Moving Patients from Screening to Action on Diabetes Self-Management

Kris Marcath, RN, BSN, Medical Policies/Appeals
November 1, 2012
Who We Are

Headquartered in Auburn Hills, Michigan

28 MANUFACTURING FACILITIES

85 Sales Offices Worldwide

3 in Canada
17 in U.S.
6 in Mexico
1 in Africa
1 in South America

A GLOBAL COMPANY WITH 57,000 EMPLOYEES

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Chrysler Stats

- Chrysler claims data indicates 11% diabetes prevalence
  - Diabetes is in our top ten spend
  - Diabetes spend- Inpatient ranks 7th, Outpatient ranks 10th
- Alere Disease Management program
  - Diabetes, Asthma, Coronary Artery Disease, Heart Failure, Chronic Obstructive Pulmonary Disease
- CVS/Caremark Pharmacy Advisor - Antidiabetics 2011
  - Compliance rate is 86%
  - Ranks #2 for Therapeutic class spend (#1 Antihyperlipidemics)
Wellness Initiatives Mission

• Provide comprehensive wellness programs to enable employees/families to lead a healthier lifestyle and improve their quality of life.
• Keep healthy people healthy
• Increase awareness of risk factors
• Provide programs to reduce risk
• Provide tools to manage care
• Avoid/delay onset of illness and disease
What’s Next with Diabetes in the Workplace?
Diabetic Self-Management Education

- Chrysler and the UAW recognized that Diabetes is a serious/costly disease.
- Joint effort to avoid serious complications and facilitate better management of their condition.
- Improved Diabetes Education and Training Benefit.
- Initial/follow-up education and training with a Certified Diabetic Educator.
- Nutritional counseling as part of diabetic education.
Onsite Wellness Initiatives

- Diabetes awareness
  - Targeted programs and coaching,
  - Brochures and materials,
  - Lending library (books, DVDs, cookbooks, etc.)
- Educational stop-by tables/seminars
  - Diabetes Alert Day
  - American Diabetes Month
  - Health Fairs at Plant locations
- Finger-stick screenings with immediate coaching and referrals (total cholesterol, HDL and blood glucose)
- Free Flu shots
Onsite Wellness Initiatives

• Onsite Wellness and Fitness Programs offer:
  o Weight loss challenges
  o Exercise and nutrition education
  o Newsletters
  o Lunch & learn speaker series
  o Day of wellness
  o Health food service options
Chrysler Health Care Plan Program Elements

- Annual physical*
- Online health risk assessment*
- Preventive screenings with no member out of pocket costs
- Online coaching
- Online tools
- Onsite clinic and pharmacy at CTC
- Health care advocate and Employee Assistance Plan (EAP) representatives for salary employees
- Union Benefit and EAP representatives for represented employees

*Incentivized requirement for salary employees
Other Supportive Programs

• Diabetes Self-Management Education and Training
• Coordinated Care Management Program offered through the Carrier for bargaining unit
• Disease Management on salaried side (Alere programs)
  ▪ In-home monitoring device
• Onsite Occupational Health Clinics
Partnering with Chrysler to Optimize Results
Total Health Management Approach
Continued Wellness Evolution

• Continued emphasis on improving the health and wellness of our employees and their families.
• “A healthy person makes a healthy employee which makes a healthy company”
• World Class Manufacturing principles: continual improvement in Safety, Quality, Cost, and Delivery
• Questions?
Henry Ford Macomb
Faith Community Nursing Network
Hgb A1C Diabetes
Self Management Project
Hgb A1C Self Management Project

• Mission/Goals - educate members of the community to improve self-management of their Diabetes
• Funded by Henry Ford Macomb Hospital
• HFH Coordinators provide support, education and resources to volunteer Parish Nurses
• Reach members in the tri-county area from many denominations
Hgb A1C Project Measures

• **Measures:**

  1) Number screened
  2) Number with 3 risk factors
  3) Number who know what an A1C is for (Pre and Post Test)
  4) Number who know their A1C
  5) Number with PCP refusal to check
  6) Baseline A1Cs
  7) Baseline BMI
  8) 3 Month follow up A1Cs from PCP office
  9) 6 month follow up A1Cs from PCP office
  10) 9 month follow up A1Cs from PCP office
  11) 12 month follow up A1Cs from PCP office
  12) Interventions implemented:
      a. Educational material read
      b. Decreased carbohydrate consumption reported
      c. Decreased calorie intake reported
      d. Increase in fiber consumption reported
      e. Increase in regular exercise reported
      f. Tracking of A1C and blood sugars reported
      g. Using FBS and A1Cs to gauge lifestyle change implementation reported
      h. Weight loss reported
      i. Drinking more water per self-report
  13. Parishioner’s assessment of ability to manage A1C
      1 – Totally unaware of how to manage A1C
      2 – Aware of A1C but have taken no steps to manage A1C
      3 – Aware of steps to take and somewhat managing A1C
## FAITH AND COMMUNITY NURSING
### HGB A1C SELF MANAGEMENT PROJECT - 12 Months
#### AS OF JULY 17, 2012

<table>
<thead>
<tr>
<th>Parishioner WEB Doc Number</th>
<th>A1C Result</th>
<th>FBS Result</th>
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<td>Baseline</td>
<td>12 Months</td>
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<td><strong>6.9</strong></td>
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**SUMMARY:**

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<th>Increased</th>
<th>Decreased</th>
<th>Unchanged</th>
<th>Unknown</th>
<th>Total</th>
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<td>7</td>
<td>3</td>
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Comparison of Self-Reported Lifestyle Changes

Yellow indicates areas of concern. The "Began tracking..." decrease may be related to wording.
<table>
<thead>
<tr>
<th></th>
<th>A1C Results</th>
<th>FBS Results</th>
<th>BMI Results &gt;25</th>
<th>Parish ioner’s assessment of ability to manage their own A1C 1= totally unaware - 4=fully managing</th>
<th>Reporting checking feet at least weekly</th>
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<tr>
<td>BASELINE</td>
<td>7.0</td>
<td>130</td>
<td>85%</td>
<td>2.3</td>
<td>61%</td>
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<td>6 Months</td>
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<td>3</td>
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Henry Ford Macomb Hospital Project Manager- Marian Giacona RN
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