

# CHSI Innovates to Detect and Manage Prediabetes

## Detect and Manage

Identifying a concern is the first step towards managing it. Community Health Service Inc. (CHSI) has made changes to identify those at risk for prediabetes. CHSI, a private, non-profit, Federally Qualified Health Center serving patients since 1973 initially focused on the health needs of migrant and seasonal farm workers and families. Recently CHSI expanded services in MN to any low-income population. The CHSI network consists of five nurse-managed clinics, two mobile units, and two advocacy centers serving Minnesota and North Dakota.

In 2015, CHSI Moorhead staff recognized the need to start conversations with patients at-risk for or diagnosed with prediabetes. This led them to offer a simple risk test to their patients. In 2016, the Moorhead CHSI location received PartnerSHIP 4 Health (PS4H) funding as part of the CDC's Community Wellness Grant (CWG) to make additional changes to find and manage those at risk for or with prediabetes.

One of the major challenges in managing prediabetes is that it is often not diagnosed and/or added to the patient chart. After collecting baseline data for 2016, CHSI found that many of their patients had blood levels in the prediabetic range, but were not diagnosed with prediabetes. With the help of PS4H staff and CWG funding, CHSI developed a new clinic screening process to improve diagnosis. After taking the simple risk test in the waiting room, nurses now have a process to determine whether a prediabetes blood test is needed, and how to proceed with the results of the test. If test results are in the prediabetic range, nurses add the diagnosis to the chart, consult with the medical provider, and present options for self-management or refer them to local Diabetes Prevention Program (DPP) classes. They are in the process of expanding the successful process changes from the Moorhead pilot to the other locations across the region.

## Challenges and Success

Receiving a prediabetes diagnosis is just the initial step. Managing prediabetes is a challenge that benefits from support for lifestyle changes. The Diabetes Prevention Program (known locally as I CAN Prevent Diabetes) is an effective lifestyle change program with a national curriculum. However, CHSI's patients face significant barriers to accessing this opportunity. Many of them have limited English and health literacy, as well as limited access to local healthcare including DPP classes.



*June Nelson, Michelle Renier, Dorothy Karras, Carlene Cloud*

In 2018 CHSI began addressing these challenges by coordinating and connecting Hispanic patients to local classes conducted in Spanish, as well as offering 1:1 office visits with staff to learn more about how to self-manage prediabetes.

PS4H provided funding and support for CHSI to take bold steps to prevent diabetes. The partnership resulted in an extreme makeover of prediabetes detection and management. The new process not only finds those at risk for or with prediabetes, but also connects them with help via self-management support and/or the local Diabetes Prevention Program. "After working with populations with a high rate of diabetes, you just want to do everything you can to prevent it," said CHSI's Carlene Cloud.

If you think you are at risk for prediabetes, talk to your healthcare provider, or take the test at <https://www.doihaveprediabetes.org/>. If you wish to manage prediabetes, find a local Prevention Program Class at <http://icanpreventdiabetes.org/groups-in-minnesota/>

Learn more about PartnerSHIP 4 Health by visiting <http://partnership4health.org>

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