

# Serving the Community with a Free Interprofessional Diabetes Education Clinic in an Urban Setting



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## INTRODUCTION

- By 2030, 16.2% of Detroit's population will have diabetes, the fourth highest rate amongst cities in the US.
- Diabetes Education and Wellness Clinic (DEW) is a free interdisciplinary student-run clinic in Detroit, MI.
- Uses a Chronic Care Model to empower patients with diabetes and support them in improving their health by providing patient-centered care that is personalized, effective, timely, and equitable care
- Eight disciplines:
  - Medicine, pharmacy, physical therapy, occupational therapy, dietetics, social work, law, and public health
- Students from a variety of backgrounds work in a collaborative environment to strengthen their skills, while also helping a patient with diabetes take control of their health
- Objective:**
  - Provide interdisciplinary care to patients with diabetes in a collaborative, patient-centric environment.
  - Give students the opportunity to learn how to care for patients with diabetes from several perspectives.

## METHODS

- Recruitment**
  - Patients are recruited from the Detroit and metro-Detroit areas through flyers posted at locations throughout the community (i.e., pharmacies, coffee shops, senior centers, food banks and soup kitchens, grocery stores, Bridge Card offices)
  - Patients are encouraged to let their friends and families know about this free opportunity
- In-person Clinic**
  - Intake:**
    - A student takes the patient to a triage room to assess the patient's height, weight, blood pressure, and blood glucose test
  - Interview:**
    - A student takes the patient to a conference room to meet with interdisciplinary students from two to three disciplines
    - Disciplines are grouped based on the needs of the patient
    - Patient and students collaborate to answer the questions and needs the patient has
  - Debrief:**
    - Patient responds to the patient satisfaction survey
    - All students and faculty participate in a round table debrief discussion about the patients seen and what was learned
- Recommendations for Patient**
  - Recommendations are gathered from each discipline and sent to the patient by the end of the week via email

## MATERIALS

**Intake Form**

- Glucometers
- Blood pressure cuffs
- 8 Interview Forms:
  - Medicine
  - Pharmacy
  - Dietetics
  - Physical Therapy
  - Occupational Therapy
  - Social Work
  - Law
  - Public Health

## RESULTS

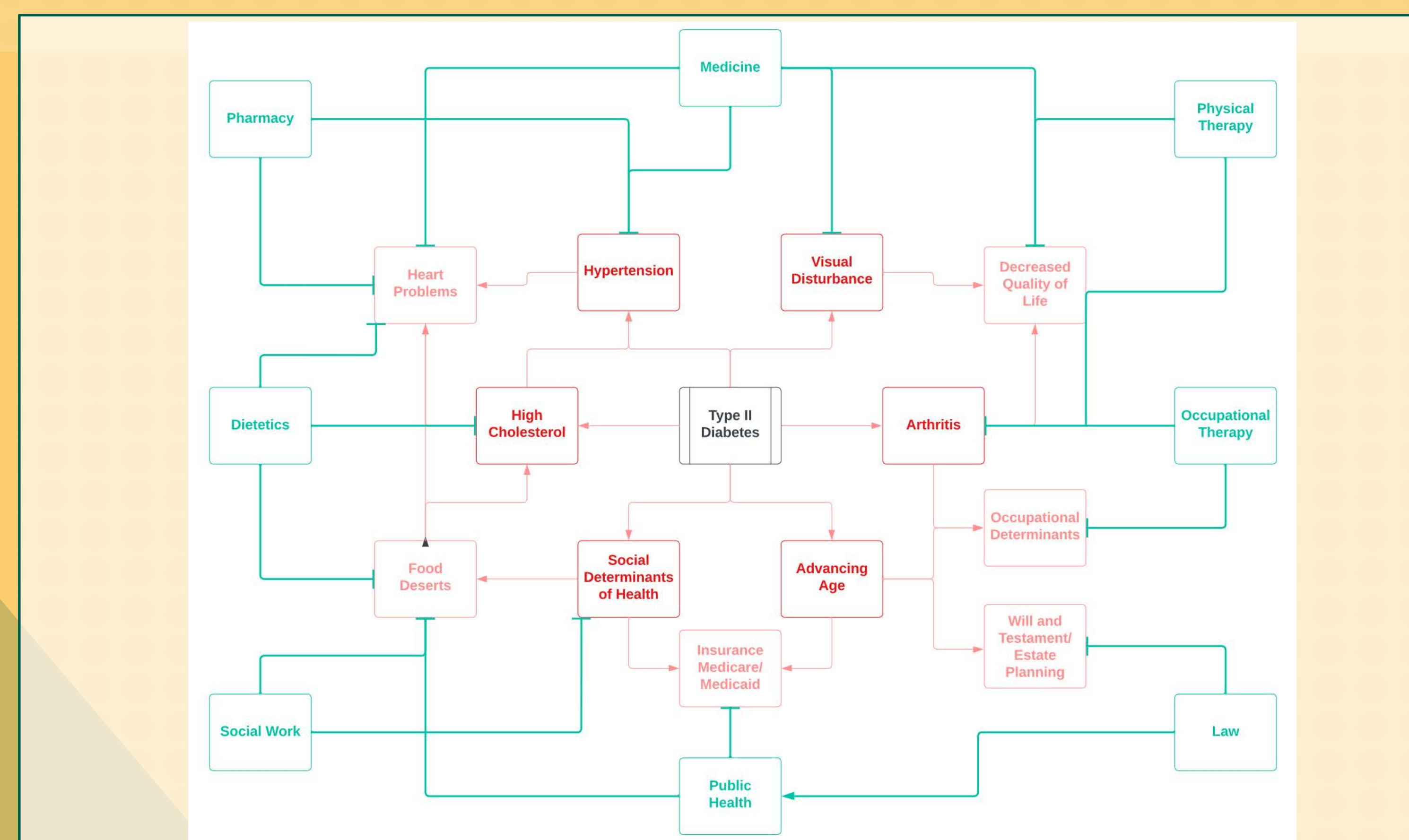
- Of the 17 patients in 2022, 15 have identified as female and 2 have identified as male
- 72% of the patients in 2022 were 65 years old or older and 28% of the patients were younger than 65 years old
- The most common associated symptom patients presented with was hypertension (HTN)
  - Following HTN was eye problems, arthritis, and high cholesterol
- From the satisfaction survey implemented in July:
  - 100% of patients felt they were treated with respect by the students and faculty in the clinic and felt the clinic fostered a collaborative environment.
  - 100% of patients felt they discussed valuable information, had health information explained in an understandable way.
  - 87.5% of patients would share what they discussed at DEW with their primary care provider.

## FIGURES

**Chronic Care Model**

**Patient Testimony:**

- "I felt very comfortable with everyone. Even more than my own physician. Didn't feel rushed to speak."
- "I enjoyed being around the students and talking with them. I got helpful information."
- "It was interesting, and everyone was very professional. A great experience."



## DISCUSSION

- A free clinic is beneficial in an urban setting, where people often lack resources
- Many are not aware of community resources and self-management strategies to prevent the complications of diabetes on their overall health
- During the pandemic, it was possible to hold the clinic virtually on Zoom
- Using a chronic care model is essential because it allows patients to be empowered to take care of themselves by helping them in an interdisciplinary fashion
- DEW Clinic provides the care patients are searching for, and can do so despite not supplying medications or metabolic tests
  - Patients are taught how to properly conduct blood glucose testing, diabetic at home foot exam, and home exercises tailored towards their needs.
- Students learn collaboration, communication, and responsibility in taking care of patients' concerns in a timely manner
- An opportunity to practice interdisciplinary teamwork, which may be unavailable in other clinics.
  - For medical students, the opportunity counts towards service learning and clinical experience
- Next steps: The clinic hopes to grow to serve more patients.**
  - Adding more patients will allow us to serve a greater community.
  - At return visits, patients will be able to choose which disciplines they will see based on their needs.
  - Our population is skewed female, so we hope to reach more male patients to address any gaps in care. We did not solely seek out female patients so there could be a reason male patients are not attending that we need to elucidate.

## REFERENCES

- Michigan diabetes statistics and reports. MDHHS. <https://www.michigan.gov/mdhhs/keep-mi-healthy/chronicdiseases/diabetes/michigan-diabetes-statistics-and-reports>
- Changes to improve chronic care: IHI. Institute for Healthcare Improvement. <https://www.ihl.org/resources/Pages/Changes/ChangestoImproveChronicCare.aspx>