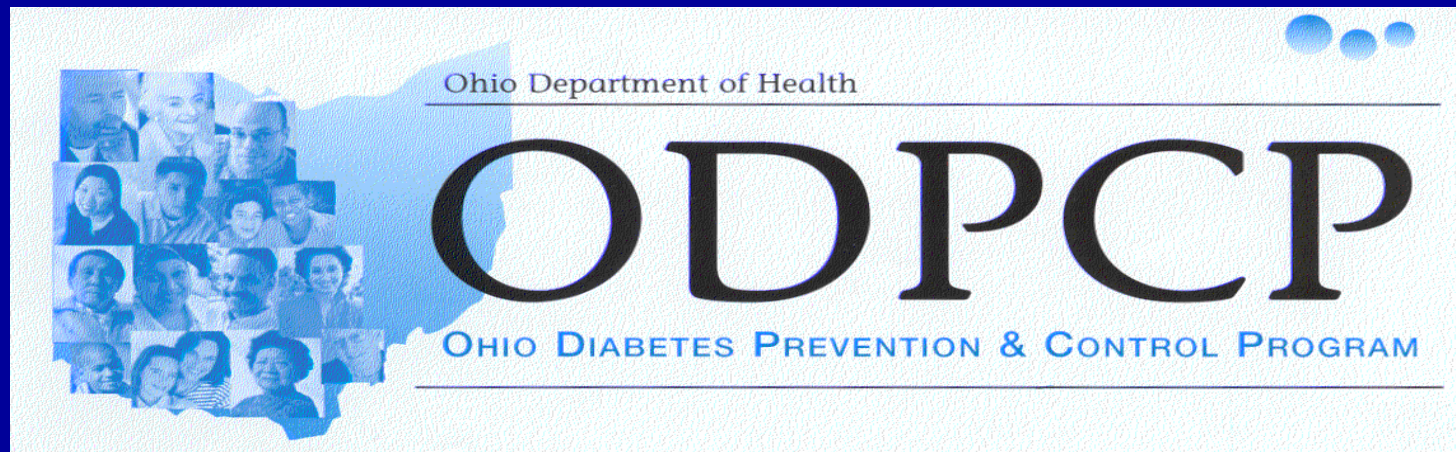


# The Ohio Diabetes Self Management Tool Kit Project



Susan Williams RN

Public Health Nurse Consultant

# History

- One time award state money
- Project period December 2005 – December 2006
- Target area- Appalachian , rural, and urban
  - Appalachian 5%
  - Rural 2%
  - Urban 2%

# Process

- County prevalence of diabetes
- Subsidy agreements / contracts
- Identify Federally Qualified Health Centers
  - Site visits
  - Participant in Diabetes Collaborative

# Process (cont)

- Media Campaign
- Data Collection
- Evaluation

# Federally Qualified Health Centers

Total 13 participating FQHCs

5 located in Appalachian area

2 located in rural areas

6 located in urban area



# Professional Staff

- Physicians
- Registered/ Licensed Nurses
- Certified Diabetes Educators
- Registered/Licensed Dietitians,
- Nurse Practitioners

# FQHC requirements

- Detailed Diabetes Self Management Implementation Plan
- Budget
- Data collection
- Training
- Diabetes supplies

# DSM Tool Kit

- Glucometer
- Test strips
- Alcohol pads
- Lancets
- NDEP “Take Charge” resource manual
- Pedometer
- Exercise/nutrition/diabetes literature

# Education

- Complications
- Control/management disease process
- “good” nutrition
- Exercise
- Medication therapy
- Blood glucose monitoring

# Education

- Class / individual
- Weekly / monthly

# Media Campaign

- Awareness
  - Radio spots
  - Print material (generic sign)
  - TV spots
  - “Word of mouth”

# Data Collection

- Monthly PECS data
- Monthly non patient data
- Quarterly narrative reports

# Evaluation

- Market Design
- Results – pending
- Raw estimate

# Lessons Learned

- Strengthened partnership with OACHC and the health centers
- Assisted in the development of diabetes community coalition building
- Sustainability/funding
- Constant communication
- Restricted time element

# Partners/Resources/Materials

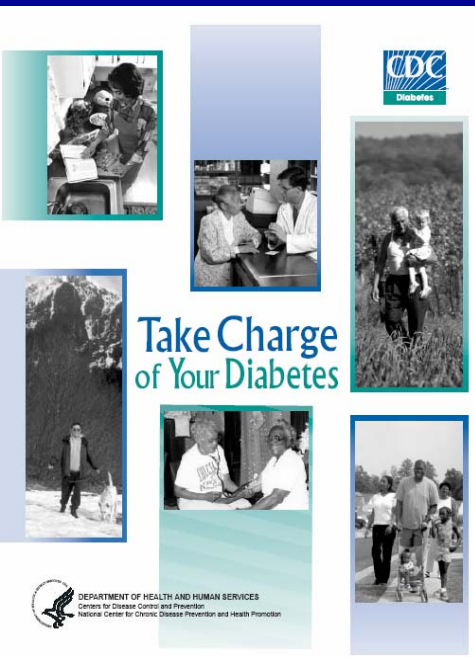
## Ohio Association of Community Health Centers



## Bayer Health Care

## Diabetes

## Literature/Resource guides



**Ohio Department of Health**  
**Bureau of Health Promotion & Risk Reduction**  
**Ohio Diabetes Prevention & Control Program**  
**246 N. High Street, 8<sup>th</sup> Floor**  
**Columbus, Ohio 43215**

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**Website:**

[WWW.ODH.OHIO.GOV/ODHPrograms/Diabetes](http://WWW.ODH.OHIO.GOV/ODHPrograms/Diabetes)

Susan Williams RN, BSN  
Ohio Department of Health  
Ohio Diabetes Prevention & Control Program  
246 North High Street  
Columbus, Ohio 43215  
(614)728-7000

[Susan.Williams@odh.ohio.gov](mailto:Susan.Williams@odh.ohio.gov)