



Resource Center

This section includes links to a sampling of additional resources for all four pharmacy, podiatry, optometry, and dentistry (PPOD) specialties.

Resources for Medication Therapy/Pharmacy

Resources for Providers

- [*Effect of Outpatient Pharmacists' Non-Dispensing Roles on Patient Outcomes and Prescribing Patterns*](#)

Cochrane Database of Systematic Reviews, 2010, published online

The roles of pharmacists in patient care have expanded from the traditional tasks of dispensing medications and providing basic medication counseling to working with other health professionals and the public. This systematic review focuses on services provided by outpatient pharmacists in community or ambulatory care settings. Most of the included studies supported the role of pharmacists in medication/therapeutic management, patient counseling, and provision of health professional education with the goal of improving patient process of care and clinical outcomes.

- American Diabetes Association Management of Hyperglycemia in Type 2 Diabetes: A Patient-Centered Approach. *Diabetes Care*, 2012; 35:1364–1379.

These guidelines, developed jointly by the American Diabetes Association and the European Association for the Study of Diabetes, detail a patient-centered approach that allows for individual patient needs, preferences, and tolerances and takes into account differences in age and disease progression. The guidelines call for provision of diabetes education to all patients in an individual or group setting, focusing on dietary intervention and the importance of increased physical activity, as well as weight management, when appropriate. These guidelines encourage development of individualized treatment plans built around a patient’s specific symptoms, comorbidities, age, weight, racial/ethnic/gender differences, and lifestyle.

- [*A Program Guide for Public Health: Partnering with Pharmacists in the Prevention and Control of Chronic Diseases*](#)
Centers for Disease Control and Prevention

This guide embraces the team-based health care approach and explains the active role that pharmacists hold on the health care team. The guide contains basic definitions for medication therapy/collaborative drug therapy management, an overview of pharmacist scope of practice policies at the federal and state levels, and strategies for working with pharmacists.

Resources for Patients

- [Living With Diabetes: Medication Resources](#)
American Diabetes Association

This website provides numerous resources on medication for individuals with diabetes. Resources include information on insulin and oral medications, tips for travel, and an “Ask the Pharmacist” forum.

- [Script Your Future Diabetes Resources](#)
National Consumers League

This website from the National Consumers League features many convenient tools that individuals with diabetes can use to make managing their medications easier every day. Resources include a medication schedule and dosage wallet card, a glucose reading worksheet, and medication guides.



- [What I Need to Know About Diabetes Medicines](#)
[Lo que usted debe saber sobre las medicinas para la diabetes \(What you need to know about diabetes medicines\)](#)
National Diabetes Information Clearinghouse

This website provides answers to common questions surrounding diabetes medicines. Information is provided on the types of diabetes medicines, their relation to blood glucose levels, and questions patients should ask about their diabetes medicines.

Resources for the Feet

Resources for Providers

- [Feet Can Last a Lifetime](#)
National Diabetes Education Program (NDEP)

This comprehensive guide to foot care includes a quick-reference card for conducting a foot exam, a monofilament for sensory testing, and templates for waiting room posters and medical record stickers.
- [Lower Extremity Amputation Prevention \(LEAP\)](#)
Health Resources and Services Administration

LEAP is a comprehensive program developed by the Health Resources and Services Administration that can dramatically reduce lower extremity amputations in individuals with diabetes mellitus or any condition that results in loss of protective sensation in the feet.
- [Diabetes Foot Care Hub](#)
Indian Health Service

This website includes training and reviews guidelines for screening and prevention of neuropathic and ischemic foot ulcers in people with diabetes.

Resources for Patients

- [*Be Sweet to Your Feet If You Have Diabetes*](#)

NDEP

Taking care of your feet is important for people with diabetes. Patients can learn essential foot care tips that will keep their feet healthy.

- [Prevent Diabetes Problems: Keep Your Feet and Skin Healthy](#)
[Cómo prevenir los problemas de la diabetes: Mantenga sanos los pies y la piel \(Prevent Diabetes Problems: Keep Your Feet and Skin Healthy\)](#)

National Diabetes Information Clearinghouse

This website provides answers to common questions, focusing on the complications diabetes can cause and ways in which patients can care for their feet. Information about finding a diabetes teacher, dietitian, and other valuable resources are also listed.

- [*Take Care of Your Feet for a Lifetime*](#)
[*Cuidese los pies durante toda la vida \(Take Care of Your Feet for a Lifetime\)*](#)

NDEP

This illustrated booklet from NDEP helps patients care for their feet and provides tips to avoid serious health problems.

- [Diabetes Health Concerns: Foot Care for People with Diabetes](#)

CDC Division of Diabetes Translation

This website offers information on health concerns related to diabetes, including tips on how to take care of your feet if you have diabetes.

- [Foot Care Checklist and Information on Preventing Foot Injuries on the Job,](#)
[Putting Your Best Foot Forward: Choosing Shoes to Prevent Diabetic Foot Problems](#)

NDEP www.Diabetesatwork.org resources

These resources provide a checklist to help you take care of your feet and skin, tips to prevent foot injuries on the job, and recommendations for choosing shoes that fit well.



Resources for the Eyes

Resources for Providers

- [Diabetes and Healthy Eyes Toolkit](#)

National Eye Institute (NEI)

The *Diabetes and Healthy Eyes Toolkit* provides community health workers and health educators with unique tools to inform people with diabetes and their loved ones about diabetic eye disease and maintaining healthy vision.

- [Diabetic Eye Disease: An Educator's Guide \(English and Spanish\)](#)

NEI

This flipchart is designed for health professionals to use in small-group settings to help educate people about diabetic eye disease. The flipchart covers the various risk factors for developing diabetes, eye complications that can be caused by diabetes, and more. It also includes a PowerPoint and self-guided module.

- [Diabetic Eye Disease—Educational Resources and Materials](#)

NEI

This web page contains a full listing of the National Eye Health Education Program's (NEHEP) educational resources and materials (for providers and patients).

- [Documentation of Diabetic Retinopathy](#)

American Optometric Association (AOA)

This chart from AOA contains technical information on the classification of diabetic retinopathy and macular edema.

- [ICO Guidelines for Diabetic Eye Care](#)

International Council of Ophthalmology (ICO)

These guidelines represent a technical consensus from the ICO Task Force on Diabetic Eye Care following extensive review of diabetic eye care guidelines collected from around the world. The guidelines offer recommendations for screening and evaluating people with diabetes for potentially blinding eye problems, and for treating those with diabetic retinopathy and other ocular complications of diabetes. The guidelines demonstrate the need for ophthalmologists to work with diabetologists, primary care providers, and others.

- [*Optometric Clinical Practice Guideline: Care of the Patient with Diabetes Mellitus*](#)
AOA

This guide provides optometrists with examination and management recommendations to preserve vision and reduce the risks of vision loss in patients with diabetes through timely diagnosis and appropriate referral and intervention.

- [*Vision Health Initiative \(VHI\)*](#)
CDC Division of Diabetes Translation

CDC Division of Diabetes Translation has joined with others committed to vision health to create a more effective multilevel network for vision loss prevention and eye health promotion. VHI has the unique role of collaborating with state and national partners to strengthen science and develop interventions to improve eye health, reduce vision loss and blindness, and promote the health of people with vision loss.

Resources for Patients

- [*Diabetic Eye Disease—Educational Resources and Materials*](#)
NEI

This NEI web page contains a full listing of NEHEP’s educational resources and materials (for providers and patients).

- [*Diabetic Retinopathy*](#)
AOA

This AOA web page contains an overview of diabetic retinopathy, including information on what it is, how it is diagnosed, and how it can be treated.

- [*Prevent Diabetes Problems: Keep Your Eyes Healthy*](#)
[*Cómo prevenir los problemas de la diabetes: Mantenga los ojos sanos \(Prevent Diabetes Problems: Keep Your Eyes Healthy\)*](#)
National Diabetes Information Clearinghouse

This website provides answers to common questions, focusing on the complications diabetes can cause and ways in which patients can care for their eyes. Information about finding a diabetes teacher, dietitian, and other valuable resources are also listed.



- [Diabetes Health Concerns: Eye Health](#)

CDC Division of Diabetes Translation

This website offers information on health concerns from diabetes, including tips on how to keep your eyes healthy if you have diabetes.

- [What Is Diabetic Retinopathy?](#)

American Academy of Ophthalmologists EyeSmart

This resource offers information about diabetic retinopathy, the most common diabetic eye disease.

- [Saving Vision](#)

American Society of Retina Specialists

Saving Vision is a patient-information resource hosted by the American Society of Retina Specialists in collaboration with its Foundation. This site offers information for patients diagnosed with retina conditions and promotes the importance of care by a retina specialist.

Resources for Oral Health

Resources and More References for Providers

- [HHS Oral Health Initiative 2010: “Promoting and Enhancing the Oral Health of the Public”](#)

U.S. Department of Health and Human Services (HHS)

HHS supports a broad spectrum of oral health activities to disseminate the message that “Oral Health is Integral to Overall Health.”

- [Healthy Smiles for a Lifetime](#)

National Center for Farmworker Health

Healthy Smiles for a Lifetime is an oral health training curriculum for lay health workers. It focuses on preventing common dental problems, such as tooth decay and gum disease, and the barriers that keep farmworkers from being able to enjoy good dental health. The curriculum provides detailed lessons and activities for training lay health workers on dental health issues such as dental hygiene, tooth decay, gum disease, baby bottle tooth decay, dental injuries, and extractions.

- [IDF Guideline on Oral Health for People with Diabetes](#)

International Diabetes Federation (IDF)

IDF and the World Dental Federation came together under the lead of the IDF Task Force on Clinical Guidelines to address whether the evidence base in this area allowed formal recommendations on oral health and diabetes care to be made. The focus has been placed on activity within diabetes care. The result of the collaboration between the two organizations is the *IDF Guideline on Oral Health for People with Diabetes*.

- [Oral Health Topics—Diabetes](#)

American Dental Association

This overview is tailored specifically for dentists who may be treating patients with diabetes. This website identifies a wealth of resources that can be used to treat the special needs of patients with diabetes.

- [Prevent Diabetes Problems: Keep Your Mouth Healthy](#)
[Cómo prevenir los problemas de la diabetes: Mantenga la boca sana \(Prevent Diabetes Problems: Keep Your Mouth Healthy\)](#)

National Diabetes Information Clearinghouse

This website provides answers to common questions, focusing on the complications diabetes can cause and ways in which patients can maintain their oral health. Information about finding a diabetes teacher, dietitian, and other valuable resources are also listed.

- [Diabetes and Oral Health Connection](#)

Indian Health Service

This web-based training from the Indian Health Service reviews the etiology, signs, and symptoms of periodontal disease; the provider's role in screening for periodontal disease; the dental team's role in the treatment of periodontal disease; and the connection between periodontal disease and diabetes management.

- Eldarrat A. Awareness and attitude of diabetic patients about their increased risk for oral diseases. *Oral Health Prev Dent.* 2011;9(3):235–41.

In this study, patients with diabetes were found to have little awareness of their increased risk for oral diseases. In order to promote proper oral health and to reduce the risk of oral diseases, health professionals in both the dental and medical fields need to develop programs to educate the public about the oral manifestations of diabetes and its complications for oral health.



- Duley S, Fitzpatrick P, Zornosa X, Barnes D. A center for oral health promotion: Establishing an inter-professional paradigm for dental hygiene, health care management and nursing education. *J Dent Hyg.* 2012; 86:63–70.

Current research has shown correlations between oral and systemic disease. Professionals need to be educated about these connections and advised how, by maintaining proper oral health, they may avoid systemic consequences. Students in dental hygiene, health care management, and nursing programs can play a vital role in this education. By jointly creating and operating an educational Center for Oral Health Promotion, they can better understand each other's professions.

- Heinrichs E, Famili P. Dental school faculty teaching the periodontal-systemic connection to medical students: A pilot mini-elective. *J Dent Educ.* 2011;75:1370–1373.

In January 2009, faculty members of the University of Pittsburgh School of Dental Medicine and School of Medicine pilot tested a mini-elective in which several dental school faculty members team-taught medical students about conducting oral exams and the systemic effects of oral diseases. This article gives an overview of this elective and its outcomes.

- Lopes M, Southerland J, Buse J, Malone R, Wilder R. Diabetes educators' knowledge, opinions and behaviors regarding periodontal disease and diabetes. *J Dent Hyg.* 2012;86:82–90.

The purpose of this study was to determine Certified Diabetes Educators' (CDE) knowledge, behaviors, and opinions about periodontal disease and diabetes. The findings indicate that CDEs are aware of and agree that there is a link between oral health and systemic health and that collaboration with the dental profession would be a positive outcome for their patients, as would oral health topics being added to their continuing education courses.

- New York Academy of Sciences. Diabetes and oral disease: Implications for health professionals. *Ann NY Acad Sci.* 2012;1255:1–15.

The Columbia University College of Dental Medicine, the Columbia University College of Physicians and Surgeons, and the New York Academy of Sciences convened a 1-day conference to examine the relationship between oral disease and diabetes and to improve patient management of the oral and overall effects of diabetes. This report summarizes the scientific presentations of the event.

- Owens J, Wilder, R, Southerland J, Buse J, Malone R. North Carolina internists' and endocrinologists' knowledge, opinions, and behaviors regarding periodontal disease and diabetes: Need and opportunity for interprofessional education. *J Dent Educ.* 2011; 75:329–338.

This study suggests that internists and endocrinologists have some knowledge about oral health and believe that there is a link between periodontal disease and diabetes mellitus; however, the majority do not have sufficient familiarity with the studies that link periodontal disease and diabetes mellitus. Perhaps the time is conducive to promote interprofessional education and collaboration between medical and dental health care.

- Position of the Academy of Nutrition and Dietetics: Oral health and nutrition. *J Acad Nutr Diet.* 2013;113:693–701.

This paper presents the position of the Academy of Nutrition and Dietetics that nutrition is an integral component of oral health. The Academy supports integration of oral health with nutrition services, education, and research. As knowledge of the link between oral health and nutrition increases, dietetics practitioners and oral health care professionals must learn to provide screening, education, and referrals as part of comprehensive client/patient care.

- Vanderbilt A, Isringhausen K, VanderWielen L, Wight M, Slashcheva L, Madden M. [Health disparities among highly vulnerable populations in the United States: A call to action for medical and oral health care.](#) *Med Educ Online.* Published online 2013 March 26.

Oral health disparities continue to plague the U.S. health care system. Interprofessional education and teamwork have been demonstrated to improve patient outcomes and provide benefits to participating health professionals. The implementation of interprofessional education and teamwork may be a solution to meet the increasing oral and systemic health care demands of highly vulnerable U.S. populations.

Resources for Patients

- [Diabetes and Oral Health](#)
National Institute of Dental and Craniofacial Research

This resource outlines the oral health problems people with diabetes can face; explains how problems can be avoided; and identifies additional resources, clinical trials, and news releases.



- [Diabetes: Dental Tips](#)

[La diabetes: Consejos sobre la salud oral \(Diabetes: Dental Tips\)](#)

National Institute of Dental and Craniofacial Research

These web pages provide dental tips for individuals with diabetes.

- [Oral Health and Hygiene](#)

American Diabetes Association

This guide to oral health and hygiene is geared specifically toward the special oral health needs of individuals with diabetes. The website covers the potential problems people with diabetes experience with oral health, warning signs, and tips for avoiding oral health problems such as gum disease.

- [Oral Health Topics—Diabetes](#)

American Dental Association

This overview explains the special oral health needs and complications that individuals with diabetes may face and how they can work with their dentist to avoid oral health problems.

- [Prevent Diabetes Problems: Keep Your Mouth Healthy](#)

[Cómo prevenir los problemas de la diabetes: Mantenga la boca sana \(Prevent Diabetes Problems: Keep Your Mouth Healthy\)](#)

National Diabetes Information Clearinghouse

This website provides answers to common questions, focusing on the complications diabetes can cause and ways in which patients can maintain their oral health. Information about finding a diabetes teacher, dietitian, and other valuable resources are also listed.

- [Want Some Life Saving Advice?](#)

American Dental Hygienists' Association (ADHA)

According to ADHA, dental hygienists often detect symptoms of diabetes during routine oral health examinations. This fact sheet explains the various warning signs of diabetes that may be visible in your patients' oral health and the best ways patients can care for their teeth.

- [Diabetes Health Concerns: Oral Health](#)

CDC Division of Diabetes Translation

This website offers tips on overall health if you have diabetes, including how to keep your gums and teeth healthy.

- [Dental Health and Diabetes](#)

Joslin Diabetes Center

This site suggests tips on caring for your teeth and a list of warning signs to watch for if you have diabetes.

Resources About Culturally Competent Care

Resources for Providers

- [Think Cultural Health](#)

Office of Minority Health (OMH)

It is important for health care providers to develop cultural and linguistic competency in health care to deliver respectful, understandable, and effective services to their patients. The flagship initiative of the OMH Center for Linguistic and Cultural Competence in Health Care offers the latest resources and tools.

- [Compendium of Cultural Competence Initiatives in Health Care](#)

Henry J. Kaiser Family Foundation

This report presents an overview on public and private sector activities to reduce cultural and communication barriers to health care.

- [Cultural Competence](#)

CDC National Prevention Information Network

Health and human service organizations are recognizing the need to enhance services for culturally and linguistically diverse populations. Providing culturally and linguistically appropriate health care services requires an understanding of cultural competence. This resource offers providers a deeper understanding of cultural competence and how it applies to health.

- [Culture, Language and Health Literacy](#)

Health Resources and Services Administration (HRSA)

This HRSA list contains its online cultural competency resources, including culture/language-specific and disease/condition-specific resources, guidelines for clinicians, research, online training resources, and health professional education resources.



- [Effective Communication Tools for Healthcare Professionals 100](#) (Course ID 1010508)
HRSA

This is a free, online, go-at-your-own-pace training course that helps health care professionals and students improve patient-provider communication.

- [Health Literacy in Dentistry Action Plan 2010–2015](#)
American Dental Association (ADA)

Health literacy in dentistry is “the degree to which individuals have the capacity to obtain, process and understand basic health information and services needed to make appropriate oral health decisions.” ADA affirmed that limited health literacy is “a potential barrier to effective prevention, diagnosis and treatment of oral disease” and “clear, accurate and effective communication is an essential skill for effective dental practice.” The ADA Council on Access, Prevention and Interprofessional Relations (CAPIR) and its ad hoc advisory committee on health literacy in dentistry developed this strategic action plan as a set of principles, goals and, in some cases, specific strategies to provide guidance to the association and its councils and commissions, dental professionals, policy makers, and others to improve health literacy.

- [Health Literacy Program](#)
American Medical Association

Health literacy is the ability to obtain, process, and understand basic health information and services needed to make appropriate health decisions and follow instructions for treatment. More than 89 million American adults have limited health literacy skills. Limited health literacy affects medical diagnosis and treatment. This resource offers tools and materials to raise awareness about health literacy.

- [Pharmacy Health Literacy Center](#)
Agency for Healthcare Research and Quality

Pharmacy health literacy is the degree to which individuals are able to obtain, process, and understand basic health and medication information and the pharmacy services needed to make appropriate health decisions. Only 12% of adults have proficient health literacy (e.g., can interpret the prescription label correctly). Medication errors are likely higher for patients with limited health literacy, as they are more likely to misinterpret the prescription label information and auxiliary labels. Studies document an association between low literacy and poor health outcomes.