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Connecting Care: Advancing Diabetes Management in Rural Areas Through Telehealth and Community Empowerment

Ana Ocegueda
amo90@humboldt.edu

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Connecting Care: Advancing Diabetes Management in Rural Areas Through Telehealth and Community Empowerment

Reality

Background

Challenges in managing type 2 diabetes (T2D) in rural areas due to inadequate healthcare resources and access.

Diabetes requires ongoing care and self-management, which in rural areas, access to resources can pose significant challenges.

Geographical isolation, transportation to healthcare facilities, shortages of healthcare professionals and specialized care providers, socioeconomic challenges, limited bilingual access.

Importance of Issue

- ❖ Proper management reduces severe complications and improves life quality of patients
- ❖ Improved management significantly reduces healthcare expenses and enhances overall community health
- ❖ Empowering nurses to assume leadership roles in the management of chronic diseases like T2D and broadens their skills especially through telehealth

Framework

Advancing Research & Clinical Practice Through Close Collaboration (ARCC)

- Assessment
 - Organizational
 - Strengthens and barriers
- Evidence-based practice
 - Mentorship & leadership
 - Utilization of new technologies (i.e., telehealth)
- Improved health outcomes for patient with T2D

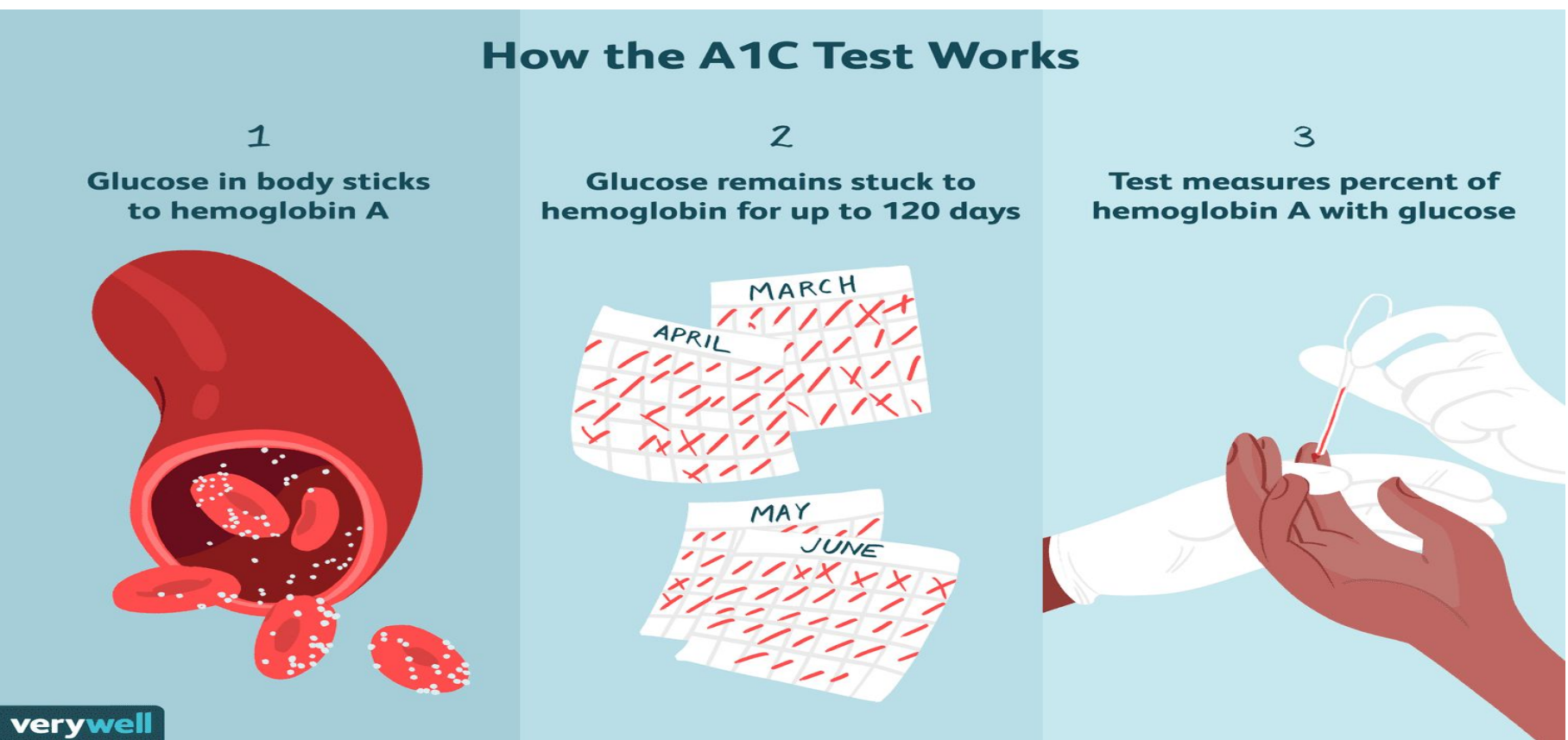


Theoretical

Key Concepts & Outcomes

After 12 months, the HbA1c levels of patients with T2D will decrease by 0.5%.

After 12 months, there would be a 25% reduction in the rates of strokes among patients with T2D.



Interventions & Solutions

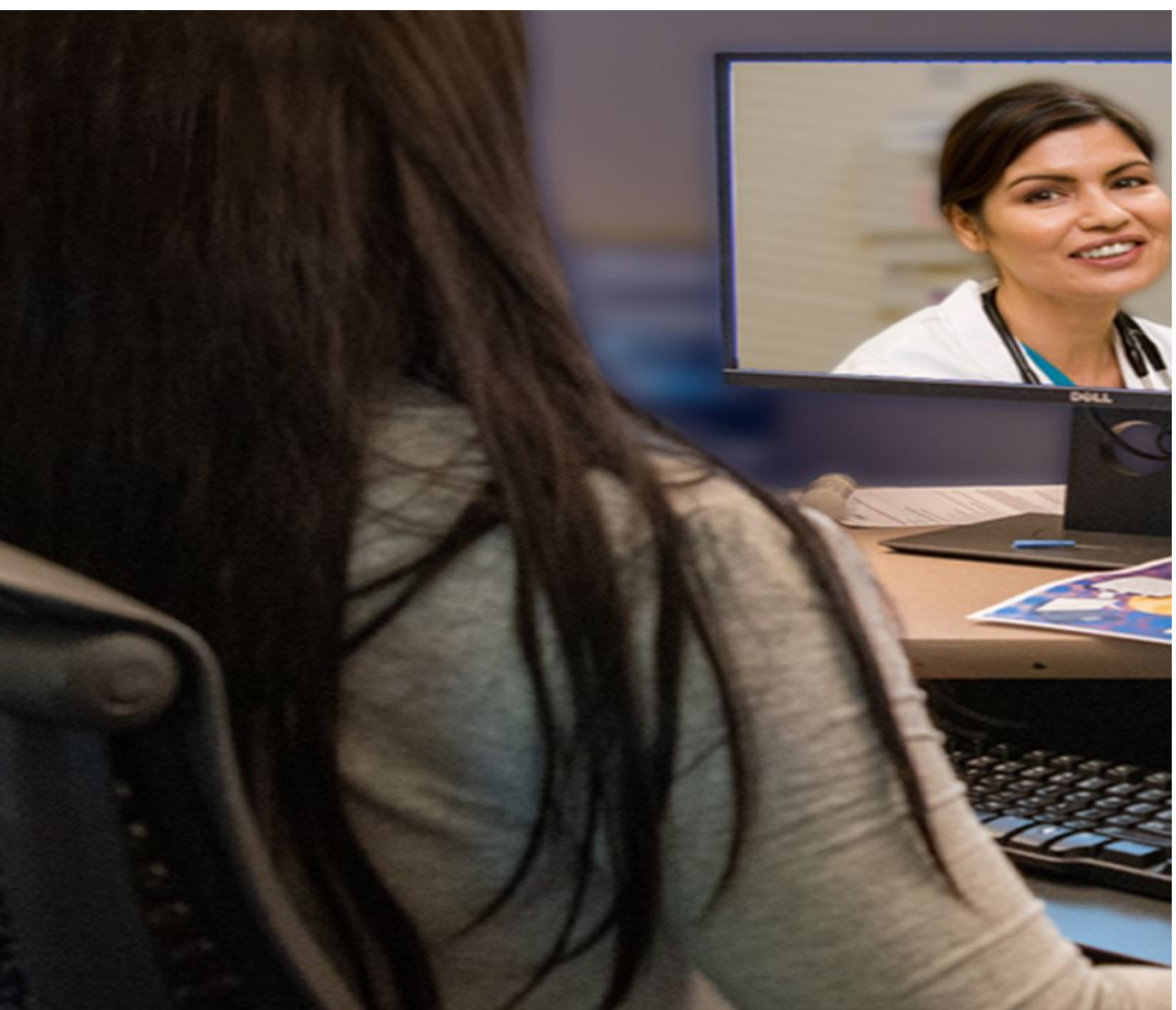
Telehealth monitoring: Utilize online health services to regularly track & manage diabetes

Community health workers: Certification trainings to provide screening & basic diabetes care

Local initiatives to educate the community on how to prevent & manage diabetes by encouraging healthier lifestyles

Ongoing T2D education for healthcare providers

Protocols for consistent diabetes care via telehealth, including resources to enhance telehealth infrastructure in rural areas



Key Players

- Patients with T2D and family members
 - Whose first language is not English
- Registered nurses
- Social workers
- Promotores de salud
 - Community health workers
- Primary care physicians
- IT support staff
- Community members



Evaluation

Outcome Evaluations

- Tracking of blood glucose trends over time (i.e., HbA1c)
- Rates of cardiovascular events
 - High blood pressure
 - Stroke



Process Evaluations

- Attendance at diabetes education workshop
- Medication tracking logs
- Rates of lab draws (e.g., CMP, HbA1c, lipids)

Impact Evaluations

- Diabetes Knowledge Questionnaire: Understanding of T2D
- Diabetes Empowerment Scale: Ability to take action, manage T2D, & coping skills

References

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Ana Ocegueda, RN

Cal Poly Humboldt.