

Gestational Diabetes (GDM)

Special points of interest:

- Website coming soon!
- Mark your calendars - Dr. Michael Vallis repeat November 17th and 18th
- Plan to attend the outreach planning day— August 17th
- NEW - Waterloo-Wellington Diabetes Partnership Award
- Workshops with Dr. Shannon Currie

In anticipation of the CDA CPG 2013 guidelines we want to be prepared to manage GDM effectively in our community.

Recently, the Centre and North Wellington Diabetes Network was awarded a 2-year grant from Public Health Agency of Canada (PHAC) to develop pathways to manage GDM. In partnership with

these organizations we hope to share these pathways regionally and develop standards for the management of GDM.



A Closer Look at GDM in Waterloo-Wellington

From 2007 to 2009:

- 816 women with diabetes including gestational, diabetes insulin dependent or non-insulin dependent delivered in hospitals.
- accounted for 3.8% of all deliveries for a three year period.
- women with diabetes were more than three times as likely to have a diagnosis of preeclampsia and;
- four times more likely to have hypertension than women without diabetes.



Key Findings from the POWER study (2002/3—2006/7):

- 59% of pregnant women with pre-existing diabetes saw an endocrinologist or internist during pregnancy
- 36% of pregnant women with pre-existing diabetes received recommended eye care
- The percentage of women with pre-existing, gestational diabetes and no diabetes who have had a caesarian birth was 51%, 42% and 27% respectively
- The percentage of infants born to women with pre-existing, gestational diabetes and no diabetes who were delivered prematurely was 18%, 11.6% and 6.2% respectively

Inside this issue:

- Supporting Self Management with Michael Vallis, Ph.D. 2
- Building Competency Workshops 2
- Central Intake Pilot 3
- Education and Networking Day 3
- Outreach Planning Day 3
- Updates from Task Force Activities 4
- WWD Partnership Award 4

Promote Your Program

We are pleased to announce that your website is coming soon!

Promote your program by providing information on the services offered, short bios on your staff, and provide dates for the calendar of events.

This is MARKETING 101

Increasing exposure

Increasing access

Building people and programs

The website for Waterloo-Wellington Diabetes will help patients navigate the healthcare system and help them take an active roll

their diabetes care by choosing and accessing the services provided in this region.

Send in your information today! sarahc@lang.org

Stand up
to Diabetes



Supporting Self Management with Michael Vallis, Ph.D.

We were pleased to have Michael Vallis facilitate a two day workshop with over 35 health care professionals from all over the Waterloo-Wellington region.

It was a full two days with the focus of the first day revolving around building awareness of behavior change techniques.

The second day saw active participation from the crowd as they strived to develop competencies through patient case role-play.

The key elements of the workshop included:

- shaping and reinforcement management
- understanding self-efficacy
- changed-based relationships
- motivational interviewing
- assessing readiness to change
- decisional balance
- behaviour modification
- emotion management



MARK YOUR CALENDARS!

Thursday, November 17th and
Friday, November 18th

Michael Vallis will be facilitating his two-day workshop again. Please note that there will be a fee for this event.

“I thoroughly enjoyed the entire workshop. I would have enjoyed an audiotape of the entire 2 day session so that I could replay it over and over.”

“I learned how to distinguish between motivational or behavioural issues and how to appropriately intervene. I am somewhat unclear as to how to define an emotional issue.”

“I would find it extremely beneficial if there was more time allocated to case discussions on the second day”

“I found the information fascinating and useful”

“Healthy behaviour is not necessarily a behaviour that comes naturally it is a conscious choice.”

Building Competency Workshops



Shannon Currie, a psychologist consultant for the DRCC, will be following up with participants of the behavior change workshop.

Her focus will be to work with small groups of health care professionals to help them build competency and confidence in behavior change techniques. This six week mentoring program will help support the health care professionals promote self-management with their patients.

“The ability of individuals to self-manage their diabetes 365 days per year has a powerful impact on their health and well-being. For many individuals, diabetes education alone is insufficient to change the behaviours that increase the risk of complications”



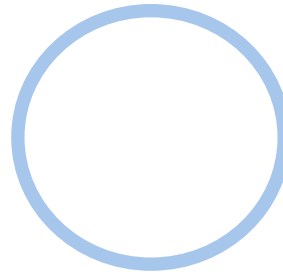
Central Intake Pilot

Through the collaborative work of the KW/Cambridge Diabetes Programs we have developed an excellent common referral form. As we work to have the form approved by the various organizations we are moving forward.

As recommended by the central intake task force, managers and the LHIN health advisory group we are **piloting the central intake process.**

During the pilot the RCC will act as the Triage Centre. This will enable us to work closely with providers to develop the best triage process map and relevant data collection tools.

A plan to roll-out to the KW and Cambridge area primary care providers in September with the other regions following later this year is in place.



Central Intake, as a key deliverable from the Ministry of Health and Long-Term Care under the Ontario Diabetes Strategy, will lead to improvements in the navigation of the system, data collection, wait times and patient load distribution.



Interesting Resources

- www.stopstudy.ca - smokers across Ontario once again have the opportunity to enrol in the STOP program and receive nicotine replacement therapy (NRT), free of charge, to help them in their attempt to quit smoking
- www.ontario.ca/seniorsmonth—June is Senior’s month, a time to celebrate and honour seniors
- www.sodium101.ca - The Canadian Stroke Network is excited to announce the launch of Sodium 101 for iPhone
- www.myspiceitup.ca - Giving zest to your renal diet

Education and Networking Day

Thank you to all who attended the education and networking day on May 11th.

Over 55 educators from the region attended to hear presentations on foot care, mental health resources, dental care, bariatric surgery and neuropathy. Time was given between

presentations to network with industry partners.

Special thank you to our corporate sponsors:

Pfizer, Novo Nordisk, Merck, Roche, Lilly, iMD, sanofi-aventis, Bayer, AstraZeneca and Bristol-Myers Squibb

“A great day –very tangible information that we can take away and influence practice changes tomorrow in clinic – thank you!”

Engaging Patients and Communities—Outreach Planning Day

The Ministry of Health and Long Term Care has provided funding through the community programs to provide clinical outreach services to high risk populations and to address knowledge gaps with other health care practitioners through knowledge transfer.

Wednesday, August 17th we are organizing an Outreach Planning Day.

Objectives:

- Learn more about health literacy
- Develop a plan to address the social determinants of health
- Become aware of tools and resources to engage primary care providers
- Discuss challenges with evaluation and data collection

The ultimate goal of this day is provide you with the resources you need to develop a plan for your outreach services within your community.

Who should attend:

Managers and staff of programs providing outreach services.



Stand up to Diabetes

Waterloo– Wellington Diabetes Regional Coordination Centre

895 Langs Drive
Cambridge, Ontario
N3H 5T6

Phone: 519-653-1470 x259
Fax: 519-650-3114
E-mail: sarahc@langs.org



Task Force Activities

A special thank you to the hard work of our task forces.

Thanks to this collaborative work, tools and processes have been developed that will help to improve diabetes care in our region.

We are closer than ever to having common medical directives that can be implemented within your organizations. This team has been working hard to gather feedback and implement changes to develop a document that works for you.

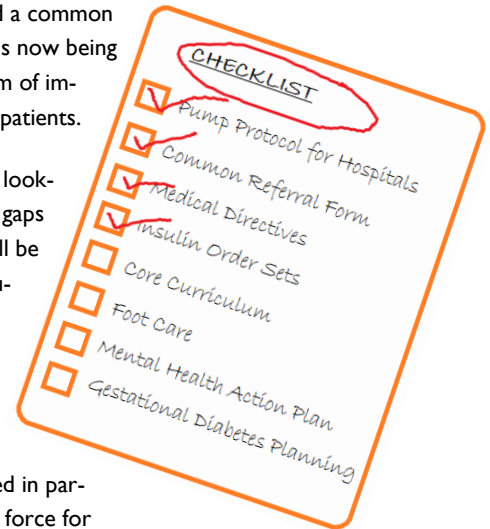
A team of educators who specialize in pump therapy came together to develop a protocol for patients who are hospitalized on an insulin pump. This protocol has gone through revisions and is currently being reviewed for approval from the

RCC steering committee.

To make the referral process easier for the primary care providers to the Kitchener/ Waterloo/Cambridge programs we have developed a common referral form that is now being piloted with the aim of improving access for patients.

This fall we will be looking to tackle more gaps in the area. We will be focusing on curriculum development, foot care, mental health and gestational diabetes.

If you are interested in participating on a task force for your organization, please speak to your manager.



WWD Partnership Award

The emphasis of the award is on partnerships that aim to improve the health and health outcomes for Ontarians living with diabetes and at high risk for developing diabetes.

Selection Criteria

The winner will be selected on the recommendation of the primary care leads and RCC team.

Partnership will be assessed on the basis of the following selection criteria:

How the partnership brings healthcare communities together;

The overall contribution to advancing health and health

outcomes in the community;

Demonstrated results that would not have been achieved by individual partners alone;

A relationship of mutual trust, respect, and commitment, including positive communication and mechanisms for continuous improvement;

Evidence that the strengths and assets of each partner were maximized, ultimately strengthening all partner organizations; and

Demonstrated sharing of credit, among all partners, for the partnership's accomplishments



How to Nominate

Complete a "Partnerships Nomination Form" online

The deadline for nominations is October 1st, 2011



"A relationship of mutual trust, respect and a commitment to improving health and health outcomes"