

8) Pre-Diabetes Pilot

Signature Healthcare

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PROJECT DESCRIPTION

CDC data shows that over 70% of patients with pre-diabetes will develop type 2 diabetes during their lifetime. However, once diagnosed, the window of opportunity to slow the progression of pre-diabetes to type 2 diabetes is only approximately 3-6 years. Patients who lose 5-7% of their body weight and engage in physical activity during this timeframe reduce their risk of developing type 2 diabetes by over 58%.

Given these striking figures, as we standardized our process for pre-diabetes screening, we also worked diligently to develop targeted interventions for newly diagnosed pre-diabetic patients, to reduce their risk of developing type-2 diabetes. At the beginning of FY 14, the applicant's primary care office created a program aimed at reducing the percentage of patients with risk factors for pre-diabetes. This office is part of the hospital's outpatient physician group of 11 practices, [NAME] Medical Group.

OUTCOMES ACHIEVED

In the first year of this project:

- 2,755 patients were screened within the 6,100 patient primary care practice, reducing our "screening defect" rate from 85% to 29%. Of this, 988 patients were diagnosed with pre-diabetes and 49 patients diagnosed with Type 2 diabetes.
- Of the patients diagnosed with pre-diabetes, over 64% lost weight over the course of the year, with 31% losing at least 5% of their body weight.
- The pre-diabetic patient's weight loss generated a corresponding improvement in hemoglobin A1C levels with 72% of pre-diabetic patients Hba1c decreasing over baseline, and 25% of pre-diabetic patients achieving normal Hba1c values.

LESSONS LEARNED

- A multidisciplinary approach (physician, nurse, social work, pharmacy, etc.) is needed to manage patient health.
- Community partners are essential to maintaining the health of our whole community.
- Spending time with each individual patient and understanding their risk factors leads to healthy success.