The background features a dark blue gradient with a series of curved, glowing lines that create a sense of depth and movement. On the right side, there is a grid-like pattern of light blue lines that recedes into the distance, suggesting a tunnel or a futuristic architectural structure.

Associates in Primary Care Medicine, Inc.

POPULATION HEALTH WITH A CHRONIC CONDITION

DIABETES DISTRESS SCREEN DDS₁₇

- THE UNPREDICATABILITY IN BLOOD SUGAR, DAILY SCHEDULES, AND LIFE CAN MAKE THIS DISEASE FRUSTRATING
- WHENEVER OUR ACTIONS HAVE UNPREDICTABLE OUTCOMES, WE CAN BECOME DISTRESSED. IN THIS CASE IT IS SPECIFIC TO DIABETES, SO IT IS REFERRED TO AS DIABETES DISTRESS
- THE SCREEN HELPS TO IDENTIFY WHAT AREA IN DIABETES IS THE MOST DISTRESSING

DIABETES DISTRESS SCREEN DDS 17

THE DDS₁₇ YIELDS A TOTAL DIABETES DISTRESS SCORE PLUS 4 SUB SCALE SCORES, EACH ADDRESSING A DIFFERENT KIND OF DISTRESS

SUB SCORE CATEGORIES:

- EMOTIONAL BURDEN
- PHYSICIAN-RELATED DISTRESS
- REGIMEN-RELATED DISTRESS
- INTERPERSONAL DISTRESS

DIABETIC PATIENTS WHO SCORED HIGH ON DIABETES DISTRESS SCREEN

- PLAN: IDENTIFY PATIENTS WHO HAVE SCORED HIGH ON THE DIABETES DISTRESS SCREEN
- ACTION: INVITE PATIENTS TO ATTEND A DIABETES DISTRESS GROUP LED BY THE PSYCHOLOGIST AND THE NCM
- FOLLOW UP: DID ATTENDING THE GROUP HELP IMPROVE PATIENTS DISTRESS AND DID IT HELP REDUCE THEIR A₁C?

DIABETES DISTRESS GROUP

GOALS OF THE GROUP VISIT:

- UNDERSTAND WHAT IS DIABETES DISTRESS
- REVIEW BEHAVIORAL FACTORS TO HELP REDUCE DISTRESS
- UNDERSTAND ASSERTIVENESS AND HOW TO USE IT
- EXPLAIN THE MIND-BODY CONNECTION

PRELIMINARY RESULTS

- IN THE 2 MONTHS PRIOR TO THE GROUP VISIT, 15 PATIENTS SCORED HIGH ON THE DISTRESS SCREEN
- OF THOSE 15 PATIENTS 9 ATTENDED THE GROUP VISIT
- WE COMPARED THE DDS₁₇ RE-SCREEN SCORES AND A₁C RESULTS WITH PATIENTS WHO ATTENDED THE GROUP TO THOSE WHO DIDN'T

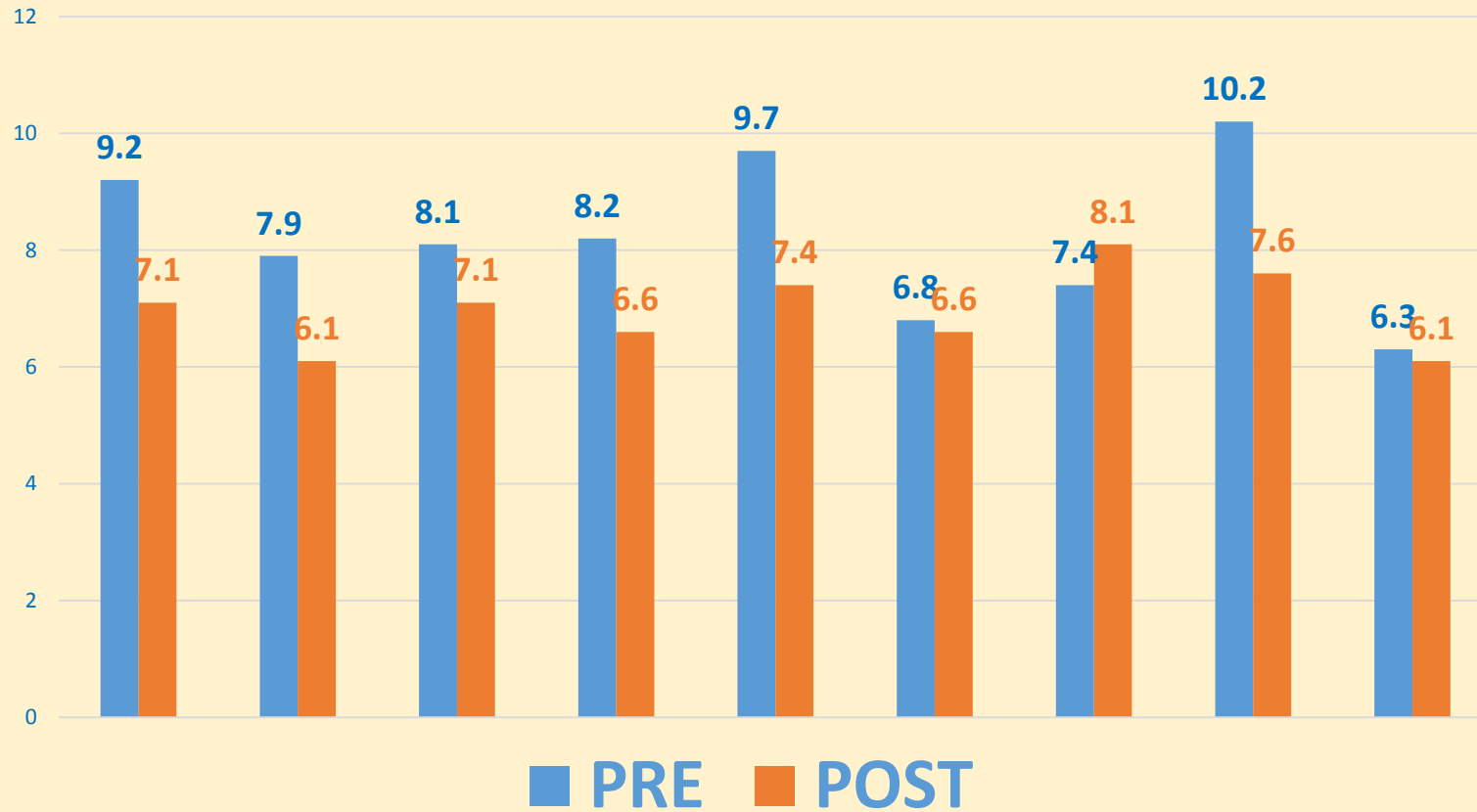
PRELIMINARY RESULTS

- 8 OUT OF 9 PATIENTS WHO ATTENDED THE GROUP VISIT REDUCED THEIR A₁C VALUE
- 9 OUT OF 9 PATIENTS WHO ATTENDED THE GROUP REDUCED THEIR DISTRESS

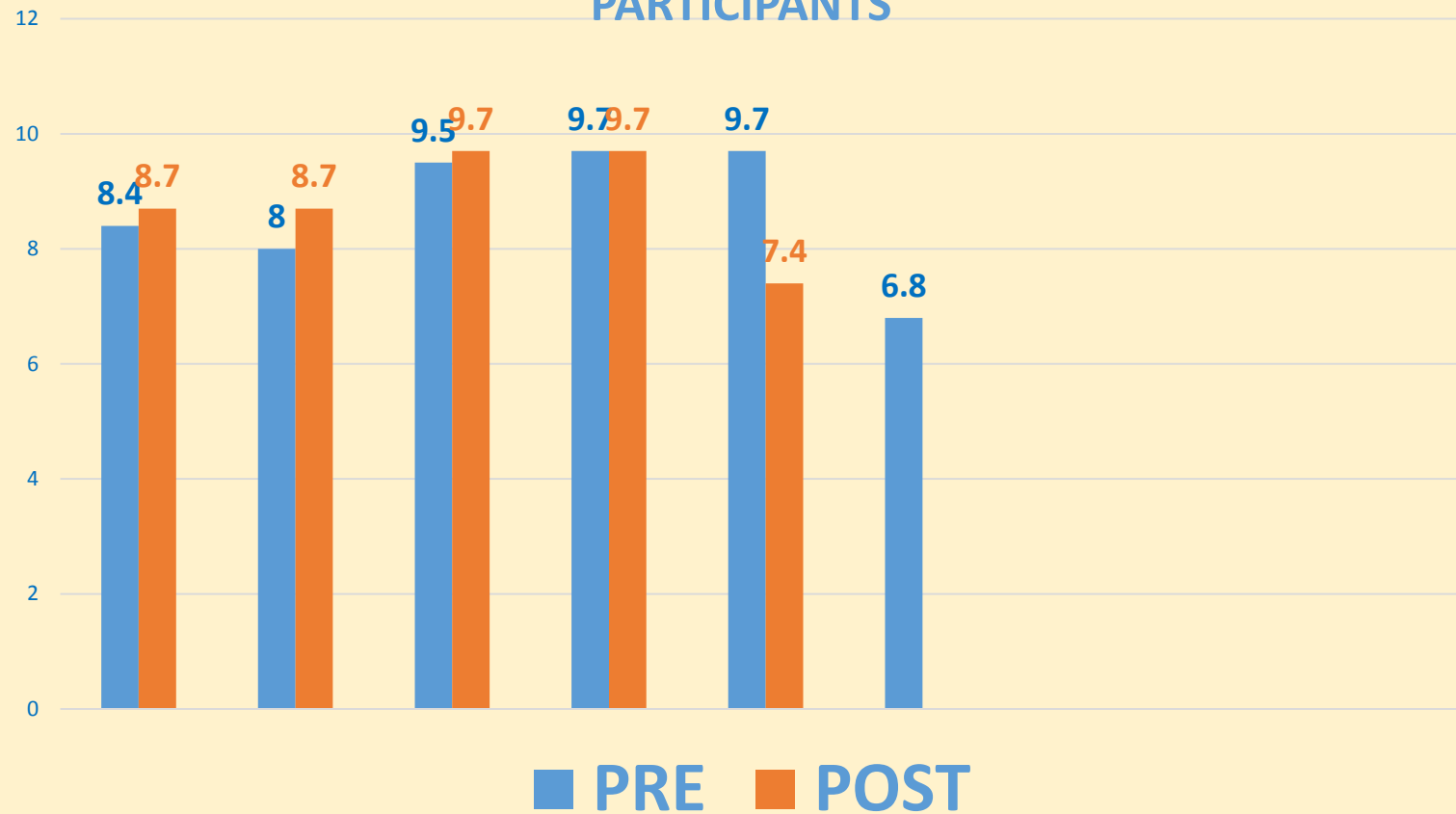
PRELIMINARY A₁C RESULTS FOR PATIENTS WHO ATTENDED THE GROUP

PRE-GROUP A ₁ C	POST-GROUP A ₁ C
9.2	7.1
7.9	6.1
8.1	7.1
8.2	6.6
9.7	7.4
6.8	6.6
7.4	8.1
10.2	7.6
6.3	6.1

PRE AND POST A1C RESULTS FOR GROUP PARTICIPANTS



PRE AND POST A1C RESULTS FOR NON-GROUP PARTICIPANTS



DDS₁₇ STATEMENTS WITH SIGNIFICANT IMPROVEMENT FOR GROUP PARTICIPANTS

THE FOLLOWING STATEMENTS SCORES WENT FROM A MODERATE PROBLEM TO NOT A PROBLEM:

- FEELING THAT DIABETES CONTROLS MY LIFE
- FEELING THAT I AM NOT STICKING CLOSELY ENOUGH TO A GOOD MEAL PLAN
- NOT FEELING CONFIDENT IN MY DAY-TO-DAY ABILITY TO MANAGE DIABETES
- FEELING OVERWHELMED BY THE DEMANDS OF LIVING WITH DIABETES

PATIENT FEEDBACK

"I ENJOY THE GROUP VISITS AND I ALWAYS LEARN SOMETHING."

"ATTENDING THE GROUP VISITS GIVES ME THE ABILITY TO TAKE CONTROL OF MY BLOOD SUGARS."

- WE WILL CONTINUE TO SCREEN DIABETIC PATIENTS USING THE DDS₁₇, PARTICULARLY FOR NEW DIABETICS OR DIABETICS WITH AN A₁C ABOVE 8.0
- DIABETES DISTRESS GROUPS ARE SCHEDULED EVERY OTHER MONTH THROUGHOUT THE YEAR
- SIGNAGE AND INFORMATION IS AVAILABLE IN OUR OFFICE AND ON OUR WEBSITE

THANK YOU