Working Together to Manage Diabetes: A Toolkit for Pharmacy, Podiatry, Optometry, and Dentistry

The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.
Agenda

- Background
- The Pharmacy, Podiatry, Optometry, and Dentistry (PPOD) Toolkit and Guide
  - PPOD Specialty Sections
  - Implementation Strategies
  - Resources for Patients
Background

- National Diabetes Education Program (NDEP)
- Diabetes Overview
- PPOD and Why It’s Important
What Is NDEP?

• Established in 1997 as an initiative of the U.S. Department of Health and Human Services to:
  – Promote early diagnosis.
  – Improve diabetes management and outcomes.
  – Prevent/delay the onset of type 2 diabetes in the United States and its territories.
• Jointly sponsored by Centers for Disease Control and Prevention (CDC) and National Institutes of Health (NIH).
• Involves 200+ federal, state, and private sector agency partners.
How Big Is the Problem?

FAST FACTS ON DIABETES

Diabetes affects 29 million people—9.3% of the U.S. population

DIAGNOSED
21.0 million people

UNDIAGNOSED
8.1 million people

All ages, 2012
What Is Diabetes?

High blood sugar occurs in those with diabetes because:

- The pancreas does not make enough insulin

  OR

- The cells of people with diabetes do not respond to insulin normally.
Diabetes Is a Serious Disease

• Diabetes is one of the top 10 leading causes of death in the United States.
• Diabetes is a leading cause of:
  – Blindness
  – Nontraumatic lower-leg amputation
  – Stroke
  – Heart attack
  – Kidney damage
  – Periodontitis
Every 24 Hours…

- 4557 adults are diagnosed with diabetes.
- 136 people begin treatment for end-stage renal disease.
- 200 nontraumatic lower-limb amputations are performed.
- 641 people die from diabetes, or diabetes is a contributing cause of their death.

Diabetes Complications

• The risk of periodontal disease is two to three times higher in adults with diabetes.
  – About one third of people with diabetes have severe periodontal disease.
• 60%–70% of people with diabetes have mild to severe nervous system damage.
  – Almost 30% of people ages 40 and over with diabetes have impaired sensation in their feet.
• Diabetes is the leading cause of new cases of blindness among adults ages 20–74 years.

Medication Costs

- Medications for diabetes—including prescription medications, insulin, and other antidiabetic agents—represent more than 28% of all health expenditures attributed to diabetes.
- Of the projected $286 billion in national cost for medications:
  - $77 billion (27%) is incurred by people with diabetes.
  - $50 billion of that is attributed to their diabetes.

What Is PPOD?

PPOD is a collaborative team approach that:

• Engages many health care providers who treat patients with diabetes.

• Reinforces consistent diabetes messages across four disciplines:
  – Pharmacy
  – Podiatry
  – Optometry
  – Dentistry
What Can PPOD Providers Do?

PPOD providers can:
• Embrace a team approach to diabetes care.
• Recognize signs of diabetes and systemic concerns across all PPOD areas.
• Reinforce the importance of annual screenings and healthy habits.
• Educate patients about diabetes.
• Encourage self-management.
• Provide treatment.
Why Do We Need PPOD?

- PPOD makes a difference for patients with diabetes.
- A team approach to diabetes care:
  - Reduces risk factors.
  - Improves diabetes management.
  - Lowers the risk for chronic disease complications.
A PPOD Provider May Be the First to See a Person Having a New Problem

- Patients may consult a PPOD provider about new symptoms that may be diabetes-related before consulting with a primary care provider.
- Regular communication provides an opportunity to keep diabetes on the patient’s radar screen.
A PPOD Provider May Be the First to See a Person Having a Problem

- PPOD providers are well positioned to advise and educate their patients about diabetes control and prevention.
- All providers need to give consistent messages, recognize early danger signs, and promote the team approach.
Benefits to Patients

• Access to integrated diabetes care across specialty and primary care areas.
• Regular communication among your team of health care providers.
• Strong focus on preventive care.
The PPOD Guide
Working Together to Manage Diabetes

• Offers an overview of team approach to care.
• Includes details for each PPOD specialty area on:
  – Current data and trends
  – Common diabetes-related complications
  – Assessment techniques
  – Key warning signs
  – Patient education information
• Serves as a “cross-education” resource, not a comprehensive guide to subspecialty care.
Working Together to Manage Diabetes: Considerations

• Guide provides a “quick course” on each specialty and its relation to diabetes.
• Each section is written for providers OUTSIDE of the specialty to read.
• Your own specialty section may seem “simplistic.”
• The goal of the PPOD Guide is to relay consistent messages across the disciplines.
Key Message to Prevent Diabetes Complications: Control the ABCs

- **A1c**: Blood glucose control
- **B**: Blood pressure control
- **C**: Cholesterol (Blood lipid) control
- **S**: Smoking (and use of other tobacco products) cessation (and don’t start)

- Preventive care practices for eyes, kidneys, feet, teeth, and gums

PPOD Specialty Sections

What PPOD Specialists Want Other Members of the Team to Know About Their Specialties
Medication Therapy Management and Diabetes

More than:

• 50% of patients with chronic disorders do not take medication properly.

• 60% of people with diabetes do not have their blood glucose in goal range.

Medication Therapy Management and Diabetes Complications

Medication-related complications can include:

• Serious illness, long-term disability, death
• Inability to achieve desired results
• Inefficient use of money
Role of Pharmacists

Pharmacists are unique members of the health care team because:

- Patients often see their pharmacist *seven times more often* than their doctor.
- Pharmacists are often available all day and into evenings and weekends—with no appointment needed.
Role of Pharmacists (cont.)

- Monitor drug regimens.
- Work with patients to develop a plan to reduce risk of side effects and drug interactions.
- Advise patients on how to take medications properly.
- Provide other information to help control diabetes.
- Communicate with health care team.

Key Questions to Ask Your Patients About Medication Therapy Management

Patients should be referred to a pharmacist if the answers to these questions are “no” or “unsure”:

- Do you have a list of all your medicines, vitamins, and supplements?
- Do you know the reason why you take each medicine?
- Have you reported any side effects from your medicines to your pharmacist?
Example: PPOD in Action

• 40-year-old woman notices blurry vision and asks her pharmacist about reading glasses.
• Pharmacist discovers that patient was diagnosed with diabetes last year but did not return for follow-up appointment.
• Pharmacist advises that changes in vision may be a sign of diabetes, not a need for reading glasses.
• Pharmacist arranges primary care visit and eye care visit for follow-up.
• Pharmacist also refers her to the NDEP website at www.cdc.gov/diabetes/ndep for more materials.
Foot Health and Diabetes

- More than 60% of nontraumatic lower-limb amputations occur in people with diabetes.
- Patients with diabetes are 15–26 times more likely to have an amputation than patients without diabetes.
- Up to 20% of diabetes patients who participate in routine foot care will have a treatable foot care problem.

Foot Exams

Annual comprehensive exams:

• Help determine risk for developing foot complications.
• Educate high-risk patients on how to properly care for their feet.
• Prevent low-risk patients from becoming high-risk.
Key Questions to Ask Your Patients About Foot Health

Patients should be referred to a podiatrist if the answers to these questions are “no” or “unsure”:

- Do you get a full foot exam by a podiatrist at least once a year?
- Do you know how diabetes can affect your feet?
- Do you know how to check your feet every day?
Example: PPOD in Action

• A 70-year-old man consults a podiatrist because of corns on his feet, which he says have caused him not to walk much.
• The podiatrist explains that regular exercise has many benefits, including diabetes prevention and management.
• The podiatrist shares the PPOD fact sheet for patients, *Diabetes and You: Your Feet Matter!* , and points out the website and toll-free number for more resources.
Eye Health

• 11% of U.S. adults with diabetes have a form of visual impairment.

• Adults with visual function loss are at least 90% more likely to have depression than those without visual function loss.


Eye Exams

Annual comprehensive vision evaluations with a dilated retinal examination:

- Educate high-risk patients on how to care for and monitor their eye health.
- Prevent low-risk patients from becoming high-risk.
Key Questions to Ask Your Patients About Eye Health

Patients should be referred to an optometrist if the answers to these questions are “no” or “unsure”:

• Do you get a full eye exam with dilated pupils at least once a year?
• Do you know how diabetes can affect your eyes?
• Do you know what to do if you have vision changes?
Example: PPOD in Action

• A 45-year-old African American woman brings her mother for her annual comprehensive diabetes eye exam.
• The eye care provider asks if she has ever considered that she, too, is at risk for developing type 2 diabetes.
• The provider gives the woman NDEP’s Am I At Risk? brochure and points out the NDEP website and toll-free number for more information and resources.
• The provider suggests the woman make a follow-up appointment with her own primary care provider.
Oral Health and Diabetes

- 85% of patients with type 2 diabetes report that they have received no information on the association between diabetes and oral health.
- Periodontal disease has been associated with poor glycemic control.
- Tobacco use and poor nutrition are risk factors for compromised oral health.

Oral Health Exams

• Encourage regular (annual or more frequent) oral examinations.
• Educate patients about:
  – The link between diabetes and oral health.
  – Self-management skills to properly care for teeth.
• Prevent low-risk patients from becoming high-risk.
Key Questions to Ask Your Patients About Oral Health

Patients should be referred to a dentist if the answers to these questions are “no” or “unsure”:

• Do you visit your dental provider at least once a year for a full mouth exam?
• Do you know how diabetes can affect your teeth and gums?
• Do you know the early signs of tooth, mouth, and gum problems?
Example: PPOD in Action

• A dental patient is scheduled for a procedure, but she doesn’t understand how to manage the timing of her insulin injections.
• The dentist arranges a pharmacy consultation for the patient.
• The patient and pharmacist develop an individualized medication schedule together.
Implementation

- What Is Included in the PPOD Toolkit?
- Other NDEP Resources
- How to Get Started
What Is Included in the PPOD Toolkit?

• *Working Together to Manage Diabetes: A Guide for Pharmacy, Podiatry, Optometry, and Dentistry*
• Patient education sheet and patient care checklist
• Patient fact sheet series:
  – *Diabetes and You: Your Eyes Matter!*
  – *Diabetes and You: Your Teeth Matter!*
  – *Diabetes and You: Your Feet Matter!*
  – *Diabetes and You: All Medicines Matter!*
• PPOD PowerPoint presentation
• PPOD promotional materials
• *Working Together Medications Supplement*
PPOD Multidisciplinary Patient Care Checklist

- Promotes increased collaboration among all members of the health care team.
- Documents key exam measures for sharing with providers and patients.

During pilot test of checklist, 74.3% of providers stated they were likely to change their practice to more of a team approach.
PPOD Patient Fact Sheets

- Created a general diabetes PPOD fact sheet for patients.
- Pilot tested with patients.
- Reviewed content for health literacy.
- Developed four new fact sheets—one for each PPOD specialty area.
Other NDEP Resources Available Online

Resources available for many audiences:

- Individuals with all types of diabetes
- Individuals at risk for type 2 diabetes
- Health care professionals
PPOD: How to Get Started

- **Review and identify best strategies** to implement PPOD in your practice.
- **Share a consistent message** with your patients about controlling their ABCs.
- **Pay attention** to signs of problems in other PPOD areas and make referrals.
Practice True Multidisciplinary Team Care!

- **Collaborate** with other health care providers, including podiatrists, pharmacists, optometrists, and dentists, primary care physicians, nurse practitioners, diabetes educators, physician assistants, and community health workers.
- **Network** with local associations and local chapters of national associations.
- Consider creating a **local PPOD coalition** in your state or community.
- **Tailor and use PPOD materials** for patients in your practice and providers in your coalition.
Thank you!

Visit [www.cdc.gov/diabetes/ndep](http://www.cdc.gov/diabetes/ndep) for more resources for health care professionals and patients.
National Diabetes Education Program

A program of the National Institutes of Health and the Centers for Disease Control and Prevention

For more information, call 1-800-CDC-INFO (800-232-4636) TTY 1-888-232-6348 or visit www.cdc.gov/info.
To order resources, visit www.cdc.gov/diabetes/ndep.