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Telehealth for Diabetes Education

Background/Problem

- Patients with diabetes are high utilizers of healthcare
- Children and adolescents with Type 1 Diabetes have significant responsibilities related to healthcare management
- Successful management of diabetes is the result of an empowered patient and supportive healthcare team
- There is a shortage of diabetes trained educators across the country to meet the demand for the increasing number of patients with diabetes
- This project is the result of a DNP student leading an interdisciplinary team to address the needs of this population

Purpose

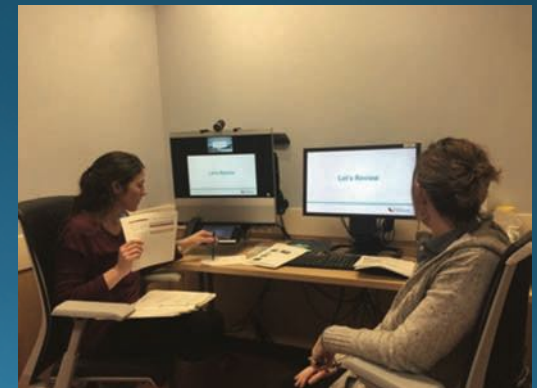
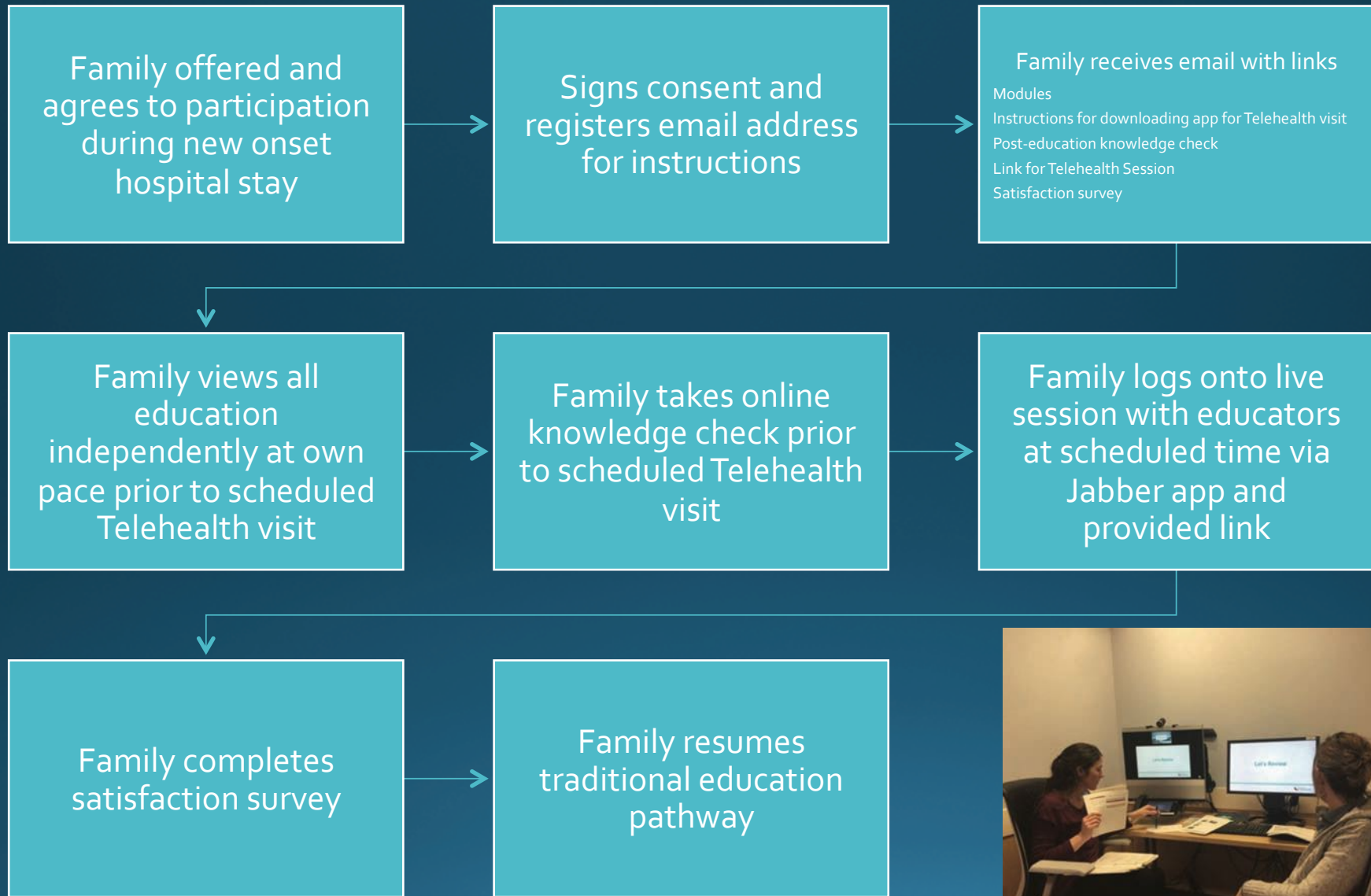
The purpose of this DNP scholarly project was to determine if the use of telehealth as a delivery platform for new onset Type 1 diabetes education can improve:

- Access to necessary diabetes education materials
 - Patient and family satisfaction
 - Retention of knowledge of diabetes self-management skills
 - Improve or maintain staff satisfaction
- as compared to traditional classroom-based methods.

Measures

- (1) Retention of knowledge
- (2) Reduction of unnecessary utilization of resources
- (3) Improvement completion of diabetes education
- (4) Patient and family satisfaction on experience, ease of use, and access
- (5) Staff experience and satisfaction with a telehealth diabetes education program

Process



Results

- Patients showed comparable or superior results on knowledge check
- Patients completion rate was superior to traditional methods
- Patients reported overall positive experience with telehealth – indicated they would do it again or recommend it to others
- Staff was satisfied with program and excited to continue the work
- There was no change in healthcare utilization from traditional methods – which was already minimal

To Consider:

- Providers
 - No reimbursement for Telehealth delivered by Allied Health (RD, RN) in Ohio at this time
- Licensure
 - Current regulations requires provider delivering care to be licensed in state where patient is located
 - Local regulations around location of provider and patient for reimbursement
 - Process for delivery of healthcare education can be applied to adult population, different institutions and additional chronic populations

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