Human Body
• Risk Factors and Complications
• Listening to Your Body
• Medication and Movement
• Meal Planning
• Enjoying Life with Diabetes
Hands On Learning
Benefits of DEEP

• Community-based approach:
  • Located where people live, gather, worship, etc.
  • Facilitated by peer health educator (ideally)
  • Successful in hard to reach populations
• Uses “living room language”
• Starts with a review of the human body
• Provides ongoing community support
• Gateway to DSMT/MNT
DEEP Workshop

• One workshop = six sessions
• Each session = 2 hrs
• Workshop is one day a week for six weeks
• Facilitated by trained peer & community health educators.
• Does not conflict with existing programs and treatments
• Referred to physician/pharmacist/CDE for all individual medical questions
DEEP Overview

DEEP workshops have been taking place in Minnesota for over a year:

- Focusing on underserved areas of the Twin Cities and rural communities
- Partnering with clinics and community stakeholders across the state in high risk rural and metro areas
- Training peer health educators from the community and partner clinics/systems
- Engaging participants where they live, work and play
I’ve Heard of Two Diabetes Workshops - What Are the Differences?

**DEEP (Diabetes Empowerment Education Program)**
- Uses “Living Room” language
- Starts with understanding the human body
- Requires one trained leader – but nice to have a helper
- Serves as a liaison to health system/clinic DSMT/CDEs
- Some flexibility in presentation of curriculum
- Lends itself to the creation of ongoing support groups

**DSMP (Diabetes Self-Management Education Program)**
- Very scripted so you know what to say; which maintains fidelity
- Required to have 12-16 people
- Assumes people have a basic knowledge of diabetes
- Reinforces what they have learned in their Diabetes Education Program
- Time period in workshop is ½ hour longer
- Led by two trained leaders
Successes, Challenges, and Opportunities...
From the Clinic Perspective

- Brief overview
- Topics of interest
- What brought you on board?
- What would have made DEEP better?
- Other insights and observations
• A Winona Health dietitian was able to lead the Meal Planning workshop and answer “food” questions (very popular with participants)
• Reconnect participants with CDE/DSME/T certified clinic program for individualized counseling
• Grass-roots diabetes support group was started
• Very engaged group of participants – created a community “network”
Challenges

• Lack of statewide diabetes self-management infrastructure (big gaps)
• Often the needed class size is a barrier in DEEP
• Recruitment (at least 10-15 registered participants to hold a workshop)
• Data abstraction for evaluation
• Competing priorities
• Buy-in from health systems and clinics
• Health system/community balance
Challenges

• Hard to reach populations (disenCHANTed, access, literacy limitations)
Opportunities

• Participants are asking for more education
• Making connections between community participants and health systems/clinics
• Offering workshops in communities that do not have DSME/T Medicare certified centers
• Assisting organizations that want to become DSMT centers with certification
• Helping potential CDEs get their practice hours
• Exploring automated diabetes education referral (DSMT) and/or recommendation (DEEP/DSMP)
Preliminary Evaluation Results

Data is currently being analyzed at a local/national level and should be available by the conference date.
Is DEEP Right for Your Community?
DSME Need Areas in Minnesota
Counties with No DSME/T (ADA or AADE) Programs
What Can We Do Together?

- Offer workshops where a diabetes support community is needed
- DEEP/DSMP can cross-refer those who are “ready” for more in-depth training and education to health systems/clinics
- Health systems/clinics can cross-refer patients who need community-based support in diabetes self-care to DEEP/DSMP
- Work on EHR systems so diabetes referrals and education recommendations become automated processes
Call Us If Interested In…

• Strengthening the diabetes self-management infrastructure in your area
• Learning more about DEEP
• Determining if a DEEP workshop is right for your community
• Hearing about training opportunities to become DEEP Peer Health Educators
• Setting up a workshop
Next Steps: Hosting a DEEP workshop

1. Give us a call to determine if a DEEP (or DSMP) program is up and running in your area (if not we can work together to get one started)
2. Secure a location
   - Find a meeting space large enough for 10-20 people
3. Recruit participants
   - Sign up 10-20 older adults* with diabetes
4. Provide a healthy snack (optional)
   - A snack is a great way to encourage participants to eat healthy and stay engaged

* Funding for this program is provided by the Centers for Medicare and Medicaid Services (CMS) so we encourage participation from Medicare beneficiaries.
Mary Beth Dahl, RN, CPC, CPHQ
Program Manager, Stratis Health
952-853-8546
mdahl@stratishealth.org  www.lsqin.org

Jessica Remington
Director of Health and Wellness Services
Winona Health
(507) 457-7664  jremington@winonahealth.org
This material was prepared by the Lake Superior Quality Innovation Network, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The materials do not necessarily reflect CMS policy.
11SOW-MN-B2-16-24 052716