

### Transforming Prediabetes Care Initiative: A National Demonstration Program for Free and Charitable Clinics

#### Overview

Prediabetes is a preventable health condition that increases the risk of developing type 2 diabetes, heart disease and stroke; estimates show that 86 million people in the United States have prediabetes, but less than ten percent are aware of their condition. With generous support from the GE Foundation, AmeriCares launches its Chronic Disease Care Program (CDCP) for free and charitable clinics (free clinics). The overall goal of the CDCP is to build the readiness of free clinics to address chronic disease through prevention, adoption of technology and implementation of evidence-based interventions.

The [Transforming Prediabetes Care Initiative](#) under AmeriCares CDCP aims to increase the identification of prediabetes among free clinic patients and improve health-related outcomes. Activities include screening and implementation of evidence-based interventions that have been shown to delay or prevent the onset of type 2 diabetes through weight loss, increased physical activity and adoption of healthy lifestyle changes. This 2-year initiative requires that participating clinics report data to contribute to research and evaluation, including clinic and patient-level outcomes and the successful adoption of program interventions. Clinics that participate will receive education, training, and ongoing technical assistance, as well as targeted gift-in-kind donations of medicines and medical supplies and a stipend to support data collection and reporting. The Prediabetes Initiative at AmeriCares is being implemented with the support of the American Medical Association (AMA). This activity is aligned with the AMA's strategic focus on [improving health outcomes](#), which aims to reduce the incidence of prediabetes in U.S. patients.

#### How It Will Work

To be considered for acceptance into the AmeriCares CDCP and the Transforming Prediabetes Care Initiative, free clinics were invited to submit a detailed application; applications underwent a review and selection process based on the clinics' ability to meet the necessary requirements. A total of seven clinics were chosen for the Prediabetes Initiative. Clinic and clinic staff from the selected clinics will take part in and be responsible for the following:

1. Participation in webinars, trainings, onsite visits and ongoing technical assistance specific to project implementation, data collection and reporting requirements;
2. Conducting routine prediabetes screening throughout the clinic and utilizing a prediabetes registry to track patients

and facilitate proactive care delivery;

3. Completing formal training on the CDC's National Diabetes Prevention Program (DPP) curriculum – two staff members from each clinic participated in a 2-day, in-person training. These staff members are assigned as the clinic's lifestyle coaches for the purposes of the initiative;
4. Staff trained on the DPP curriculum will be responsible for delivering the type 2 diabetes prevention lifestyle intervention classes through the clinic to prediabetic patients that opt-in (comprised of 16 core sessions, followed by 6 post-core sessions). A minimum of 60 patients must be enrolled over the course of the grant period; this will require more than one group to be facilitated as the average group ranges between 10-20 patients<sup>1</sup>; and
5. Regular reporting to AmeriCares for the purposes of research, evaluation and dissemination to the larger free clinic community upon conclusion of the program.

#### Benefits of Participation

Free clinics that participate in the Transforming Prediabetes Care Initiative will receive:

*Financial compensation and resources for the purposes of data collection and reporting* - clinics will receive \$10,000 over the course of the 2-year grant period and a laptop to support their efforts to meet reporting requirements;

*Formal training on the CDC's DPP curriculum* – clinics will have the ability to apply for national recognition through the CDC and will be able to offer the DPP as an added benefit to clinic patients. If clinics want to obtain CDC recognition, AmeriCares agrees to support the data submission process to the CDC for the duration of the 2-year grant period;

*Certificate of recognition/ participation for the clinic in the Transforming Prediabetes Care Initiative* - this recognition signifies the clinic's contribution as a national pioneer in a cutting-edge program for free and charitable clinics in transforming care around prediabetes;

*Improved capacity to report on clinic and patient-level outcomes* - using data, technology and disease registries, and meeting the highest standards of care for patients;

<sup>1</sup> Participant eligibility in DPP: 18 years of age or older, BMI > 24kg/m<sup>2</sup> AND fasting plasma glucose of 100 to 125 mg/dl, OR plasma glucose measured 2 hours after 75 gm glucose load of 140 to 199 mg/dl, OR A1c of 5.7 to 6.4 OR clinically diagnosed with GDM in a previous pregnancy. A maximum of 50% of participants may be eligible without a blood-based test or history of GDM if they screen positive for prediabetes on a screening test.

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*Experience with participating in a national evaluation and research* - involving the University of Illinois at Chicago;

*Enhancement of the clinic's services around prediabetes care* - that is evidence-based and technology-driven and that will well position clinics to meet some of the key standards around the patient-centered medical home model;

*A unique opportunity to participate in a multi-site, group learning collaborative* - sharing best practices and elevating the work of the free clinic community on a national level;

*An opportunity to highlight the clinic's work to existing and potential donors* - assisting with fundraising efforts by differentiating their work from other clinics;

*Targeted gift-in-kind donations from AmeriCares* - of diabetes-related medicines and medical supplies; and

*Technical support and training* - on adopting best practices around screening, evidence-based guideline implementation, utilizing disease registries, motivational interviewing and patient engagement.

#### Program Requirements

Participating clinics must meet the following requirements:

- Engagement in the project for the duration of the 2-year grant period, including participation in surveys, trainings, webinars, onsite visits, technical assistance and public relations activities;
- Electronic medical record (EMR) to allow for reporting;
- Regular reporting on clinic, patient and quality of life measures, as well as sharing a limited number of patient stories. Reporting must be completed at baseline, quarterly and on a yearly basis, with some elements requiring more frequent reporting (e.g., weight and physical activity are recorded at every lifestyle intervention class);
- Ability to administer patient-completion questionnaires for the purposes of data collection; training will be provided;
- Clinics must obtain informed patient consent for evaluation purposes and for patient participation in the Transforming Prediabetes Care Initiative (forms will be provided);
- Ability and willingness to utilize a disease registry;
- Agreement to train clinical staff and have clinical staff involvement in the adoption of practice guidelines and use of disease registries;

- Leadership engagement around the clinic's participation in the initiative; leadership must sign a letter of agreement with AmeriCares; and
- Assigned staff member(s) to: 1) be the point person to oversee the implementation of the initiative, including completing reports and acting as a liaison between AmeriCares and the clinic, and 2) receive the DPP training and be responsible for delivering the DPP lifestyle intervention classes.

#### Initiative Evaluation and Data Collection

AmeriCares will be collaborating with the University of Illinois at Chicago and leading researcher of free and charitable clinics, Julie Darnell, Ph.D., to research and evaluate the Prediabetes Initiative. The goal of the research is to measure impact and outcomes related to the implementation of the intervention and to inform chronic care delivery strategies in free clinics throughout the country. Findings will be disseminated to the sector to serve as a model for adoption in other free clinic settings.

Participating clinics will be responsible for collecting and reporting data into a customized reporting database for the purposes of ongoing evaluation and will receive training on how to use these tools provided. The data will come from a variety of sources including medical records, surveys, patient questionnaires, lifestyle intervention class logs, etc., and will include:

Clinic outcomes: e.g., identification of new cases of prediabetes, referral into lifestyle intervention classes, attendance, transformation in care delivery.

Clinical outcomes: e.g., weight, body mass index (BMI), A1c, blood pressure, etc.

Quality of life: e.g., patient ratings on symptom impact on everyday functioning, patient satisfaction.

Physical activity: e.g., changes in physical activity and exercise.