



# Spirit Within Project Health Passport Night and Integrated Care

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Denver Indian Health and Family Services

Sarah Maestas, CPT, Lifestyle Coach

Leah Fitzgerald, PharmD, BCACP

# DENVER INDIAN HEALTH AND FAMILY SERVICES

- In Denver since 1978
- Urban Indian Organization
- Integrated care clinic
- Medical, Dental, Behavioral Health, Medicaid Enrollment, Health and Wellness, and Pharmacy





# SPIRIT WITHIN PROJECT

FOCUS: TRADITIONAL AND CONTEMPORARY PHYSICAL ACTIVITY, NUTRITION, INDIGENOUS COPING SKILLS FOR REDUCING RISKS AND DIABETES EDUCATION

UPCOMING: HYPERTENSION AND MINI-HEALTH FAIRS

ESTABLISHED IN 2018 THROUGH THE HEALTH AND WELLNESS DEPARTMENT

DENVER INDIAN HEALTH AND FAMILY SERVICES



WHY I  
ROCK  
MY MOCS



Thank you all for attending!

*To stay healthy and spend time with family!*  
*To connect with nature - to keep my body moving!*  
*To maintain a healthy life*  
*Community is everything*  
*I Rock my Moos for my clan - Yskete Time clan*



Spirit Within Project



DENVER INDIAN HEALTH AND FAMILY SERVICES

HEALTH &  
WELLNESS  
PROGRAM

*Spirit Within Project*

*Cooking Class Recap*



*Thank you for attending!*

DENVER INDIAN HEALTH AND FAMILY SERVICES  
**HEALTH & WELLNESS PROGRAM**  
*Spirit Within Project*

**KIDS HEALTHY SNACKS WORKSHOP**  
*Childhood Obesity Awareness Month*

Tuesday, September 27th  
5:30 PM  
live on zoom  
RSVP by Sept. 20th

Easy to make  
Budget Friendly  
For Adults too!

Contact Native Wellness Coordinator, Daryle to sign up: 720-510-2069

*Spirit Within Project*  
**MOVIE NIGHT**

**KEEPERS OF THE GAME**

Watch movie - Enjoy a traditional meal from Tocabe - Meet new people - Bring family & friends - Get connected  
Denver Indian Health and Family Services: 2880 W Holden Place

**Thursday, September 29 @ 5:30pm**  
**RSVP IS REQUIRED**

RSVP by calling Daryle Conquering Bear, NWC @ 720-510-2069

DENVER INDIAN HEALTH AND FAMILY SERVICES  
**HEALTH & WELLNESS PROGRAM**  
*Spirit Within Project*

**BEADING WORKSHOP**  
Awaken your inner creativity and learn to create Native art using beads. Materials and tools will be supplied!

**Denver Indian Center, Inc**  
Friday October 7th  
Following the in person staff meeting  
Lunch provided  
RSVP ASAP Required  
Please email  
dconqueringbear@dihfs.org to RSVP

**NUTRITION LABEL READING Workshop**  
OCTOBER 20TH  
5:30PM

AT DENVER INDIAN HEALTH AND FAMILY SERVICES  
Learn how to read a nutrition label when grocery shopping to give you confidence to pick the healthy choice!

**HEALTH & WELLNESS PROGRAM**  
*Spirit Within Project*

Contact Native Wellness Coordinator Daryle: 720-510-2069 to register!

DENVER INDIAN HEALTH AND FAMILY SERVICES  
**HEALTH & WELLNESS PROGRAM**  
*Spirit Within Project*

NATIVE AMERICAN HERITAGE MONTH  
**ROCK YOUR MOCS 5K/1 MILE RUN/WALK**

**NOVEMBER 5**  
CALL 720-510-2069 TO REGISTER

Loans Lake Park  
Run/Walk STARTS AT 10 AM  
AFTER PARTY WITH SNACKS AND WATER

DENVER INDIAN HEALTH AND FAMILY SERVICES  
**HEALTH & WELLNESS PROGRAM**  
*Spirit Within Project*

**Foam Rolling Workshop**  
Learn how to safely foam roll and utilize self myofascial release for recovery and sore muscles  
Foam rollers will be provided for you to take home

**Denver Indian Center**  
4407 Morrison Rd, Denver, CO 80219  
November 8, 2022 @5:30 PM  
RSVP required  
Contact the Health and Wellness Department to sign up 720-591-0442

DENVER INDIAN HEALTH AND FAMILY SERVICES  
**HEALTH & WELLNESS PROGRAM**  
*Spirit Within Project*

**March 21st 2023**  
5:30PM at Denver Indian center  
4407 Morrison Road

**Stretching Class**  
Help loosen up this year with a stretching class  
Supplies provided, space is limited  
Please call the Wellness Department to sign up  
720-591-0442

**Eating on a budget Workshop**

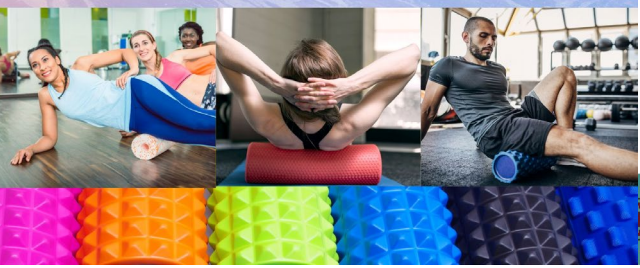
DENVER INDIAN HEALTH AND FAMILY SERVICES  
**HEALTH & WELLNESS PROGRAM**  
*Spirit Within Project*

**Tuesday, May 9th, 2023**  
Virtual via teams  
5:45pm  
Call 720-591-0442 to reserve.

DENVER INDIAN HEALTH AND FAMILY SERVICES  
**HEALTH & WELLNESS PROGRAM**  
*Spirit Within Project*

**Stretching Class**  
Help improve your flexibility  
Please call The Wellness Department to sign up  
720-591-0442  
Space is limited  
Supplies provided

**May 23rd**  
5:45 PM  
2880 W. Holden Place



# ACCOMPLISHMENTS WORKSHOPS

**100%** Satisfied

**100%** Found workshop topics relevant, easy to follow, and inclusive

**100%** Increased their knowledge and skills for managing diabetes

**98%** Learned useful information

**98%** Gained confidence in relevant behaviors (physical activity, cultural practices, food preparation)



Workshop was great! Very informational, and I look forward to attending more in the future with more of my family and friends to attend too.



I was able to see a different part of the city and it did not feel so lonely after being with other natives. After the walk, I honestly felt less stressed and not so much in my head about what I was worried about. Thank you



I enjoyed having the recipe and interactive instruction. It was nice to feel how everyone was excited for this workshop. knowing that you can eat healthy, it be can yummy, and have fun doing so



# Who can attend class?

- Must have a diagnosis of Pre, type 1 or Type 2 Diabetes
- Tribally enrolled DIHFS patients or Tribally enrolled non DIHFS patients
- Non-Tribally enrolled DIHFS patients

# DIABETES EDUCATION

- ADCES Accredited
- Culturally Relevant
- 6-week courses
- Hosted Quarterly (or more often if capacity allows)

## *Spirit Within Project* FAMILY DIABETES EDUCATION CLASS

DIABETES SELF MANAGEMENT EDUCATION SHARED MEDICAL APPOINTMENTS

TUESDAY EVENINGS 5:30-7:30 PM

### **This program is FREE!**

This 6 Week program takes a cultural and family-centered approach to managing Diabetes. This class is open to all DIHFS patients and all tribally enrolled non DIHFS patients with Prediabetes, Type 1, or Type 2 Diabetes and a family member or support person. Please contact the Wellness dept. for more details!

2880 W. Holden Place

This project is supported by the Family-Centered Approaches to Improving Type 2 Diabetes Control and Prevention grant #1-CPIMP211320-01-00 of the U.S. Department of Health and Human Services (HHS)



FALL SUMMER SPRING WINTER

January

March

August

October

### **CLASS TOPICS**

Introduction to Diabetes  
Medication  
Physical Activity  
Healthy Coping  
Nutrition  
Meet with your Doctor

**To sign up,  
please call**



**303-953-6615**

**Visit us online at  
[www.dihfs.org/swp](http://www.dihfs.org/swp)**



RECRUITING

*Spirit Within Project*  
**DIABETES  
EDUCATION CLASS**  
DIABETES SELF MANGEMENT EDUCATION  
SHARED MEDICAL APPOINTMENTS



**To Sign up, please call:  
Wellness Department  
720-591-0442**

Classes start  
August 29th

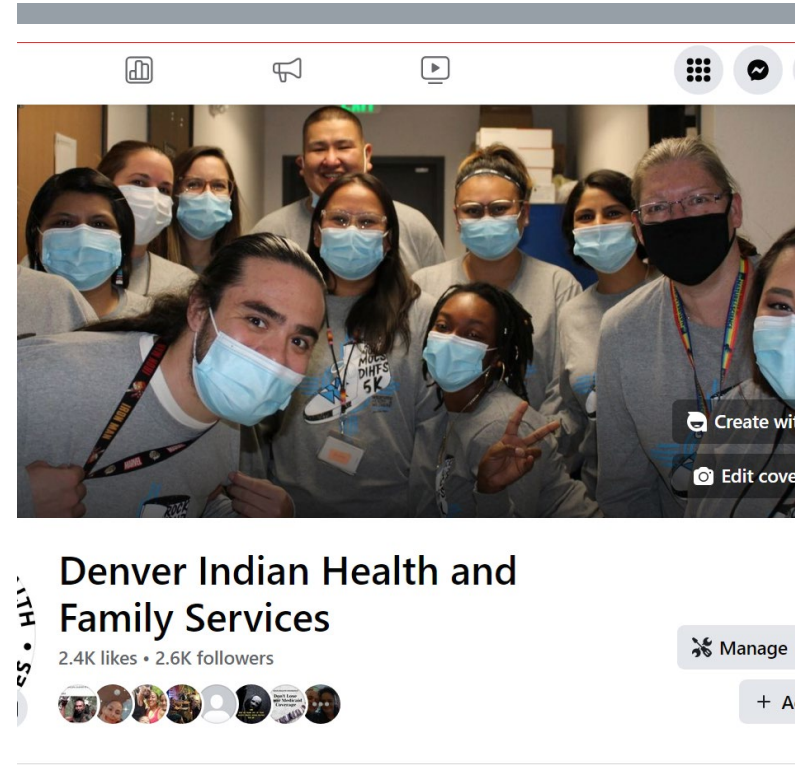


visit us online at  
[www.dihfs.org/swp](http://www.dihfs.org/swp)



**Services Updates:**  
We have ended and as we move toward an endemic, we will continue to respond to COVID-19. Like you, we are strengthening the work we do to keep our families healthy is our top priority.

long-awaited mobile health unit, which we fondly named, "The Betty Gress Express" after our longest board member



# SOCIAL MEDIA AND LISTSERV

NAME

# HEALTH PASSPORT

Primary Participant  
Fill in with every stamp!

**WELCOME!**  
stamp every circle  
before you leave!

### Front Desk

Check in at front desk!  
Schedule follow up CGM  
Schedule follow up A1c

### Medical Assistant

A1C finger prick and  
vitals

### Provider Visit

Retinopathy Referral  
Foot Exam  
Smoking Cessation

### Pharmacy

Continuous  
Glucose Monitor  
(CGM)

### Paperwork

Complete Survey  
BH Screen  
Eat Dinner

### Retinopathy exam

get a photo of your eyes!

### Class Overview

Binder Pick up

### SEE YOU NEXT WEEK!

Turn in this sheet and let  
us know if you'll join:

- IN PERSON**  
 **ONLINE**

PHQ9 Completed by patient:

Additional Provider Visit  
needed if box checked:

*Spirit Within Project*  
**DIABETES**  
EDUCATION CLASS

**TURN THIS IN TO FRONT DESK BEFORE YOU LEAVE**

## HEALTH PASSPORT NIGHT

- Reduces Barriers to Care
- Whole family is included
- One stop shop

NAME

# HEALTH PASSPORT

Primary Participant  
Fill in with every stamp!

**WELCOME!**  
stamp every circle  
before you leave!

**Front Desk**  
Check in at front desk!  
Schedule follow up CGM  
Schedule follow up A1c

**Medical Assistant**  
A1C finger prick and  
vitals

**Provider Visit**  
Retinopathy Referral  
Foot Exam  
Smoking Cessation

**Pharmacy**  
Continuous  
Glucose Monitor  
(CGM)

**Paperwork**  
Complete Survey  
BH Screen  
Eat Dinner

**Retinopathy  
exam**  
get a photo of your eyes!

**Class Overview**  
**Binder Pick up**

**SEE YOU NEXT WEEK!**  
Turn in this sheet and let  
us know if you'll join:  
 **IN PERSON**  
 **ONLINE**

PHQ9 Completed by patient:

Additional Provider Visit  
needed if box checked:

Smart With a Plan  
**DIABETES**  
EDUCATION CLASS

**TURN THIS IN TO FRONT DESK BEFORE YOU LEAVE**

NAME

# HEALTH PASSPORT

## Vitals

HEIGHT

WEIGHT

HEART RATE

**BLOOD PRESSURE**

**BLOOD PRESSURE 2**

OXYGEN LEVEL

RR

**A1C**

Retinopathy Section : Diabetes Diagnosis Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Smart With a Plan  
**DIABETES**  
EDUCATION CLASS

NAME

# HEALTH PASSPORT

Support Participant  
Fill in with every stamp!

**WELCOME!**  
Stamp every circle  
before you leave!

**Paperwork**

**Class**  
overview & logistics

**Behavioral Health**  
Information

**Binder Pick up**

**Eat!**  
Check out-Dinner

Smart With a Plan  
**DIABETES**  
EDUCATION CLASS

**TURN THIS IN TO FRONT DESK BEFORE YOU LEAVE**



ALL HANDS-ON DECK

# FRONT DESK

Fill in with every stamp!

**WELCOME!**  
stamp every circle  
before you leave!

## Front Desk

Check in at front desk!  
Schedule follow up CGM  
Schedule follow up A1c

**Medical Assistant**  
A1C finger prick and  
vitals

### Front Desk Role:

*~ alert the floater when the food arrives, ensure you have passports ready*

1. Find out if person is patient or family support, provide health passport sheet and provide name tag.

*(Welcome to passport day for diabetes class! Here is your passport that takes you through your stations today. Bring this completed passport back to me before you leave.)*

**DO NOT CHECK IN YET.**

2. SCHEDULE A 3 MONTH FOLLOW UP A1C

3. SCHEDULE A FOLLOW UP CGM FOR WEEK OF \_\_\_\_\_

4. CHECK PT IN.

Check in patients at time of scheduled provider

NAME

# HEALTH PASSPORT

Primary Participant  
Fill in with every stamp!

**Behavioral Health:**  
1. Determine if patient is Primary or support participant

- BH will provide information to primary and support participants regarding behavioral health services at DIHFS
- BH will collect PHQ9 screenings for primary participants via the tablet or hard copy and enter into provider chart note prior to provider locking note
- BH will check box once PHQ9 form is complete
- BH will write R in the box if a patient refuses to complete the PHQ 9

PHQ9 Completed by Patient:  **R**

Additional Provider Visit needed if box checked:

DIABETES

TURN THIS IN TO DIHFS STAFF BEFORE YOU LEAVE

# BEHAVIORAL HEALTH

# MEDICAL ASSISTANT

**Primary Participant**  
Fill in with every stamp!

**WELCOME!**  
stamp every circle  
before you leave!

**Front Desk**  
Check in at front desk!  
Schedule follow up CGM  
Schedule follow up A1c

**Medical Assistant**  
A1C finger prick and  
vitals

**Medical Assistant Role:**  
**WAIT UNTIL PATIENT IS CHECKED IN ON ECW BEFORE PULLING.**  
*(Let the patient know you are checking their A1c level for Diabetes and recording their vitals, and that they will meet with a provider next to do a foot exam and answer any diabetes questions.*

1. PULL PT WHEN CHECKED IN ON ECW
2. RECORD LAB AND VITAL RESULTS INTO ECW
3. WRITE LAB AND VITAL RESULTS ON BACK OF PASSPORT
4. STAMP PASSPORT, ESCORT PT TO PROVIDER, GIVE PROVIDER THE PASSPORT



Stamp every circle!

### WELCOME!

stamp every circle  
before you leave!

### Front Desk

Check in at front desk!  
Schedule follow up CGM  
Schedule follow up A1c

### Medical Assistant

A1C finger prick and vitals

### Provider Role:

- MA will bring patient to you, **take passport**
- *Let patient know that this is just a quick appointment to discuss diabetes questions or concerns and you can schedule an additional appointment if they have off topic questions/concerns*
- **Complete comprehensive foot exam**
- Ask pt smoking history, offer cessation if current
- Answer any diabetes related questions
- Find out last dental appointment
- if pt has more questions or you have noted concerns, check the box for them to schedule a follow up appointment.
- **Stamp passport, give passport to patient**

### Provider Visit

Retinopathy Referral  
Foot Exam  
Smoking Cessation

Retinopathy

Class Overview

SEE YOU NEXT WEEK!

Turn in this sheet and let

# PROVIDER VISIT

### Provider Visit

Retinopathy Referral  
Foot Exam  
Smoking Cessation

## Pharmacy

Continuous  
Glucose Monitor  
(CGM)

### Paperwork

Complete Survey  
BH Screen  
Eat Dinner

### Pharmacy

Ask for patient's passport.  
Educate and answer any questions on CGM.  
Provide opportunity for patient to get a CGM  
Show pt how to use CGM

# PROFESSIONAL CGM



Smart devices sold separately\*

# PRO VS. PERSONAL CGM



- Personal
  - long-term
  - daily use
  - must meet requirements for insurance coverage and can be costly
- Professional
  - Can be used as a trial run
  - used intermittently (new diagnosis, change in therapy, change in BS control)
  - blinded or unblinded option
  - billable service in office, no need for insurance authorization

# PROFESSIONAL CGM FOR SPIRIT WITHIN PARTICIPANTS

NAME \_\_\_\_\_

## HEALTH PASSPORT

Primary Participant  
Fill in with every stamp!

**WELCOME!**  
stamp every circle  
before you leave!

**Front Desk**  
Check in at front desk!  
Schedule follow up CGM  
Schedule follow up A1c

**Medical Assistant**  
A1C finger prick and  
vitals

**Provider Visit**  
Retinopathy Referral  
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**Pharmacy**  
Continuous  
Glucose Monitor  
(CGM)

**Paperwork**  
Complete Survey  
BH Screen  
Eat Dinner

**Retinopathy exam**  
get a photo of your eyes!

**Class Overview**  
Binder Pick up

**SEE YOU NEXT WEEK!**  
Turn in this sheet and let  
us know if you'll join:  
 IN PERSON  
 ONLINE

PHQ9 Completed by patient:

Additional Provider Visit  
needed if box checked:

**TURN THIS IN TO FRONT DESK BEFORE YOU LEAVE**

Spirit Within Project  
DIABETES  
EDUCATION CLASS

1. All primary participants are offered the option to try CGM
2. If patient has a compatible smartphone they download the Dexcom G6 and Dexcom Clarity App and create an account.
3. If no smartphone or not compatible can use the CGM in blinded mode.
4. Sensor is applied and activated using the pro reader.
5. Patient wears CGM for 10 days.
6. Bring the sensor back to class during week 2 or drop off at the clinic. The sensor has to be returned within 20 days.
7. Data is downloaded into the Dexcom Clarity portal and reviewed with patient between week 2 and 3.

# DEXCOM G6 PRO TOOLS

**Patient Tracking Form** **dexcomG6 PRO**

Patient Name or Chart Number	Transmitter ID <div style="border: 1px dashed red; padding: 2px; text-align: center; font-weight: bold;">PUT STICKER HERE</div>	<input type="checkbox"/> Blinded <input type="checkbox"/> Unblinded	Date Started
			Date Ended
Patient Name or Chart Number	Transmitter ID <div style="border: 1px dashed red; padding: 2px; text-align: center; font-weight: bold;">PUT STICKER HERE</div>	<input type="checkbox"/> Blinded <input type="checkbox"/> Unblinded	Date Started
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			Date Ended
Patient Name or Chart Number	Transmitter ID <div style="border: 1px dashed red; padding: 2px; text-align: center; font-weight: bold;">PUT STICKER HERE</div>	<input type="checkbox"/> Blinded <input type="checkbox"/> Unblinded	Date Started
			Date Ended

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**Daily Log Sheet** **dexcomG6 PRO**

Name \_\_\_\_\_ Start Date \_\_\_\_\_ End Date \_\_\_\_\_  
 Return to clinic \_\_\_\_\_ Target ranges: Pre-meal \_\_\_\_\_ Post-meal \_\_\_\_\_

Day 1	Breakfast	Lunch	Dinner	Snack
	Time _____ Insulin _____ Food (carbs) _____	Time _____ Insulin _____ Food (carbs) _____	Time _____ Insulin _____ Food (carbs) _____	Time _____ Insulin _____ Food (carbs) _____
Activity (Time/Duration): _____				
Day 2	Breakfast	Lunch	Dinner	Snack
	Time _____ Insulin _____ Food (carbs) _____	Time _____ Insulin _____ Food (carbs) _____	Time _____ Insulin _____ Food (carbs) _____	Time _____ Insulin _____ Food (carbs) _____
Activity (Time/Duration): _____				
Day 3	Breakfast	Lunch	Dinner	Snack
	Time _____ Insulin _____ Food (carbs) _____	Time _____ Insulin _____ Food (carbs) _____	Time _____ Insulin _____ Food (carbs) _____	Time _____ Insulin _____ Food (carbs) _____
Activity (Time/Duration): _____				
Day 4	Breakfast	Lunch	Dinner	Snack
	Time _____ Insulin _____ Food (carbs) _____	Time _____ Insulin _____ Food (carbs) _____	Time _____ Insulin _____ Food (carbs) _____	Time _____ Insulin _____ Food (carbs) _____
Activity (Time/Duration): _____				
Day 5	Breakfast	Lunch	Dinner	Snack
	Time _____ Insulin _____ Food (carbs) _____	Time _____ Insulin _____ Food (carbs) _____	Time _____ Insulin _____ Food (carbs) _____	Time _____ Insulin _____ Food (carbs) _____
Activity (Time/Duration): _____				

**Reflection Sheet** **dexcomG6 PRO**

Did you learn how your meals impacted your glucose? Yes No

Did certain meals impact your glucose differently than you expected? Yes No

Did you learn how exercise impacted your glucose? Yes No

Did you learn how your medication impacted your glucose? Yes No

Is there anything you will implement after this experience? (Examples: changes to any food choices, adjustments to your exercise routine)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I found this experience useful and would like to use CGM again. Yes No

I would like more information about getting a personal CGM. Yes No

Questions for my healthcare professional:

\_\_\_\_\_

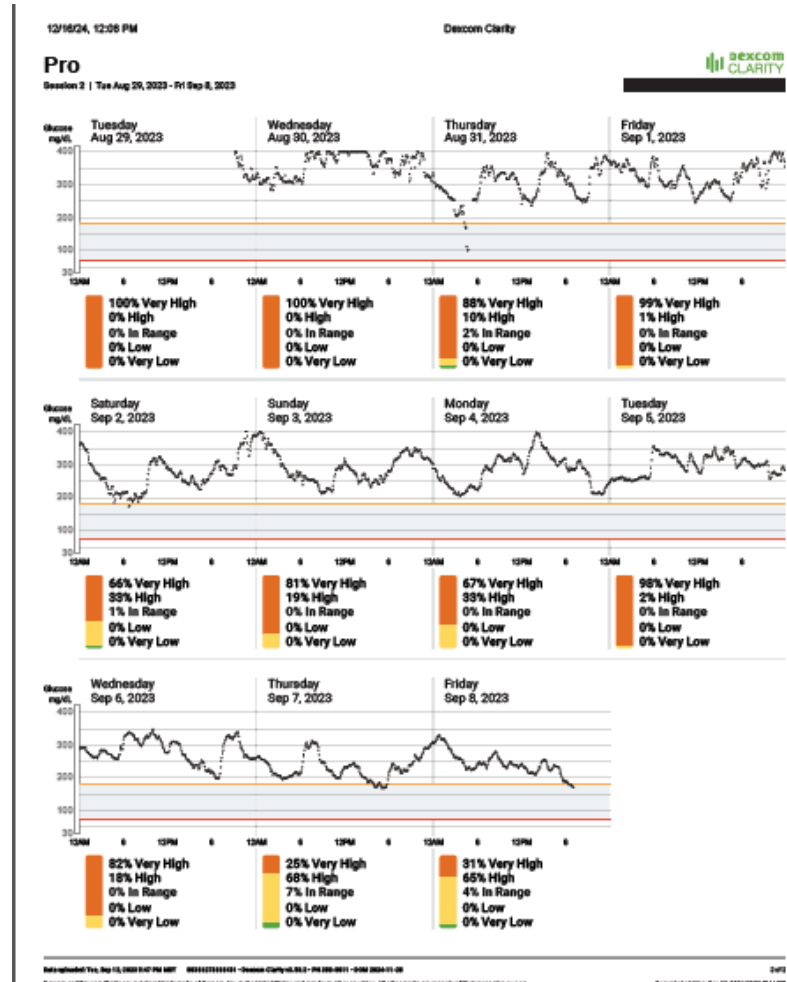
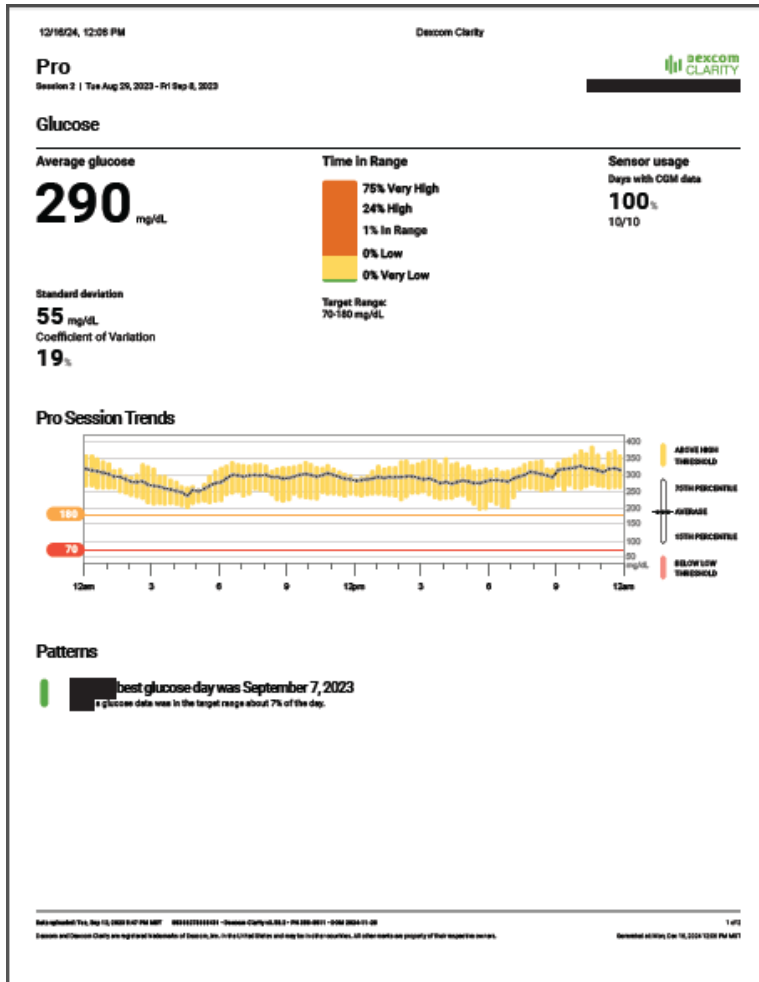
\_\_\_\_\_

\_\_\_\_\_

Return your transmitter to your healthcare provider within 30 days of session start.  
Visit [dexcom.com](http://dexcom.com) for more information on getting a personal Dexcom G6.

Dexcom G6 PRO (D6100) is a continuous glucose monitoring (CGM) system that provides real-time glucose data. It is not intended to be used as a substitute for professional medical advice. Please consult your healthcare provider for more information. Dexcom, Inc. is not responsible for any errors or omissions in this document. The information contained herein is for informational purposes only. It is not intended to be used as a substitute for professional medical advice. Please consult your healthcare provider for more information. Dexcom, Inc. is not responsible for any errors or omissions in this document.

# PRO REPORT





## TIPS FOR SUCCESS WITH PRO CGM

- The most time-consuming step is downloading the app and setting up an account.
- Counsel patient to save sensor if it falls off before the 10 days is over- it will still contain useful information.
- If using unblinded, review the app and provide education to the patient on how to interpret the data.
- Schedule follow up and review results with patient.
- Repeat 2-3 times per year if needed- great for comparisons after medication changes.



# RETINOPATHY IMAGING

## DIABETIC EYE EXAM

A Diabetic eye exam can detect problems early. High blood sugar or high blood pressure over time can cause damage to the eyes. In some cases, this can lead to vision loss.

### OUR SERVICE:

- ✓ Diabetic Retinopathy Imaging
- ✓ Referrals to Ophthalmology or outside care as needed

### WHO QUALIFIES:

- ✓ Anyone with Type Two Diabetes
- ✓ Anyone with Type One Diabetes

### CONTACT US TO SCHEDULE

- ☎ 303-953-6615
- 🌐 [www.dihfs.org](http://www.dihfs.org)



# Primary Participant Fill in with every stamp!

## WELCOME!

stamp every circle  
before you leave!

## Front Desk

Check in at front desk!  
Schedule follow up CGM  
Schedule follow up A1c

## Medical Assistant

A1C finger prick and vitals

### The Retinopathy Role

1. Ensure computer and imaging is on and ready to take images.
2. Request verbal consent for patient to get retinopathy images.
3. Ask for patient's passport. On the back, BP and A1c will be recorded by MA.
4. Ask when the patient first got diagnosed with Diabetes. Record most accurate date on passport.
5. Instruct patient to open eye wide, and press face into camera until a green square is seen
6. Follow JVN training to capture images
7. Initiate a stat read if issues are seen, leave JVN voicemail if after hours so imaging can be read first thing. Contact JVN the following morning to follow up on stat read. Sign off on passport and inform them they will get a call with results within a week.

## RETINOPATHY IMAGER

# CLASS ONE PRESENTER

## Class 1 Presenter

1. Ask for patient's passport.
2. Provide patient with Binder, show them the sections and where handouts/homework are located.
3. Present class 1 powerpoint, answering any questions along the way.
4. Set SMART goal with them and have them record in binder while you record on sheet.
5. Ask them if they are in person or online next week - check off on passport.
6. Stamp passport and tell them to turn in to the front desk.

*If you see that the patient has an additional provider visit needed, encourage the patient to tell the front desk to schedule.*

**Retinopathy exam**  
get a photo of your eyes!

**Class Overview**  
**Binder Pick up**

**SEE YOU NEXT WEEK!**  
Turn in this sheet and let us know if you'll join:

IN PERSON  
 ONLINE

PHQ9 Completed by Patient:

Additional Provider Visit needed if box checked:

DIABETES EDUCATION

**TURN THIS IN TO DIHFS STAFF BEFORE YOU LEAVE**

## Paperwork Person

1. Determine if person is primary or family support
2. Provide primary or family support paperwork packet
3. Encourage them to ask if they have any questions and they will be provided a giftcard upon completion of paperwork.
4. When paperwork is completed, double check that all questions are answered.
5. Document gift card number on sign off sheet and get patient's name and signature.
6. Provide gift card and stamp passport.
7. Please organize the paperwork by document type.  
*(presurveys, pharmacy questionnaire, allergies)*

*BH will manage BH screen and enter into provider SMA visit results of PHQ9 before provider locks chart*

## Paperwork

Complete Survey  
BH Screen  
Eat Dinner

**SEE YOU NEXT WEEK!**

Turn in this sheet and let us know if you'll join:

**IN PERSON**

## Fill in with every stamp!

### WELCOME!

stamp every circle  
before you leave!

### Front Desk

Check in at front desk!  
Schedule follow up CGM  
Schedule follow up A1c

### Medical Assistant

A1C finger prick and vitals

### FLOATER

- Your role is the decision maker, and to assist as needed.
- Front desk will contact you to retrieve food from front, bring to Betty Gress & prepare
- Keep an eye out for participants who look lost or confused. Reference their passport, check their name, and reflect where they should be according to the agenda provided.
- If you see a patient alone, please chat with them to make them feel welcomed and attended to.
  
- When you have time, check in with all stations: Pharmacy, the Provider, the MAs, the front desk, Retinopathy, class overview, and paperwork station to address questions/concerns.
- Do your best to problem solve before going to another staff member to solve the issue at hand.

# FLOATER



CHECKING OUT

# CLASS OVERVIEW

- Week 1 Health Passport Night
- Week 2 Medications and Monitoring
- Week 3 Physical Activity
- Week 4 Indigenous coping skills
- Week 5 Nutrition
- Week 6 Graduation celebration



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## CLASS WEEK 2

The logo features a teal background with a white diagonal line at the bottom. The text "Spirit Within Project" is in a white script font. Below it, "DIABETES" is in large, bold, white sans-serif letters, and "EDUCATION CLASS" is in smaller, bold, white sans-serif letters. At the bottom, in a very small white font, it says "DIABETES SELF MANGEMENT EDUCATION SHARED MEDICAL APPOINTMENTS". To the right of the text is a faint, stylized graphic of three human figures inside a circle, with horizontal lines extending from the sides.

*Spirit Within Project*  
**DIABETES**  
**EDUCATION CLASS**  
DIABETES SELF MANGEMENT EDUCATION SHARED MEDICAL APPOINTMENTS

Class 2: Diabetes Basics, Monitoring, & Medication






## CLASS WEEK 2

# Objectives

Special Guest: DIHFS Pharmacy

- Diabetes Basics
  - Different Types of Diabetes
  - The Importance of Glucose Monitoring
  - Symptoms of High and Low Blood Sugar
  - Traditional Medicine
  - Medication
  - Taking Care of your Feet
- 

## PHARMACY

- Patient led discussion
- Facilitated by pharmacist and fourth year pharmacist interns
- Participants learn from each other



Please write down at least 2 questions you have related to medications. This can be about anything: supplements, medication, medication side effects, natural medicine, how to give yourself medication injections

1.

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2.

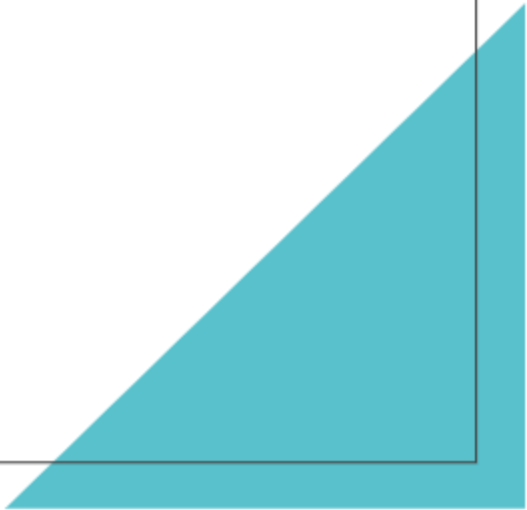
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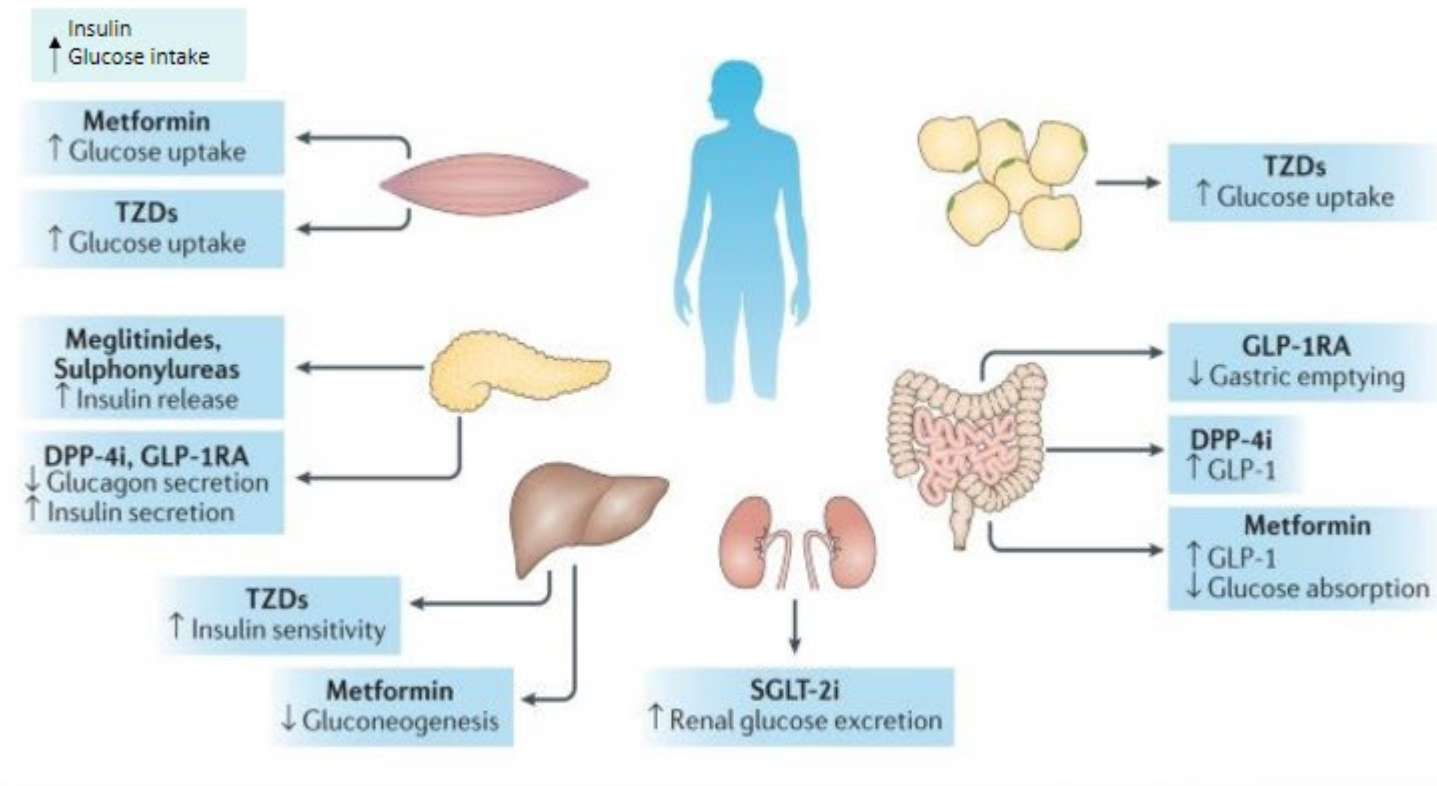
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# Traditional Medicine

- Cedar
  - Sweet Grass
  - Sage
  - Tobacco
- 

# Medications for Type 2 Diabetes



# SMART GOALS

## SMART Goal

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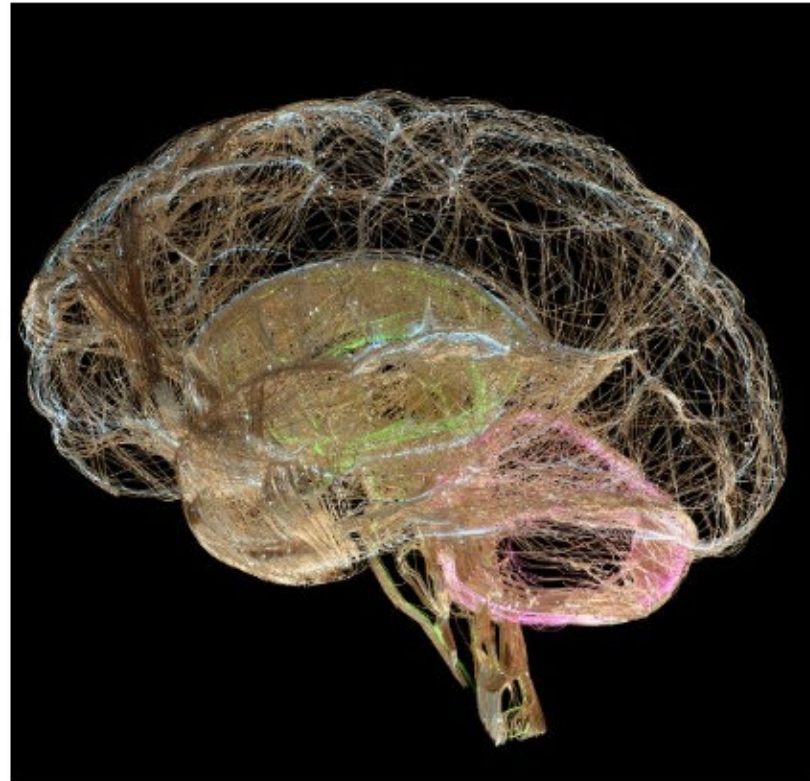
S - Specific

M - Measurable

A - Attainable

R - Realistic

T - Timely



# HOMEWORK

MEDICATION ROUTINE		Special Diabetes Education Class			
	Morning	Noon	Evening	Bedtime	Special Instructions (Take with food, etc.)
Medications	1. 2. 3. 4. 5.	1. 2. 3. 4. 5.	1. 2. 3. 4. 5.	1. 2. 3. 4. 5.	1. 2. 3. 4. 5.
What am I usually doing this time of day?					
What keeps me on track?					
What gets in the way of me taking my meds?					

## My Medication Routine

# Indian Health Service Handouts

## Taking Diabetes Medicines

People with diabetes often need to take medicines to keep blood sugar at a healthy level.

Read your medicines as it says on the labels. Ask your medical provider about any concerns, such as:

- How to take medicine
- How much medicine to take
- What to do when your blood sugar is low
- What to do if you miss a meal
- What to do when you are sick
- What are common side effects

Check your medicines before they run out.

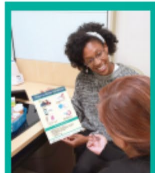
Medicines can usually be refilled one week before they run out. Look at the labels on your medicines to check for refills. If there are no refills, contact your medical provider.

Let your medical providers know about all the medicines you take, including how much and how often you take them.

There are some ways you can help keep your medical records up to date:

- Take all your medicines with you to each medical visit.
- Keep a list of all your medicines. Get a list from your pharmacy or make your own.
- Use your cell phone to snap a picture of each medicine label to show your medical providers.

Remember to include other things you take, such as over-the-counter medicines, vitamins, and supplements.



Produced by the IHS Division of Diabetes Treatment and Prevention. For more diabetes information and materials, visit [www.ihs.gov/diabetes](http://www.ihs.gov/diabetes).

Take a picture with your cell phone. Look at the picture later as a reminder!

## Diabetes Information for You and Your Family Keeping Your Feet Healthy

Help us to take care of ourselves. We depend on them daily. Also use them to walk familiar places and take part in traditions, such as ceremonies. For people with diabetes, keeping your blood sugars is important. Here are three things you can do to help you take care of your feet:

**Check your feet every day.**

Check your feet for cuts, sores, red or white areas, and blisters. If you have infected or ingrown toenails, ask your medical provider for help. To help check your feet, use a mirror. Ask a family member to help you.

**Let your medical providers know if you find a foot problem.**

If you have any problems during your daily activities, contact your health care team. Getting help early can keep small problems from becoming bigger problems.

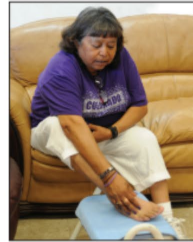
**Stop using commercial tobacco or alcohol.**

Using tobacco or alcohol reduces blood flow to your feet.

**Let your health care team know about things you are doing to quit using commercial tobacco.**

Call 1-800-QUIT-NOW (1-800-784-8669) for help.

Stay away from others who are smoking, including in the car.



Check your feet every day.  
Donna Cardoza, Santo Domingo Pueblo, NM

**At each clinic visit, take off your shoes and socks.**

Ask a member of your health care team to:

- Check your feet.
- Show you how to care for your feet.
- Trim your toenails or take care of corns or calluses, if needed.
- Suggest special shoes or inserts to help protect your feet.

**What are other ways you can keep your feet healthy?**

**Wear shoes indoors and outdoors. Do not go barefoot.**

- Wear comfortable shoes that fit well and protect your feet.
- Shoes should have round toes and low heels.
- Avoid shoes that are open at either the toe or the heel.

Produced by the IHS Division of Diabetes Treatment and Prevention. For more diabetes information and materials, visit [www.ihs.gov/diabetes](http://www.ihs.gov/diabetes).

## Keeping Your Teeth and Gums Healthy When You Have Diabetes

Produced by the IHS Division of Diabetes Treatment and Prevention. For more diabetes information and materials, visit [www.ihs.gov/diabetes](http://www.ihs.gov/diabetes). 06/2018


Take a picture with your cell phone. Look at the picture later as a reminder!





People with diabetes have a higher chance of getting teeth and gum problems. This is why it is important to manage your blood sugar and take care of your teeth and gums.


**Ways to take care of your teeth and gums:**

 Brush your teeth twice a day.

 Floss your teeth each day.

 Get a dental exam at least once a year.

 Avoid foods and drinks that are high in sugar.

 Do not use commercial tobacco, including smokeless and chewing tobacco.



**Let your health care team know if you have any of these:**

- Red or swollen gums
- Pain when chewing
- Loose and shifting teeth
- Bad breath that does not go away
- Sore or bleeding when brushing or flossing

**What you can do:**

Brush your teeth for 2 minutes if it is 5 or 10 minutes a day, and floss once a day. Try to get up and move every 30 minutes.

Limit your sitting time. Aim for 150 minutes a week, or 30 minutes a day, of moderate activity.

**Staying active:**

Choose an activity you like to do in a safe place. If you have a cell phone, take a picture of yourself doing the activity.

Drink water before and after exercise. Eat a healthy meal, such as a cup of juice, or small fruit, or a few nuts. For more information see, [Walking](#).

**Stay hydrated:**

Drink water before and after exercise. Use sugar-free or glucose-free (not sugar-free) or glucose-free gum. If your blood sugar drops too low, eat a snack.

Go at a slower pace at the start and end of your activity.

Check your feet for sores, cuts, blisters, corns, or redness before and after your activity. Let your provider know if you find any of these.

**Take care of yourself and your feet:**

Regular exercise is good for you. Try walking, swimming, or arm movements. Stay active.

Start with a slow walk at first. The longer you walk and the farther you can walk and the more you can do. For more information see, [Walking](#).

Walking brings peace and a feeling of accomplishment. You will see how hard you have worked and how it is helping to manage your diabetes. You will be proud of you too!



**I will take these steps to be more active:**

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\_\_\_\_\_

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Produced by the IHS Division of Diabetes Treatment and Prevention. For more diabetes information and materials, visit [www.ihs.gov/diabetes](http://www.ihs.gov/diabetes).

# SWAG BAGS





# WHEN CLASS ENDS

Culture classes to promote traditional healthy lifestyle practices

Family centered diabetes self management education classes

One on one personal training

Registered dietitian visits



**HEALTH &  
WELLNESS  
PROGRAM**  
*Spirit Within Project*



**Contact:**  
DIHFS.org/SWP  
303-953-6600  
Ext. 3

# RESULTS

## Family-centered interventions improve diabetes management for AI/AN patients Denver Indian Health and Family Services

The goal of the Spirit Within Project (SWP) is to improve self-management of Type 2 diabetes in Native patients. Patients and a friend/family member attend six weeks of classes where they learn how to incorporate traditional and contemporary healthy diets and physical activity into their lives. Topics include a shared medical appointment where patients meet clinic providers, medication, healthy lifestyles & stress, indigenous coping skills, diet & nutrition, and a graduation event.

Maintaining healthy weight and blood composition, adherence to medications.

Increasing knowledge of healthy, traditional living practices and implementation of family-centered, culturally responsive diabetes self-management strategies. Utilizing Indigenous coping skills to reduce impact of stress and increasing awareness of community resources and connections to address diabetes and overall health.

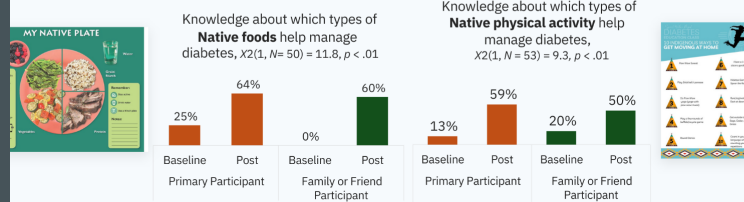
Curriculum manual derived from the ADCES & Targeted Training in Illness Management Cultural workshops and activities (e.g., powwow dancing, shinny, stick ball) Indigenous coping (e.g., beading, oral tribal histories, elder outreach) Community partnerships: Denver Indian Center, Denver Indian Family Resource Center

*"My grandkids want to learn about diabetes. I show them the book I have and they read it. My granddaughter found out she has diabetes, so she wants to know how to control it and be healthy."*  
- SWP Participant



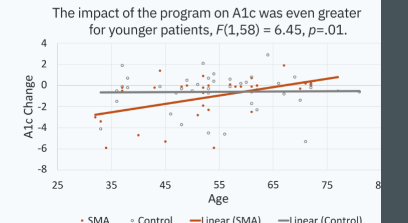
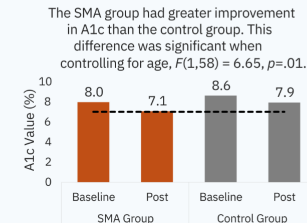
### Improved Knowledge Around Diabetes Management

Program evaluation collected data in the form of baseline and post-class/activity surveys for both primary participants and family/friend participants as well as in-depth interviews with participants. Both primary and support participants reported increased knowledge about managing diabetes, especially with regards to incorporating healthy, traditional native foods and Native physical activity.



### Improved Health: A1c Reduction

A1c values are a key health indicator for adults with diabetes, with a standard goal of less than 7%. When controlling for age, the SMA group saw significantly greater improvement in A1c than the control group. Further, the program impact was even greater for younger participants, who had much greater A1c reduction than younger controls.



*There are a lot of things that you don't know as a newly diagnosed diabetic. I believe that everybody that comes out of this class is more knowledgeable—and their caregiver or family or friends or whoever. A lot of times diabetes isn't a personal issue only for yourself—it's a family affair. If your family doesn't know you're diabetic and you go home and you cook the same way you do every day and they don't know, they tell you, 'you shouldn't be eating that,' which is really good and helpful to know.*  
- SWP Patient

*For me, an ongoing issue is food availability and that stigma that goes with asking for help that a lot of natives won't do. And so I felt like the people in the diabetes program are very approachable and I, from personal experience, I have great outcomes with their reinforcement. Like, you're doing the right thing—you're not seeing it now, but eventually it'll pay off in the long run.*  
- SWP Patient

*There is a lot of unaddressed stress in the community which the class can tap into and bring to the surface. Indigenous coping skills become a community way of talking these problems out loud. During beading workshops and potlucks, people get so focused on talking and sharing those stories that they forget they're also being supported.*  
- DIH



# Improving Diabetic Retinal Screening Through Integrated Care

Authors

Sarah Maestas, Sonia Berumen, Annette Siemens, Kia Smith, Maddie Homuth, Heather Hoff, Sarah Adams, Jennifer Dailey-Vail



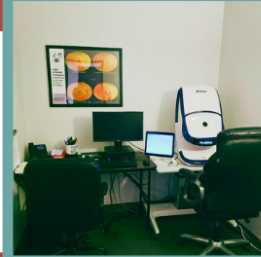
## Background

### Denver Indian Health and Family Services Priority

Approximately 37.3 million adults have diabetes, with the highest rate occurring in American Indians/Alaskan Natives. 1 Diabetic retinopathy (DR) and blindness are associated with diabetes. 2 AI/AN have higher rates of T2DM, and higher rates of DR pathogenesis. 3 DIHFS GPRA Measure: Diabetic Retinopathy Screening of Adults, was 3.1%, below the 2022 41.2% national target.

### Indian Health Services-Joslin Vision Network (JVN) Teleophthalmology Program

Obtained an on-site camera to complete diabetic digital retinal exams at DIHFS by participating in this program. The EHR interface was set up and the program launched in November of 2022.



## Training and Certification

### JVN Optos Daytona Imaging Specialist Training

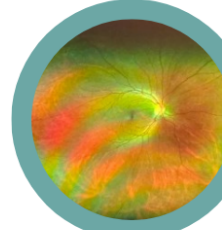
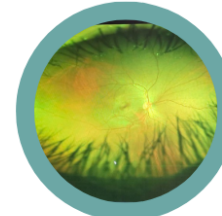
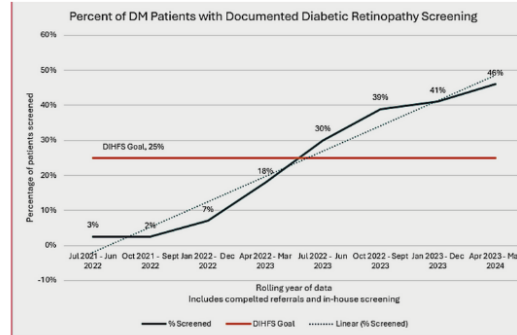
- Training at Phoenix Indian Medical Center or remotely from home facility.
- Onsite: Tour the National Reading Center and meet team, hands-on work with facilitator to learn imaging and gain knowledge.
- Remote: saves time on travel cost and provides flexible learning schedule.

### JVN Optos Daytona Imaging Specialist Certification

- Provisionally certified after training completed.
- Full Certification after six months of experience, successfully image 75 patients, and approval of IHS/JVN Directors from the National Reading Center and Teleophthalmology Program.
- Maintenance of Certification by demonstrating ongoing competency through periodic review by the Director of the IHS/JVN Teleophthalmology Program.

## PDSAs and Results

- Drafted imaging workflow
- Developed referral workflow for images outside of DIHFS or urgent follow-up needs
- Changed patient scheduling from standalone appointment to integrated within primary care visits
- Changed specialty consult process by proactively sending ROI
- Expanded access by adding second imager
- Extended data capture to include both onsite screenings and completed off-site referrals



RESULTS CONTINUED

## Workflows

Patient Identification Workflow			Visit Workflow		Results Workflow		
Data Analyst	Care Team	Imager	PCP	Imager	Routine Read	Stat Read	Outcome
Reviews PCPs next day's schedule and identifies patients imaging with T2DM	During morning huddle team discusses patient imaging needs	Places order for image in EHR	Reviews JVN Program with patient and activates warm transfer to Imager	Obtains image during scheduled appointment Triage images to assign reading pathway - routine or stat	Care Team: Report is attached to order and sent to PCP for review	Imager: Calls National Reading Center for real time Ophthalmologist read	If normal: Process is repeated the following year If abnormal: Referral Coordinator facilitates specialty care

## Challenges and Solutions

### High no-show for imaging appointments

- Incorporated image into other primary care appointments using nontraditional workflows
- Morning huddles for proactive patient identification, capturing image when patient is already onsite

### Camara available but imager not available

- Staffing, nontraditional imagers (thinking outside the box)
- Trained second imager
- Both imagers are full time employees with other responsibilities and also available as needed

### Clinical concern by imager of need for urgent follow-up

- All follow up facilitated by Referral Coordinator - not provider or imager

### No EHR workflows in place to support new program

- Developed imaging standing orders
- Imager obtains signed ROI to expedite communication with specialty care when abnormal results anticipated
- Referral Coordinator tracks all required follow-up



QUESTIONS

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# THANK YOU

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