

Developing Diabetes Group Visits

Learn Together, From Each Other

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Introduction: HCMC Medicine Clinic

1. Diabetes management is a major challenge
2. Gauge patient interest in diabetes group visits (an alternative medical visit model)

My Role: Interview patients with diabetes

1. Understand diabetes management needs
2. Introduce concept of diabetes group visits
3. Ask about interest in group visits
4. Find out what patients want to learn about

What are diabetes group visits?

Physician + several patients together in *one* visit

What are the benefits?

More time with a provider

More time for focused education

Meet other community members with diabetes

Community

Demographic: Patients with diabetes who go to HCMC Medicine Clinic

Social Determinants of Health

Cultural	Health management priorities
Socio-economic	Ability to afford nutritious foods, health insurance, medication, and transport
Geography	Access to grocery stores and safe places to exercise
Education	Access to quality, understandable, and applicable health information

Community assets:

- Lived experience
- Knowledge of community resources
- Interest in engaging in conversation with other patients and health care providers
- Understanding of specific health needs

Patient Interviews

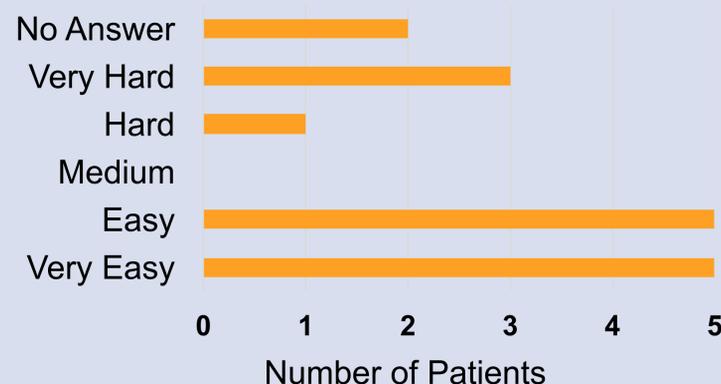
- Conducted needs assessment interviews
 - 16 patients
- Responses informed group programming

Example interview questions:

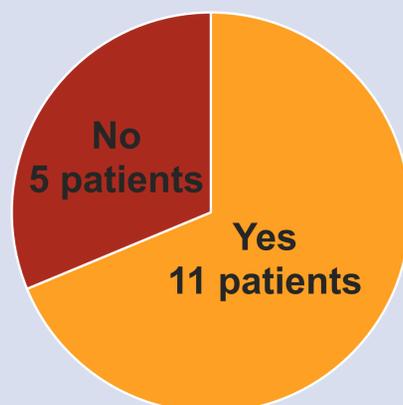
- How hard is it to handle your diabetes?
- Do you think group visits would be helpful to you? Why or why not?
- What topics would you like to cover?

Interview Results

How hard is it to handle your diabetes?



Are you interested in attending diabetes group visits?



Interview Results Continued

Clinic & Patients' Interests Aligned

Patients wanted to know more about how to manage their diabetes better

Why were patients interested in diabetes group visits?

Meet and learn from others

Specific Patient Topic Suggestions

"Why is A1C important and what does it tell us?"

"What are the medication options for people with diabetes? What else can help control diabetes?"

"Talk about places around Minneapolis where you can get lower cost healthy foods."

"Which foods are good for people with diabetes, and how do you prepare these foods?"

Discussion

- Patients...
 - appreciated being consulted regarding new programming
 - shared personal diabetes experiences
 - provided concrete ideas for topics to cover
- Identified similar questions and concerns between several patients
- Group visit model is flexible to accommodate changing patient needs
- This model could be implemented for other patient populations

Personal Reflections

- I enjoyed talking with patients
- I **love** being involved with the diabetes group visits
- I'm excited to learn more about facilitating patient-patient interactions and learning

Future Considerations

- Track patients' health progress
- Collect patient feedback
- Work with providers to develop educational opportunities for residents

Roles/Acknowledgements

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