



Making Data Count

Measuring Diabetes and Obesity in the Indian Health System

December 18-20, 2007

IHS Division of Diabetes Treatment and Prevention

Diabetes Self-Management Education Participant Outcome Management

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Session: D2

Evaluating DSME for the Individual Participant

Muscogee (Creek) Nation
Data Management for DSME
Data from June 1, 2006 to May 31,
2007

Muscogee Language

- I say, "Hens Chay, Stongo"
(Hello, How are You?)
- You say, "Estowesiks, Genda"
(Well, and You)
- I say, "Estowesiks – MVTO"
(Well, Thank you)

Diabetes Program

Muscogee (Creek) Nation Health System

- Central Coordinating Center at the Division of Administration located at Okmulgee
- Five Clinics, one of which has in-patient services at Okemah, Okmulgee, Eufaula, Sapulpa and Koweta
- Diabetes Program staff at each clinic: RN, RD, Exercise Programs Manager, Clerk

Using FileMaker Pro Database for Educating Partners In Care (EPIC)

- Documents each session in PCC format
- Data for each session is electronically forwarded to subsequent PCC's as needed for later sessions
- Selected data forwarded and collated into required reports

Handouts 1, 2, 3 and 4

Making Data Count for Patients

Baseline Individual Assessment Clinical

Health Risk Area	Clinical Area	Target Goal	My Results
Blood Sugar	Self Test Average	Less than 150	192
	HbA1c (Lab)	Less than 7.0	7.9
	Average Blood Sugar (Lab)	Less than 150	186
Heart Risk	Cholesterol	Less than 200	215
	HDL	More than 40 for men More than 50 for women	51
	LDL (bad)	Less than 100 Less than 70 (if has heart disease)	130
	Triglycerides	Less than 150	170
	Blood Pressure	Less than 130/80 Less than 120/70 (If Kidney Disease)	151/87
	Weight for Height or Body Mass Index (BMI)	Less than 30 (initially) Then less than 25	27.73
Kidney Risk	Waist Size	40 inches or less for men 35 inches or less for women	35
	Urine A/C Ratio	Less than 30	Not done
	Urine Protein	Negative	negative
	Creatinine	Less than 1.5	0.9

Does the Participant Make
Healthy Lifestyle Changes?

Baseline Individual Assessment Behavioral

- Healthy Behaviors
 - Eating Well
 - Being Active
 - Blood Sugar Testing

Handout #5

Does the Participant
Become Healthier?

Evaluate Progress of Behavioral Changes

- 2 to 4 weeks
- 6 to 8 weeks
- 10 to 12 weeks (on formal program completion)
- Follow up every 3-6 months following completion

Handouts# 6, 7, 8 and 9

Summary

Using data management to evaluate individual progress:

- Helps to patients to identify and set clinical and behavioral goals
- Helps patients to measure their progress
- Helps educators assess and redirect educational processes as indicated
- Data management can be facilitated with well-designed electronic collection, collating and reporting of data

Muscogee Language

- I say, "MVTO, Che he ja thes"
(Thank you, See you later.)
- You say, "MVTO, Che he ja thes"
(Thank you, See you later.)