Tips and Tricks for Implementing Activities and Collecting Data on Your **Education** Best Practice

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Description

- This session will discuss how to pick an education best practice. We will then identify different ideas for activities addressing various education best practices. Lastly, we will evaluate the different ways to collect and report data on this measurement.

Recap: Best Practice, Required Key Measure, Target Group

- **Best Practice**: Grant requirement. Focused areas for improvement of diabetes prevention and treatment outcomes in communities and clinics. SDPI Grantees must select one Best Practice each year.

- **Required Key Measure (RKM):** Defined measurement used to assess improvement on outcomes. Each Best Practice has one RKM.

- **Target Group**: Number of patients/participants that you can realistically include in your activities or provide services to and collect data for with the resources you have

Selecting a Best Practice and Target Group

Key considerations:
- Primary goal is to show improvement in an area of need.
- You also have to be able to collect and submit RKM data.

Other considerations:
- What are the diabetes-related needs in your clinic and community?
- What resources are available?
- Is there room for improvement?
- How will you identify your Target Group members and keep track of them?
- How will you collect RKM data?

Education   vs.   Clinical Best Practices

- RKM can be captured locally or in an electronic system.

- Can be used to reach out widely to general audience.
  - E.g. Raise awareness

- RKM generally collected in a clinic setting.

- Target Group may be more specific to a group of patients/participants.

SDPI Program	Selected Best Practice	Activities/Services	Target Group Description
A	Nutrition Education	Providing nutrition education related to **breastfeeding support**.	Pregnant women ages 18-30 with or at risk for diabetes from local I/T/U clinic.
B	Nutrition Education	Providing nutrition education related to **diabetes prevention**.	Youth ages 8-15 at risk for diabetes at local Boys & Girls Club.
C	Nutrition Education	Providing nutrition education from a Registered Dietitian related to **heart health**.	Adults with diabetes ages 18-45 at risk for CVD from local I/T/U clinic.

All RKMs are tied to Diabetes Audit measures (except Diabetes Prevention)

What are the Education Best Practices?

- Diabetes-related Education
- Physical Activity Education
- Nutrition Education

- Diabetes Prevention

40%
11%
8%
5%

You Picked an Education Best Practice, Now What?

Review your Project Narrative, pay attention to:
- Activities
- Target Group

Then consider the following:
- How will you collect Target Group information?
  - Which input method will you use for the SOS?
    - WebAudit
    - Individual Tool

Activities/Services

Tips for Activities for the Education Best Practices

- **Education counts once/year/individual**

- **What counts as Education?**
  - ➢ The intent is that education is provided through face-to-face or virtual interaction. Either in person or virtual is acceptable for the RKM.
  - ➢ What about handout out materials/pamphlets?
    - ➢ Handing out education materials alone cannot be counted as education.
    - ➢ Education materials should be used to promote discussion not replace it.
    - ➢ Review the information with the participant.
    - ➢ Use larger font and easy to understand messages.

- **Education is considered a "fresh start" each year**
  - ➢ Zero baseline is acceptable in the SOS.

- **Ensure that activities/Services will make an improvement to the RKM**

Sample Activities

Nutrition Education

- **Cooking classes**: Each class can focus on a different food group such as:
  - ➢ Carbohydrates
  - ➢ Fats
  - ➢ Vegetables
  - ➢ High sodium (salt) foods
- Ask participants to identify at least one change they can make.

Sample Activities

Nutrition Education

Traditional plants program: Promote the use of local plants for food and medicine.

- Educate participants on how to identify, grow, and use local indigenous plants.
- Invite community members such as elders to share their knowledge and wisdom.
- Hands-on activities (indoor or outdoor)
- Ask participants to share at least one thing they learned.

How To Grow A
3 Sisters Garden

Sample Activities

Nutrition-related Education

Food/Nutrition Security

- Changing the Food System
  - ➤ Community Gardens and Exchange programs
  - ➤ Seed preservation—heritage seeds
  - ➤ Partnerships with local or regional farmers/distributors to provide fruit and vegetable box distributions
  - ➤ Mobile grocery stores
- First Foods
  - Subsistence harvesting
    - ➤ Gathering opportunities
    - ➤ Processing
- Integration of cultural practices
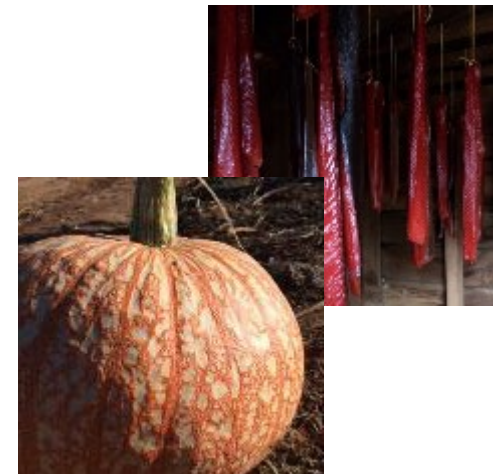
Sample Activities

Diabetes Related Education

Foot care education: Educate participants on foot care and importance of foot exams.

- Work with your local clinic to identify people who need a foot exam.
- Assist participants in getting a foot exam by Health care provider.
- Partner with local businesses or organizations to facilitate proper footwear
- Ask participants to share at least one thing they will do to keep feet healthy.

Sample Activities

Diabetes Related Education

Eye Care: Educate participants on the importance of eye exams.

- Work with local clinic to identify people who need an eye exam.
- Assist participants in getting an eye exam.
- Partner with local business or organizations for discounts on frames.
- Ask participants to share at least one thing they learned.

Sample Activities

Physical Activity
Tribal youth fitness programs: Educate participants on the benefits of physical activity to prevent diabetes.
- Rapid Assessment of Physical Activity Tool
- Engage youth in organizing fitness activities and buddy support groups
- Ask participants to identify how to overcome potential barriers to physical activity.

Sample Activities

Physical Activity
Physical Activity Challenge:
Educate participants on the benefits of physical activity to manage or prevent diabetes.

- Plan seasonal events (Spring, Fall, and Winter)
- Encourage participants to track physical activity minutes and keep food logs.
- Pre and post participant survey to measure goals.

Sample Activities

Physical Activity

Prenatal, Pregnancy, Postpartum

- Prenatal and postpartum diabetes prevention educational and physical activity programming

- Pregnancy Planning Education

Sample Activities

Diabetes-related Education

Home Visiting Programs

- Family Spirit
  - Evidence-based model supporting parents from pregnancy - 3 years post-partum
  - 65 locations
  - Culturally tailored

- Agency for Children and Families (ACF) Tribal Home Visiting Programs
  - Critical maternal and child health, development, early learning, family support, and child abuse and neglect prevention needs
  - Goals to improve physical and mental health, developmental outcomes, holistic wellness, improve resiliency, education success
  - Currently, 23 ACF programs in 12 states

Need Materials?

Visit our Online Catalog: https://www.ihs.gov/diabetes/education-materials-and-resources/

Target Group

Tips/Tricks for Target Group

- **It's okay to go small**
  - ➢ The Project Narrative provides steps to help you determine your Target Group to realistically include in your activities or provide services to and collect data for with the resources you have.
- **If pre-selected/determined, avoid adding any new members**
  - ➢ Once you make your list, stick with them
    - o Individuals can be removed due to death/relocation.
    - o Make sure at least one other colleague knows of this list.
- **Alternatively, you can add as you go**
  - ➢ Works best with low intensity activities/services intended to reach a wider group.

Additional Target Group Considerations

- Can your Target Group be tracked in the Audit?
- If not, can you collect/track the **required** Target Group individual data?
  - ➤ Month of birth
  - ➤ Year of birth
  - ➤ Gender
  - ➤ Whether or not RKM has been achieved

Data

Tips for Data Collection

General:

- Review your Target Group before each activity so you know who to need to collect RKM data on for SDPI.

- Review each activity and visualize and/or document method/process steps that will be used to collect RKM information for your Target Group members.

More Tips for Data Collection

WebAudit

- Set up a registry so no new individuals are added throughout the year

- If manual entry, minimum requirements are:
  - Audit Period End Date
  - Month of Birth
  - Year of Birth
  - Birth Sex
  - Education Provided

Individual Tool (SOS)

- Set up a local tracking list.

- Aggregate for baseline is acceptable.

- For individual entry in the SOS, you will need to enter the following:
  - Month of Birth
  - Year of Birth
  - Gender
  - Whether or not RKM was met

Tricks for Data Collection

For WebAudit/SOS

- If possible, do quality checks on data in RPMS/EMR before uploading into the WebAudit

- If manually entering data, utilize the tab button on your keyboard access to next form field.

- Keep your Target Group in mind to avoid accidentally adding additional individuals.

- You can omit adding individuals who have passed or relocated. Reach out to sdpi@ihs.gov to update your Target Group number.

Data into WebAudit - Electronic

Data file from RPMS or other EMR

Diabetes WebAudit

Facility Administration

Enter facility information and lock data.

Data Processing

Submit (entry or upload), view, download, and check data.

Reports

Generate reports and graphs.
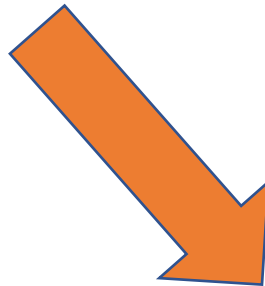
Data into WebAudit - Manual

Audit Forms

Data into WebAudit – Manual (cont'd)

*Required Fields

WebAudit ID for this record	*Audit Period End Date	Facility Name	IHS Area Code	SU Code	Facility Code	Number of Eligible Patients
1001	*(mm/dd/yyyy)* 12/31/2024	Test02 Sample Data	TE	ST	02	750

Reviewer initials:	[_____]
State of residence:	Select a state... ▾
* **Month of Birth**: enter or select	Choose one... ▾
* **Year of Birth**: enter or select	Choose one... ▾
* **Birth Sex**:	Choose one... ▾
Date of Diabetes Diagnosis:	*(mm/dd/yyyy)* [_____]
DM Type:	Choose one... ▾

Education (during Audit period)

Nutrition:	Choose one... ▾
Physical Activity:	Choose one... 1 - RD 2 - Other 3 - Both RD and Other 4 - None
Other diabetes:	

WebAudit → SOS

WebAudit → SOS (cont'd)

SDPI Outcomes System (SOS) / Submit RKM Data

SDPI Outcomes System (SOS)

Best Practice / Target Group Info

Submit RKM Data

Pull from WebAudit

Enter Individual

Enter Aggregate

SOS Grantee Reports

Lock SOS Data

Data Systems

Contact Us

Sign Out

Submit RKM Data

Pull from WebAudit

Requires access to the IHS Diabetes WebAudit and previously uploaded or entered data for your Target Group in the WebAudit

Enter Individual

Requires entry of information and RKM data for each individual member of your Target Group

Enter Aggregate

Requires an outside data source that can provide the number of your Target Group members that achieve the RKM

+ Submitting RKM Da

Facility Name: Test02 Sample Data

Select the Audit session with data for your Target Group for the relevant time period from the drop down menu, then click **Go**.

Select Audit Session:

2023 Interim - Interim 2023 Demo Data (02/22/24) ▾   Go

Pull and Submit RKM Data from the WebAudit

Required Key Measure:

Number and percent of individuals in your Target Group who have ever received a pneumococcal vaccine (includes PPSV23, PCV15, and/or PCV20).

Numerator ⓘ	Denominator ⓘ	Percent ⓘ
69	89 This number is different from the number in your Target Group. Click on Submit to save this information or Cancel.	78%

Submit   Cancel

Data into SOS

Sign-in Sheet

Name	Month of Birth	Year of Birth	Gender

Local data

SOS

Submit RKM Data

Pull from WebAudit

Requires access to the IHS Diabetes WebAudit and previously uploaded or entered data for your Target Group in the WebAudit

Enter Individual

Requires entry of information and RKM data for each individual member of your Target Group

Enter Aggregate

Requires an outside data source that can provide the number of your Target Group members that achieve the RKM

Data into SOS (cont'd)

Selected Best Practice: Nutrition Education
Number in Target Group: 45
Target Group Description: testing baseline
Number of Members Entered: 2

Required Key Measure: Number and percent of individuals in your Target Group who receive nutrition education.*
*Performed by a Registered Dietitian or other health or wellness program staff.

Submit RKM Current Result

Numerator ⓘ	Denominator ⓘ	Percent (Calculated)
0	45	0%

Submit RKM Results

Add a New Target Group Member

*Required Field

Participant Identifier:	1003
*Month of Birth: enter or select	Choose one... ⌄
*Year of Birth: enter or select	Choose one... ⌄
*Gender: enter 1 for male, 2 for female or select 3 for unknown	Choose one... ⌄
Was the Required Key Measure met for this Target Group Member?	2 - No ⌄

Add Member

+ Edit Target Group Members RKM Data

Report Tips

- Use the SOS to report on the RKM of your selected Best Practice.
  - ➢You only need to collect/submit RKM data for your Target Group.

For any other activities:

- If you have access to the WebAudit, review the Reports tools to see what you can use.

Resources/Tools

- **SDPI Best Practices webpage**: https://www.ihs.gov/sdpi/sdpi-community-directed/diabetes-best-practices/
  - Review Resources (look for PIE!)

- **SOS webpage**: https://www.ihs.gov/sdpi/sdpi-outcomes-system-sos/
  - General Information tab

- **IHS Diabetes Care and Outcomes Audit**: https://www.ihs.gov/diabetes/audit/
  - Audit Resources
  - Audit Training

What are your tips?

- Activities/Services
- Target Group
- Data
- Report

Questions?

Thank you!