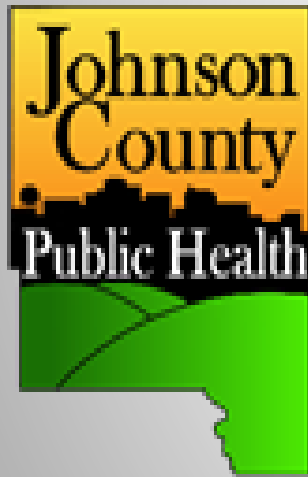


A Collaborative Approach to Designing,
Implementing, and Evaluating
“Diabetes Management and Prevention
at the Iowa City Free Medical Clinic”



Barbara Vinograde, Executive Director

Estefany Guido-Garcia, Community Health Worker

We have no conflict(s) with commercial interest companies to disclose.

Why are You Here?

- Currently implement Diabetes programming?
- Want to implement Diabetes Program?
- Free Clinic staff?
- Community Health Worker?
- Other reasons? Please share!

About the Free Clinic

Established in 1971
Private, Non-Profit Organization

Board of Directors
Clinic Staff
Volunteers
Community Support

Clinic Mission Statement

“To provide quality, comprehensive medical and dental services for the uninsured and under-insured in Johnson County and surrounding areas”

Free Clinic Services

- 6 weekly medical clinics
- Case Management Program
- 2-5 weekly dental clinics
- Specialty clinics
- On-site medication dispensary and laboratory
- Off-site radiology procedures
- HIV counseling and testing
- ACA Information and Insurance Assistance

Who Uses Clinic Services?

fiscal year 2019 statistics

6,508 clinic visits

1,806 patients

- 98% uninsured/underinsured
- 80% from Johnson County
- 54% employed
- 96% report incomes below 200% FPL
- 44% Hispanic
- 61% White; 22% Black; 8% multi-racial; 4% Asian

Case Management Program

- Established in 1999
- 2012 “Living with Diabetes” educational component was added, volunteer-run
- Number of patients enrolled and services provided have significantly expanded
- In FY19, 412 patients enrolled
 - 206 diagnosed with diabetes
 - Spanish primary language for @ 50%

Challenges and Needs of Case Management

- Increasing numbers of patients
- Increasing number of non-English speaking patients
- Volunteer-run Education Program prevented continuity and sustainability

AMA Foundation Grant Opportunity

- Now in our second year of programming through the AMA Foundation
- First year – 7 sites received funding
- Second year – 5 additional sites
- Program has allowed for continuity of care
- Bilingual Community Educator invaluable
- Culturally relevant education

Partnership with Johnson County Public Health

- Free Clinic has had long and successful partnership with JCPH
- Diabetes Screening and Prevention is a priority of 2016-2020 Johnson County Health Improvement Plan
- This was a natural fit!
- Contract Estefany's work through JCPH
- Ongoing support as needed

Diabetes Prevention and Management Program Goals

- Reduce the risk of developing diabetes for patients diagnosed with pre-diabetes
- Reduce the risk of medical complications for patients diagnosed with diabetes

How the Program Works

- Recruitment
- Screening to determine interest
- Pre-Program baseline individual survey
- Quarterly meetings with participants
- Other meetings with participants as needed and requested (phone and in-person)

How the Program Works

- Activities:
 - Exercise: walking class, open gym, yoga class
 - Educational classes: nutrition and food, diabetes care
- Program materials developed using information from NDPP and American College of Physicians
- Post-program individual survey (after 8 months)
- Evaluation Metrics

Working with a Patient Over the Year: An Example



- Initial meeting: set personal attainable goals
- Follow-up calls every 2-3 weeks
- Health metrics during quarterly appointments with physician
- Required to attend at least 2 activities per quarter

Measuring Program Outcomes

- Health behavior metrics:
 - Pre and post-program evaluations
- Health metrics:
 - HbA1c quarterly
 - Blood pressure
 - Weight, BMI

Patient Testimonials

“I started putting more attention to the food I was eating after the first time we discussed my diet

6 months later my A1c went from 8.1 to 5.4”

- Patrick

“I was so scared because I didn’t even know what it meant to be diabetic. I now feel more well-informed and prepared to take the necessary steps to better my health.”

- Francisca

Successes

- 86 patients currently enrolled in program
 - 5% African American/Non-Hispanic
 - 82% Hispanic
 - 10% Caucasian
 - 3% Other
- Enrollment in program continues
- New partnerships with UIHC Clinical Nutrition Program and Local Foods Bank
- Credibility of program

Challenges

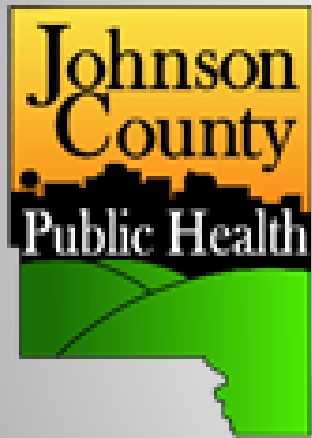
Patients face multiple challenges:

- Socioeconomic
- Transportation
- Education and health literacy
- Language
- Social Support

Key Takeaways

- Very well-received by patients and providers
- Early data shows most patients' baseline HbA1c did not increase over first year
- 63% of participants female and 27% male
- 27% of participants are female between the ages of 45-60
- We want to sustain programming after grant funding ends

Iowa City Free Medical and Dental Clinic



freemedicalclinic.org