

Establish And Evaluate Effectiveness Of Group Visits For Hispanic Diabetic Patients In A Residency Clinic

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INTRODUCTION

The group visit (Shared Medical Appointments, SMA) model offers an effective and efficient opportunity to increase quality of care through education and support.

PURPOSE

To evaluate the clinical effectiveness of SMA compared to standard of care among Hispanic diabetic patients in a residency clinic at Parkland Health and Hospital System in Dallas, Texas

METHODS

Study Design: Randomized control study.

Subjects and Setting: Hispanic diabetic patients with HbA1c ≥ 7 who attended the residency clinic from January 2008 until June 2009.

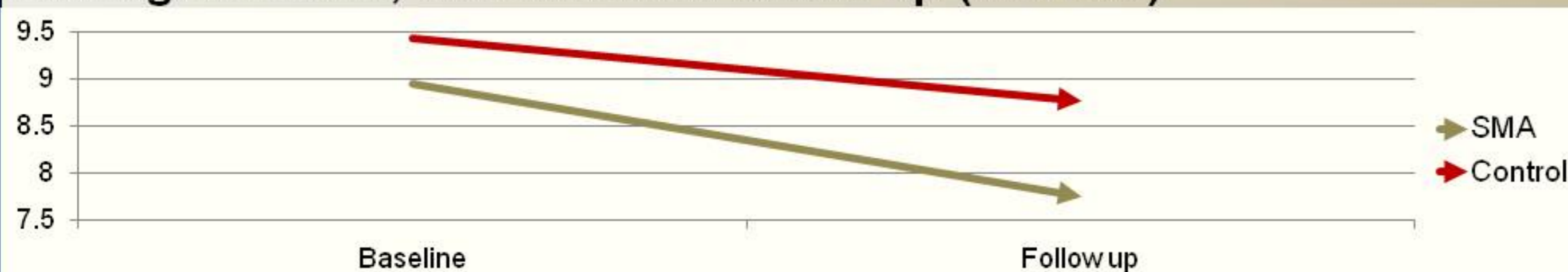
Intervention: Shared Medical Appointments.

Outcome Measures:

- Clinical outcomes:
 - HbA1c
 - Lipid panel (Total Cholesterol-TC, LDL, HDL, Triglycerides-Trig)
 - Microalbuminuria
 - Adherence to ADA recommendations
 - Influenza (Flu) and Pneumococcal vaccination (Pneu), Complete lipid measurement (Lip) Yearly foot exam (FT), Eye exam (Eye), Microalbumin/Creatinin test (Mic), Aspirin use (ASA) and Physical examination (Phy), LDL <100 (LDL)
- Non Clinical
 - Patient satisfaction,
 - Diabetes Quality of life (DQL)
 - Knowledge (Know)

RESULTS

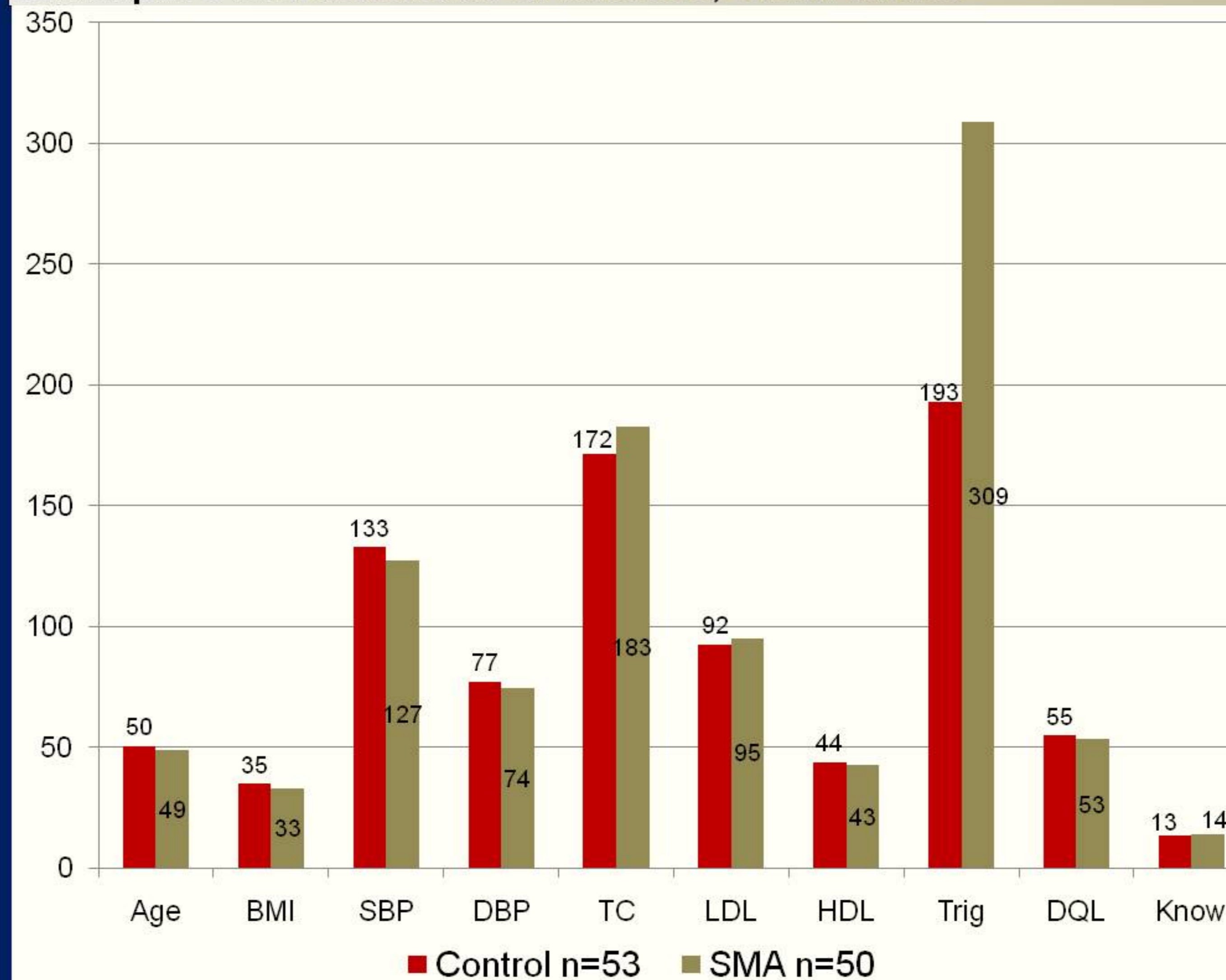
Hemoglobin A1c, baseline and follow up (months)



RESULTS

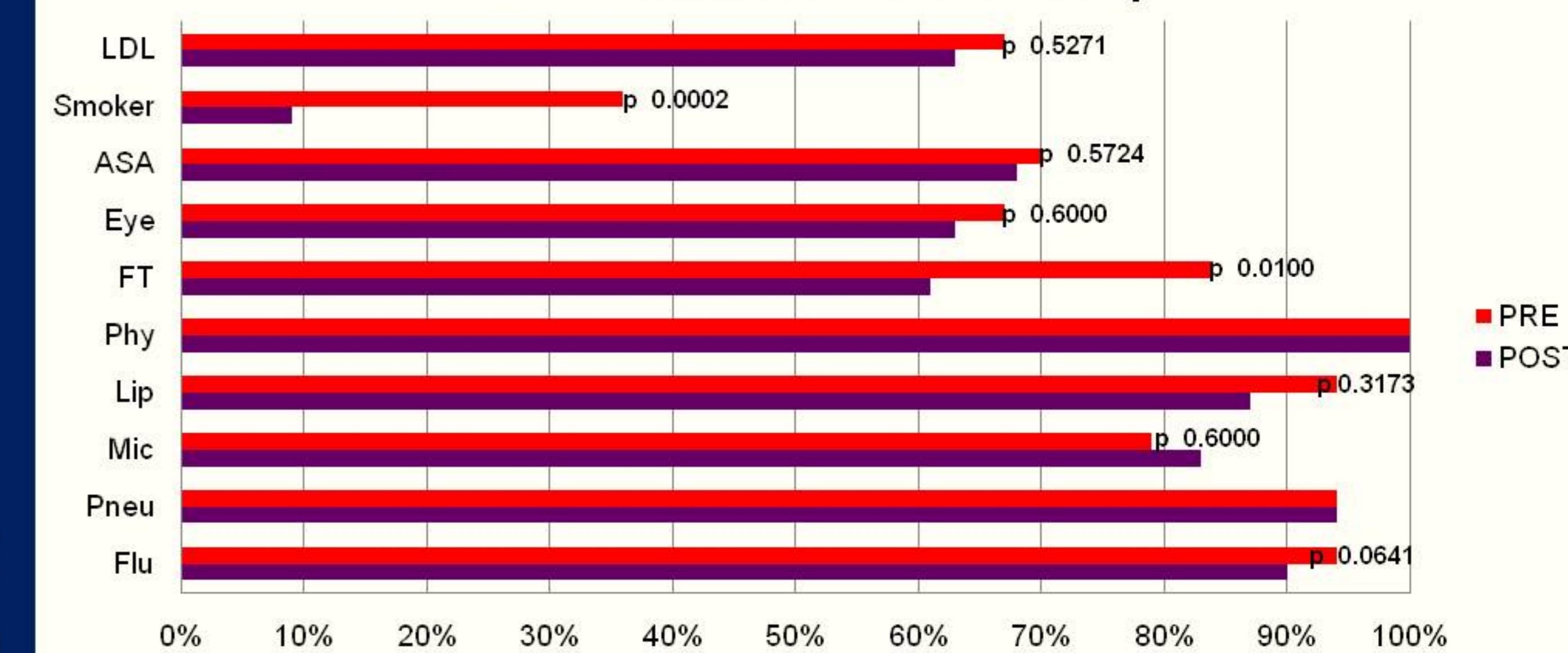
- Patient satisfaction has been high among all group visits (Mean 3.5 on a likert scale 1-4, 4 highest)
- There was an approximate 1.2 unit decrease in HbA1c for the SMA ($p < 0.001$) and 0.7 unit decrease in the Control group ($p = 0.0164$)
- There was a 5.6mmHg decrease in SBP in the SMA group ($p = 0.0162$) and a 2.6mm Hg decrease in SBP in the control group ($p = 0.170$)
- There was a significant increase in weight in the control group (mean 4.5 kg, p value 0.0019), the SMA group maintained its mean weight (p value 0.0721)
- The DQL rose on average about 5 points ($p < 0.0001$) and the Knowledge rose 1.5 points ($p = 0.0011$) In the SMA group

Descriptive characteristics at baseline, mean values

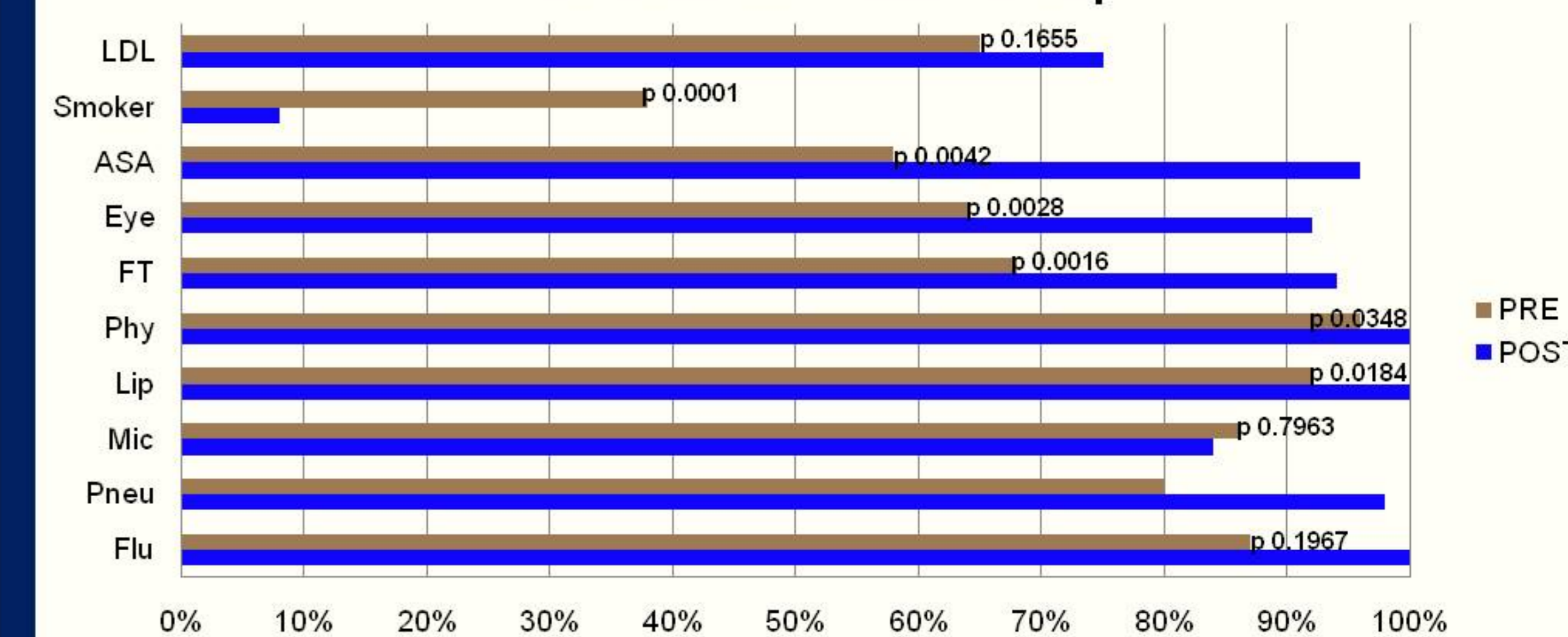


RESULTS

ADA Guidelines- Control Group



ADA Guidelines-SMA Group



DISCUSSION

- SMA was effective in improving HbA1c
- This study indicates that SMA are an effective and innovative way of improving Diabetes quality of life and Knowledge and of adhering to the ADA guidelines

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