TFHC Diabetes Educator Newsletter

First Quarter 2008

HEALTH PROFESSIONALS EDITION

Inside:

- International Diabetes Resources
- Professional Conferences
- Community Events
- Type 2 Meds & Diabetes Equipment Reference Guides
- Low Literacy Materials
- Smoking Cessation Resources
- Multilingual Resources
- Funding Sources
- Clinical Algorithms
- New! Making your Life Easier
- Interactive Tools
- Resources for Teachers with Students with Diabetes
- And much more...

New

In this second edition, I want to thank everyone who took the time to give me feedback. The first edition received a warm reception and I hope the same holds true for this one.

I heard from so many places including Michigan, Arkansas, Texas, California and the most surprising place (I actually had to looked it up); Saint Paul Health Center in the Aleutian Pribilof Islands, a remote chain of islands off the coast of Alaska.

I went a bit overboard with your responses and my enthusiasm.....so this newsletter is a bit longer, but loaded with great resources.

This has been quite a fun journey of exploration.

I am including in this edition, international links with some amazing resources. As well as events in the Tampa Bay area (come visit our neck of the woods), diabetes clinical information , patient educational materials, some great educational tools for your practice and much more. ....

Since this is the beginning of the year and the perfect opportunity to aid our patients with their New Years resolutions. I have included information about the most common resolutions; weight loss and exercise. To further help your patients find out about free community classes that may help them achieve their goals.

If you are fortunate to live in an area that has implemented the CDC Steps to a Healthier US initiatives your patients and their families may have access to great free wellness classes and activities.

The link below will show The Steps communities in US

http://www.cdc.gov/steps/steps_communities/index.htm

Global Guideline for Type 2

From **The International Diabetes Association**

http://www.idf.org/webdata/docs/IDF%20GGT2D.pdf

2008 ADA Diabetes Guidelines & Recommendations

Standards of Medical Care 2008:

http://care.diabetesjournals.org/cgi/reprint/31/Supplement_1/S12

Diagnosis and Classification of Diabetes Mellitus:

http://care.diabetesjournals.org/cgi/reprint/31/Supplement_1/S55

Nutrition Recommendations and Interventions for Diabetes:

http://care.diabetesjournals.org/cgi/reprint/31/Supplement_1/S61

Low Carbohydrate meal plans for weight loss are addressed this year. A must read!

For a link of all the Guidelines, Recommendations, Position Statements and Summary of Revisions go here:

http://care.diabetesjournals.org/content/vol31/Supplement_1/

For Free Exercise classes in Tampa, Florida go to the CDC sponsored Steps to a Healthier Hillsborough Free classes Calendar
http://www.mysteps.org/PDF/All_Classes_Flyer_June_2007.pdf

For Free Weight Loss classes in Tampa, Florida go to the CDC sponsored Steps to a Healthier Hillsborough Free classes Calendar
http://www.mysteps.org/PDF/All_Classes_Flyer_June_2007.pdf

Exercise

Articles on Exercise by Exercise Physiologists:

For the cutest exercise inspiration stories go to the link listed below. (You will feel guilty for using your treadmill/exercise bike/elliptical as a cloth hanger). Information found at this link will give your patients, seniors and young alike a great source of encouragement.

http://nihseniorhealth.gov/stories/stories.html

Patient Handout on Balancing Exercise and Insulin:

English

http://www.insulinjournal.com/Images/pdfs/INSULIN_2006_7_patientHO.pdf

Spanish

http://www.insulinjournal.com/Images/pdfs/INSULIN_2006_7_patientHO_span.pdf

All about physical activity for persons with Diabetes. (ADA handout):

English

http://www.diabetes.org/uedocuments/12-All-About-Physical.pdf

Spanish

http://www.diabetes.org/uedocuments/12.sp.PhysicalAct.pdf

BD has some good articles by exercise physiologist, CDE and certified Strength and Conditioning Specialist Richard Weil MEd CDE on exercise in their Learning Center section.

Managing Blood Glucose during Exercise:

http://www.bddiabetes.com/us/main.aspx?cat=1&id=516

Aerobic Exercise for the Health of it:

http://www.bddiabetes.com/us/main.aspx?cat=1&id=515

Weight Loss

Article on Brown Bag Lunches with sample menus:

http://www.bddiabetes.com/us/main.aspx?cat=1&id=507

The Weight Loss Matters ADA initiative has handouts to motivate your patients in their Weight loss goal.

Loosing Weight What does it take:

http://www.diabetes.org/uedocuments/ADA-Obesity-Tips3.pdf

Healthy Eating Make it Happen:

http://www.diabetes.org/uedocuments/ADAObesityTips5.pdf

From The Canadian Diabetes Association 2008 a nice 4 page educational material in English & French on Eating Away from Home:

English

http://www.diabetes.ca/files/EatingEnglish.pdf

French

http://www.diabetes.ca/files/EatingFrench.pdf

Tips for Grocery Shopping;

Grocery Shopping 101:

English

http://www.insulinjournal.com/Images/pdfs/INSULIN_2007_195_PHO-gomes_10-29.pdf

Spanish

http://www.insulinjournal.com/Images/pdfs/INSULIN_2007_199_PHO-gomes_10-29(SP).pdf

And...

http://www.SpendaProfessional.com has a few links that may interest you.

Printable brochures

http://www.splendaprofessional.com/splendaprof/pages/printable_brochures.jsp

Sign up link to order free samples:

https://www.splendaprofessional.com/splendaprof/pages/order.do?subAction=showOrder

Insulin Management for your Patients

A reproducible handout from The Insulin Journal website on How to Adjust Insulin Dosages

English

http://www.insulinjournal.com/Images/pdfs/INSULIN_2006_4_patientHO.pdf

Spanish

http://www.insulinjournal.com/Images/pdfs/81_patientHO_SP_4-20-06.pdf

Insulin and Travel

http://www.humalog.com/pdf/hi-25783_traveling.pdf

Travel tips by ADA in cooperation with the Transportation Security Administration(TSA)

http://www.diabetes.org/advocacy-and-legalresources/discrimination/public_accommodation/travel.jsp

You can order free literature on insulin and Diabetes management at the Novo Nordisk site for professionals. Register (is Free) and then go to online ordering, then educational materials

http://www.changingdiabetes-us.com/educators/

Info for your patients in alternative devices to deliver insulin by the National Diabetes Information Clearinghouse (NDIC)

http://diabetes.niddk.nih.gov/dm/pubs/insulin/

Drawing and Injecting Insulin from BD professional site.

English

http://www.bddiabetes.com/resource.aspx?IDX=3864

Spanish

http://www.bddiabetes.com/resource.aspx?IDX=3865

Combination Therapy and more...

BD booklet on Combination Therapy for your patients

http://www.bddiabetes.com/us/download/Combination_Therapy_english.pdf

Spanish

http://www.bddiabetes.com/resource.aspx?IDX=3882

Diabetes Medications Supplements is a guide from NIH, that gives you a quick overview to medications frequently prescribed to our patients;

http://ndep.nih.gov/diabetes/

Tools for your practice

Order Insulin Starter Kits and Pen Starter Kits from the BD Professional site. The kits have literature in both English and Spanish and they make insulin instruction more time efficient and is loaded with how to pictures . To order kits go here;

https://forms.bd.com/diabetes/dbsamp/index.sp

Starter kits for Humalog Insulin Pens

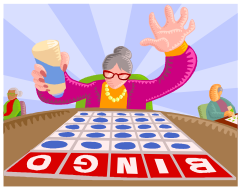
http://www.humalog.com/hcp/educational_programs.jsp#section2

Nice Insulin Teaching aids for your practice

http://www.bddiabetes.com/us/hcp/main.aspx?cat=3066&id=3121

Our Canadian neighbors sure know how to have Fun! Very clever. Check this link from The Canadian Diabetes Association 2008,...Bingo anyone?

http://www.diabetes.ca/aboriginal/diabetes_bingo.asp



"Providing quality health care to the Tampa community for more than 20 years."

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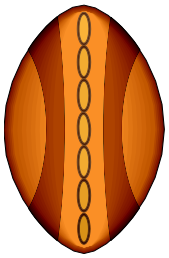
TFHC is a non-profit corporation dedicated to providing high quality, accessible medical care to underserved communities of Hillsborough County.

With six conveniently located neighborhood centers to serve patients, TFHC provides a full range of comprehensive medical services, including internal medicine, obstetrics and gynecological services, family planning, pharmacy with delivery service, x-ray, and dental. Medical fees are assessed on a sliding fee scale based on a patient's income. No patients will be turned away because of inability to pay for services.

Walk-ins are welcome.



African American Resources

February is Black History Month. This is your opportunity as a clinician to reach a patient population with a high incidence of Diabetes and also help diminish health disparities.

Order Pre Diabetes info check out:

http://www.ndep.nih.gov/diabetes/prev/prevention.htm

For quick info you could use for media outreach visit:

http://www.ndep.nih.gov/diabetes/pubs/FS_AfricanAm.pdf

Diabetes and High Blood Pressure Make the Kidney Connection:

http://www.nkdep.nih.gov/resources/African_American_brochure.pdf

Nice diabetes brochure by the National Urban League: http://www.nul.org/health/pdf/02-033DiabetesBrochure.pdf

This booklet has some wonderful information. Diabetes Prevention More than 50 ways to prevent Diabetes: http://ndep.nih.gov/diabetes/pubs/50Ways_tips.pdf

This is a very well done booklet with some great ideas and concrete tasks for family members:

Make Health a Family Reunion Affair!

http://www.nkdep.nih.gov/familyreunion/docs/nkdep_fr_guide_508.pdf

Learn more about the ADA African American Initiative:

http://www.diabetes.org/communityprograms-and-localevents/africanamerican/programs.jsp

Health Disparities

CDC Office of Minority Health and Health Disparities Brochure:

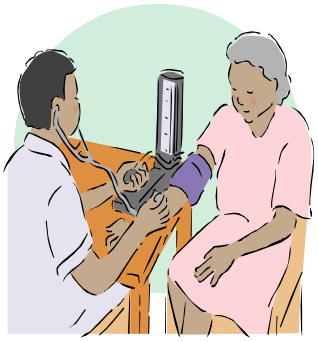
http://www.cdc.gov/omhd/Brochures/PDFs/BAA.pdf

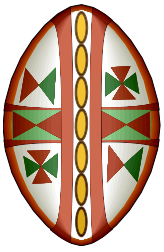
This is a fine presentation on African American Community Health

http://nnlm.gov/training/aframhealth/africanamericancommunity-health1.ppt#1

TFHC in The News

TFHC has made many upgrades this past year to our website which can be viewed by visiting: http://www.tampachc.com/





ADA has this great recipe sampler that I love to give to my patients. I met one of the authors, Fabiola Demps Gaines, at the 2007 Tampa ADA Expo and she is absolutely delightful. The book also make a fabulous giveaway to your patients.

http://web.diabetes.org/cha/pdf-files/soul-recipes.pdf?WTLPromo=diabetesworkplace_soulfoodrecipesampler

Family Reunion Healthy Food-

Is not a typo…..is not impossible…really…. here is some help:

http://ndep.nih.gov/diabetes/pubs/FamReu_AfricanAm.pdf

Glucose Meters/ Equipment / Syringes Reference Guides from http://www.DiabetesHealth.com

The site has great articles and resources.

Nadia Al-Samarrie, Publisher of DiabetesHealth.com tells me you can subscribe to their weekly newsletter at:

newsletter@diabeteshealth.com

Glucose Meters Reference Guide:

http://www.diabeteshealth.com/media/pdfs/PRG1207/Blood-Glucose-Meter-Reference-Guide-1207.pdf

Syringes Reference Guide:

http://www.diabeteshealth.com/media/pdfs/PRG1207/Syringe-Reference-Guide-1207.pdf

Lancing Devices Reference Guide:

http://www.diabeteshealth.com/media/pdfs/PRG1207/Lancing-Devices-Reference-Guide-1207.pdf

Insulin Pump Reference Guide:

http://www.diabeteshealth.com/media/pdfs/PRG1207/Insulin-Pump_Reference-Guide-1207.pdf

Infusion Sets Reference Guide:

http://www.diabeteshealth.com/media/pdfs/PRG1207/Infusion-Sets-Reference-Guide-1207.pdf

Fast Acting Glucose Reference Guide:

http://www.diabeteshealth.com/media/pdfs/PRG1207/Fast-Acting-Glucose-Reference-Guide-1207.pdf

Continuous Glucose Monitors Reference Guide:

http://www.diabeteshealth.com/media/pdfs/Continuous-Glucose-Monitors-Reference-Guide-060707.pdf

Type 2 Medication Reference Guide:

http://www.diabeteshealth.com/media/pdfs/Type-2-Meds-Reference-Guide-0207.pdf

ADA 2008 Diabetes Resources Guides

Every year the ADA puts together a Resource Guide that quickly becomes the years master resource guide for all of us who work in the Diabetes field.

Type 2 Meds:

http://www.diabetes.org/uedocuments/df-rg-type2-drugs-0108.pdf

Insulin Delivery:

http://www.diabetes.org/uedocuments/df-rg-insulin-dellievery-0108.pdf

New Products:

http://www.diabetes.org/uedocuments/df-rg-new-products-0108.pdf

Insulin:

http://www.diabetes.org/uedocuments/df-rg-insulin-0108.pdf

Blood Glucose Monitoring and Data Management System:

http://www.diabetes.org/uedocuments/df-rg-monitors-0108.pdf

TFHC in The News

TFHC is proud to announce the September 2007 relocation of our North Tampa Health Center from 1229 E. 131st Avenue, Tampa, Florida 33612 to our newly acquired and fully updated health center at 1502 E. Fowler Avenue, Tampa, Florida 33612. This center will continue to offer the same quality services:

- Dental
- Internal Medicine
- Pediatric
- Pharmacy
- Nostros Hablamos Español

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Walk-ins are welcome.

Interesting Clinical Info

Know under what circumstances the A1c test is unreliable...

http://www.diabetes.niddk.nih.gov/dm/pubs/hemovari-A1C/SickleCell-Fact.pdf

DKA in Type 2—Rare but it occurs

http://clinical.diabetesjournals.org/cgi/content/full/22/4/198

More case studies

http://journal.diabetes.org/clinicaldiabetes/V18N22000/pg88.htm

DKA type 1 & 2 with an ethnicity twist

http://www.ncbi.nlm.nih.gov/sites/entrez?Db=pubmed&Cmd=ShowDetailView&TermToSearch=10547172&ordinalpos=1&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVAbstractPlus

Challenge in Achieving target Hbalc in a relatively rare Diabetes Complication

http://www.endocrine-abstracts.org/ea/0011/ea0011p314.htm

Smoking Cessation

CDC Publication list on Tobacco Abuse (They have videos also)

http://apps.nccd.cdc.gov/osh_pub_catalog/PublicationList.aspx?Act=Ret

Booklet in English/Spanish on Smoking Cessation

http://www.nhlbi.nih.gov/health/public/heart/other/sp_smok.pdf

Low Literacy

English

http://www.ahrq.gov/consumer/tobacco/5daybook.pdf

Spanish

http://www.ahrq.gov/consumer/tobacco/lowlitsp.pdf

Action Plan

English

http://www.ahrq.gov/consumer/tobacco/quits.pdf

Spanish

http://www.ahrq.gov/consumer/tobacco/quitssp.pdf

Quit Now line info from

http://www.LearningAboutDiabetes.org

English

http://www.learningaboutdiabetes.org/downloads/SmokingWithDiabetes.pdf

Spanish

http://www.learningaboutdiabetes.org/downloads/SmokingWithDiabetesSP.pdf

For Smoking Cessation classes in Tampa, Florida go to the CDC sponsored Steps for a Healthier Hillsborough free classes PDF file

http://www.mysteps.org/PDF/All_Classes_Flyer_June_2007.pdf

Professional Conferences in US, Canada & UK

23rd Annual Southern Regional Conference on Diabetes, Obesity, and Cardiovascular Disease
May 22 - 25, 2008, Lake Buena Vista, FL .
Join your colleagues in Orlando for the American Diabetes Association's 23rd Annual Southern Regional Conference, May 22-25, 2008, at the Lake Buena Vista Palace Hotel & Spa. The entire diabetes team, including physicians, pharmacists, nurses and dietitians, will benefit from a comprehensive diabetes update and stimulating atmosphere. For more information, visit http://www.diabetes.org/src

The ADA Southern Regional Conferences on Diabetes are always packed with great information, not only the latest in research but also practical solutions based on case studies. Another plus is that in the down times there are a million of fun things you can do in Florida. Hope to see you there!

USF Will be having their 2008 Advances in Diabetes Prevention, and Treatment of Long Term Complications course March 1,2008 at the Quorum Hotel in Tampa, Florida. For more details go here;

http://www.cme.hsc.usf.edu/diabetes/

Come to the conference and stay a few days; enjoy the beach ,night life ,amusement parks and more of the many activities Tampa has to offer.

CDC 2008 Diabetes Conference is in Orlando, Florida

May 5-8 at the Wyndham Orlando Resort

http://www.cdc.gov/diabetes/conferences/index.htm

Alert: the first day of the conference falls on Cinco De Mayo celebrations so that evening should be lots of fun in Orlando.....just an innocent reminder...

Eric Haliechuk, Coordinator Professional Sections, with the Canadian Diabetes Association informed me that the next year's CDA/CSEM (The Canadian Diabetes Association/Canadian Society of Endocrinology and Metabolism) Professional Conference will be held from October 15 - 18, 2008 at Le Palais des congres de Montreal. For Canadian Conferences & Symposiums visit the following link at The Canadian Diabetes Association 2008

http://www.diabetes.ca/Section_Professionals/conf-calender.asp

Diabetes UK Annual Professional Conference

March 5-7th

For more info go here;

http://www.diabetes.org.uk/Professionals/Conferences_and_events/APC2008/

Focus On Females Community Event

The 3rd Annual **Focus on Females** Women's Healthcare Symposium will be held in Tampa at Channelside

March 1,2008

I met Dr Maskin at a Diabetes community activity this past fall and he was so enthusiastic about the event it was contagious . He even sang me the theme song. He also gave me a pretty poster, made specially for the Focus on Females event by one of his patients, that had her vision restored.

They have great speakers. Dr Morrison will do the Diabetes talk.

Is a free event, free food, free massages!!!

For more details go to;

http://www.focusonfemales.com/

To see the list of speakers bios go here

http://www.focusonfemales.com/seminars.html

TFHC in The News

TFHC's service delivery module focuses on all the health needs of our service population including preventive services, early diagnosis and treatment, acute and chronic care, mental health, dental, and other in and outpatient hospital services. Tampa Family Health Centers has been participating in the following BPHC disease management programs: Diabetes Collaborative for the last six years and Cardio-Vascular (CVD) Collaborative for their second year. These programs are designed to reduce or eliminate major health disparities among a very vulnerable population as revealed by Hillsborough County statistical data. The health are of focus in our diabetic/CVC population with a concentration on healthcare indicators related to Diabetes/CVC health. As a part of the delivery module, TFHC utilizes services of a Certified Diabetes Educator to provide qualified help to improve outcomes of Diabetes Collaborative patients and further community education on the issue.

TFHC also serves as a referral source for residents who are in need of the additional services such as food, shelter, specialty care, financial counseling, and assistance to access main stream local, state, and federal assistance programs.

Foot Care

This is a nice guide for providers

A Health Care Provider's Guide to Preventing Diabetes Foot Problems

http://ndep.nih.gov/diabetes/pubs/Feet_HCGuide.pdf

The American Orthopaedic Foot and Ankle Society has multilingual information(20 Languages!) on "Diabetic Foot Care"

http://www.aofas.org/i4a/pages/index.cfm?pageid=3315

Low Literacy Foot Care info (1 page) gems from the talented folks at

http://www.LearningAboutDiabetes.org

English

http://www.learningaboutdiabetes.org/downloads/FootCareEN100404.pdf

Spanish

http://www.learningaboutdiabetes.org/downloads/FootCareSP100404.pdf

BD also has some nice info on foot care for your patients

English(low Literacy)

http://www.bddiabetes.com/us/download/footcare_eng.pdf

Spanish (Low Literacy)

http://www.bddiabetes.com/resource.aspx?IDX=3847

Finding the Proper Exercise Shoe article

http://www.bddiabetes.com/us/main.aspx?cat=1&id=518

Burn Prevention among persons with Diabetic Neuropathy

http://www.health.state.ok.us/PROGRAM/INJURY/factsheets/diabetic_neuropathy.htm

Medicare Coverage of Therapeutic Footwear for persons with diabetes

http://ndep.nih.gov/resources/feet/medicare-coverage.htm

Article for the clinician on Diagnosis and Treatment of Diabetic Foot Infections

http://www.journals.uchicago.edu/doi/pdf/10.1086/424846

Diabetic Foot Examination Risk Categories

http://www.diabetesnm.org/education/professional_edu/Foot_risk_categories.pdf

The Australian Diabetes Educators Association (ADEA) has a PDF document on Identification and Management of Diabetic Foot Disease loaded with evidence based info. The following link will take you to a listing of evidence based guidelines for type 2 at the ADEA site.

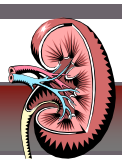
http://www.adea.com.au/public/content/ViewCategory.aspx?id=44

For a compendium of great resources for foot care The National Diabetes Education Program has an excellent list.

http://ndep.nih.gov/resources/feet/resource-list.htm

Remove shoes and socks posters (English & Spanish) go here:

http://www.albany.edu/sph/coned/feet.pdf



Kidney

Online GFR Calculators to estimate kidney function for adults and children

http://www.nkdep.nih.gov/professionals/gfr_calculators/index.htm

Suggestions for Laboratories

http://www.nkdep.nih.gov/resources/NKDEP_Suggestn4Labs_0606_508.pdf

The National Kidney Foundation Kidney Disease Outcomes Quality Initiative

KDOQ Clinical Practice Guidelines and Clinical Practice Recommendations for Diabetes and Chronic Kidney Disease

http://www.kidney.org/professionals/kdoqi/guideline_diabetes/pdf/Diabetes_AJKD_linked.pdf

Clinical Practice Guidelines for Nutrition in Chronic Renal Failure

http://www.kidney.org/professionals/kdoqi/guidelines_updates/doqi_nut.html

ICD-9 Codes for Chronic Kidney Disease

http://www.kidney.org/professionals/kls/pdf/icd9codes.pdf

Our Canadian colleagues have a wonderful resource at the Canadian Diabetes Association. Do not forget to save as a resource the info on Potassium and Multicultural Fruits and Vegetables. Great also for your multicultural population on potassium sparing meds.

http://www.diabetes.ca/files/diet-kidney-disease.pdf

Patient Information

Keep Your Kidneys Healthy

English

http://diabetes.niddk.nih.gov/dm/pubs/complications_kidneys/kidneys.pdf

Spanish

http://diabetes.niddk.nih.gov/spanish/pubs/complications_kidneys/Kidneys-SP.pdf

This one is good as a dietitian instruction tool

English

http://kidney.niddk.nih.gov/kudiseases/pubs/pdf/eatrighthemodialysis.pdf

Spanish

http://kidney.niddk.nih.gov/spanish/pubs/eatright/sp-eatRight.pdf

Inpatient DM Management

This article has insight on Diabetes inpatient protocols

http://www.endotext.org/diabetes/diabetes22/diabetes22.htm

Article on DKA and HHS

http://spectrum.diabetesjournals.org/cgi/reprint/15/1/28

For an excellent comprehensive resource of Inpatient Diabetes Management AACE has an amazing site. First register here to access the site. You will not be disappointed.

http://www.aace.com/resources/igcrc/index.php

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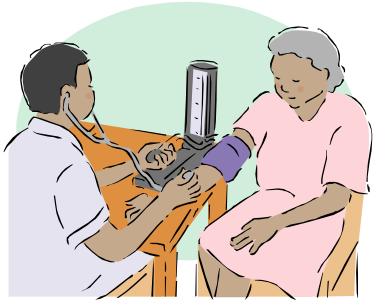
Reference Card on Prevention, Detection, Evaluation and Treatment of Hypertension
http://www.nhlbi.nih.gov/guidelines/hypertension/phycard.pdf



Hypertension/Cholesterol

Interactive tool on Hypertension

English

http://www.nlm.nih.gov/medlineplus/tutorials/hypertension/htm/index.htm

Spanish

http://www.nlm.nih.gov/medlineplus/spanish/tutorials/hypertensionspanish/htm/index.htm

Information from The American Academy of Family Physicians, on how to do home blood pressure monitoring

English

http://familydoctor.org/online/famdocen/home/common/heartdisease/treatment/128.printerview.html

Spanish

http://familydoctor.org/online/famdoces/home/common/heartdisease/treatment/128.printerview.html

ADA information on Hypertension and Diabetes

English

http://www.diabetes.org/main/uedocuments/HighBloodPressure-English.pdf

Spanish

http://www.diabetes.org/main/uedocuments/HighBloodPressure-Spanish.pdf

Also Screening and Treatment for Hypertensive Patients

http://www.diabetesnm.org/education/professional_edu/Hypertensive_Pts_Diabetes.pdf

English/Spanish booklet

http://www.nhlbi.nih.gov/health/public/heart/other/sp_hbp.pdf

Easy read English/Spanish booklet on sodium

http://www.nhlbi.nih.gov/health/public/heart/other/sp_salt.pdf

Nice easy summary of cholesterol info for your patients from the NY Health Department

English

http://www.nyc.gov/html/doh/downloads/pdf/public/dohmhnews5-08.pdf

Spanish

http://www.nyc.gov/html/doh/downloads/pdf/public/dohmhnews5-08-sp.pdf

From our neighbors in Canada there are some eye pleasing materials on cholesterol(values are on mm with space to individualize patients target) from the Canadian Diabetes Association 2008

English

http://www.diabetes.ca/files/CholesterolToolFINALEng.pdf

French

http://www.diabetes.ca/files/CholesterolFrenchFINAL.pdf

Spanish DM Clinical Info (For native Speaker Providers)

This links have been added for your inquisitive professional curiosity. How Diabetes management is recommended in other countries could be explored by looking at the guidelines from Chile and Puerto Rico(They are in Spanish)

Guidelines from Puerto Rico

Document in Spanish for providers on guidelines for DM management with algorithms (The medication tables toward the end may prove helpful as a handout for your patients that are Spanish speaking)

http://www.salud.gov.pr/Services/ProtocolosMedicos/Protocolos/Guias%20manejo%20pacientes%20corregida.PDF

Nice document on pediatric DM Guidelines in Spanish (They follow the American Pediatric Association Guidelines)

http://www.salud.gov.pr/Services/ProtocolosMedicos/Protocolos/Guia%20Dr%20Senquiz%20Corregida%20marzo%2002.PDF

Guidelines from Chile

http://www.minsal.cl/ici/guiasclinicas/diabetesGes.pdf

http://www.minsal.cl/ici/guiasclinicas/DiabetesMellitustipoI.pdf

Diabetes Across the Life Spectrum

Older Adults

English
http://www.niapublications.org/agepages/PDFs/Diabetes_In_Older_People-A_Disease_You_Can_Manage.pdf

Diabetes Prevention
http://www.ndep.nih.gov/diabetes/pubs/nottoolate_tips.pdf

Spanish
http://www.niapublications.org/agepages/PDFs/La_diabetes_en_las_personas_mayores.pdf

Teens

http://www.diabetes.org/uedocuments/JustforTeens.pdf

Kids & Type 2

http://www.diabetes.org/uedocuments/KidsType2Diabetes.pdf

Infants & Toddlers

http://www.diabetes.org/uedocuments/DiabetesInfantsToddlers.pdf

Gestational Diabetes

http://www.nichd.nih.gov/publications/pubs/upload/gest_diabetes_risk_2005.pdf

More comprehensive info on GDM from Lilly
http://www.humalog.com/pdf/hi-25727_gestational_diabetes.pdf

Kids International Websites

From UK

Cool site for kids 11 to 18 years old!

From Diabetes UK

kid & Teen friendly sites, with nice information and upbeat atmosphere.

Kids Site

http://www.diabetes.org.uk/Guide-to-diabetes/My-life/Kids/

Teens Site

http://www.diabetes.org.uk/Guide-to-diabetes/My-life/Teens/

From Spain

This is a very nice book in Spanish about type 1. Very friendly and easy to understand for your native speaker children and family.

Love the analogies and the illustrations. Very well written. Be aware it has a very detailed chapter in algorithms that need further guidance from provider. Excellent!!

http://www.seep.es/prinfogn.htm

and then click on

Lo Que Debes Saber Acerca de la Diabetes Infantil.

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Making Your Life Easier...

PPT Presentations; No Need to Reinvent the Wheel.....

We all have been there....we are asked to make a presentation at the last minute and not enough time in our schedule to prepare slides without neglecting our overstretched responsibilities at work and home...This section will have examples of presentations that you may want to use intact or may stir your muse into something wonderful....

IDF have Diabetes educational modules in English and Spanish that you can download.

English

http://www.idf.org/home/index.cfm?unode=A513C97A-F08C-4F97-9358-D406CDF4FEC1

Spanish

http://www.idf.org/home/index.cfm?unode=AF6C0555-0F6D-4685-A332-CFFE5023A06E

Novo Nordisk has a nice short PPT presentation in English and Spanish, that could be used as a quick overview of Diabetes

http://www.changingdiabetes-us.com/educators/

ADA have a nice presentation for School personnel on Nutrition & Exercise

http://web.diabetes.org/Advocacy/schooltraining/STMNutritionExe.ppt#1

This is an example of a presentation with concepts that could be an inspiration not only for patient training but also staff training from The Canadian Diabetes Association site;

http://www.diabetes.ca/files/Advanced%20%20Carb%20Counting%20Presentation%20final.pdf

Outstanding site for Great slide presentations!!
http://www.merckmedicus.com/pp/us/hcp/hcp_home.jsp

More Help...

Great site to find links to beautiful images of food

http://fnic.nal.usda.gov/nal_display/index.php?info_center=4&tax_level=3&tax_subject=270&topic_id=1312&level3_id=5318

Diabetes Clipart from the CDC

http://www.cdc.gov/diabetes/pubs/gallery.htm

Diabetes The Numbers is a PPT presentation with Statistic slides good to supplement a community or professional presentation with facts about diabetes.
http://ndep.nih.gov/resources/presentations/diabetesthenumber0107/index.htm

ADA has Diabetes animations to use on presentations .Nice timesaver.
http://www.diabetes.org/type-1-diabetes/well-being/link-healthprof.jsp

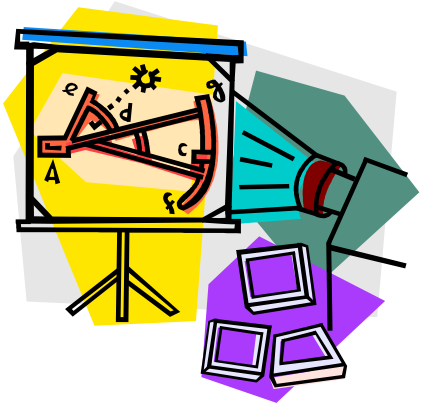
This PPT presentation from ADA is titled Diabetes In the Latino Population : a Case Based Approach to Optimal Management. The slides are also relevant to topics other than Latino specific. *Make sure to update the medication information.*
http://www.diabetes.org/uedocuments/LatinoSlidesAugust05.ppt#1

Merck has a tutorial on presentation skills on http://www.MerckMedicus.com, you will need to register.
Registration is free.
The site is loaded with lots of resources. Also do not forget to go to the Slide Image Bank.

Energize your presentation with online videos

DiabetesHealth.com
Has Diabetes TV Videos in their site. If you have online access during your presentation you could incorporate online videos . A nice informative filler while you multitask finishing your charting .

http://www.diabeteshealth.com/tv/live.html



Sources of Funding

Grants and Business Opportunities with CDC

http://www.cdc.gov/about/business/funding.htm

NIDDK Funding

http://www2.niddk.nih.gov/Funding/

ADA Grants

http://www.diabetes.org/diabetes-research/research-grant-application-forms/ADA-grant-opportunities/ADA-current-grant-opportunities.jsp

The Database for Federally funded grants will be here;

http://www.grants.gov/

The Foundation Center is an excellent source of info. You can look at the previous tax returns of the organizations you are interested in applying for funding and get insight for the projects that they are most likely to fund. It gives you an edge on your grant proposal.

http://foundationcenter.org/

Article on getting funded;

http://www.nal.usda.gov/wicworks/Topics/Grant_article.pdf

Another great supporters of Diabetes are the

The Roberts Woods Foundation

http://www.rwjf.org/

Lilly Foundation

http://www.lilly.com/products/access/foundation.html

Resources for Teachers of Students with diabetes found at the American Diabetes Association site

Tips for Teachers of Students with Diabetes

http://www.diabetes.org/uedocuments/ten-tips-for-teachers-2007.pdf

Example of Diabetes Management Plan for Schools in Word format

http://www.diabetes.org/uedocuments/DMMP-finalformatted.doc

In PDF format

http://www.diabetes.org/uedocuments/DMMP-finalformatted.pdf

Sample 504 Word Format

http://www.diabetes.org/uedocuments/ad-504-adanasndredf-2007.doc

Sample 504 PDF Format

http://www.diabetes.org/uedocuments/ad-504-adanasndredf-2007.pdf

One sheet summary of answers to common questions teachers have about students with Diabetes

"Solutions to common Diabetes Management concerns in the Classroom"

http://www.diabetes.org/uedocuments/solutions-for-common-diabetes-management-cr-2007.pdf

Florida Resources

Links to what Florida Medicaid covers

Drug list excluding injectables

http://www.fdhc.state.fl.us/Medicaid/Prescribed_Drug/pharm_thera/pdf/fmpdl.pdf

Injectables

http://www.fdhc.state.fl.us/Medicaid/Prescribed_Drug/pharm_thera/pdf/injectables.pdf

Hispanic Healthy Resources Tool Kit from the Florida Diabetes Prevention & Control Program

http://www.doh.state.fl.us/family/dcp/hispanic/order_form.pdf

Florida Diabetes Prevention & Control Educational Materials order form (They have some very pretty posters & colorful educational materials)

http://www.doh.state.fl.us/family/dcp/OrderForm.pdf

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The Wisdom of using plain language with your non Native English speaking patients

This heading may sound obvious but you will be surprised how many times we choose words that may have a different meaning to our intended audience with disastrous and sometimes funny or embarrassing results.

If you have printed materials to translate is best to **hire a professional translator**. An online translation tool or software to translate your marketing or patient information materials may yield unpredictable results....

Many years ago I received a visit from the Geriatric ARNP of the Skilled Nursing Unit of the hospital I used to work. She was laughing so hard that I had to calm her down to tell me what happened.

She handed me a Spanish brochure for the newly inaugurated Skilled Nursing Unit. In bold letters it stated that it was a lactation unit.

The translation was done based on breastfeeding (nursing) instead of to bring back to health (nursing). To make matters worse that was the wrong patient population to pitch breastfeeding.

If at all possible **have lay native speakers of the intended language read and tell you back in English what it says**. This is a good way to spot incongruencies with your message. But know that not everything could be a literal translation, but it should be a close interpretation.

Communicate your target audience to your translator . If it is Spanish , the same word could mean something completely different in different countries.

For example if your target population is Mexican Americans and Puerto Ricans, a Tortilla is in the starch group for the Mexican American patient but in the protein group for a Puerto Rican.....?????

Tortilla is an omelet for Puerto Ricans

"Verduras" are non starchy vegetables for Cubans but starchy tuber vegetables for Puerto Ricans. If you are teaching the plate method half a plate of "verduras" in addition to milk and fruit and the 1/4 of the plate of starch , to the wrong audience will translate in an unintentional *Carb fest!*

But do not despair. Even Spanish native speakers have to be careful when they talk to one another. Lets just say you have to be careful not to use the Puerto Rican word for loaf of bread to a Cuban ...or a South American word for insect to a Puerto Rican...Not to mentioned the vocabulary of sub ethnicities (Nuyoricans, Jibaros)and regionalisms (Rural Vs Metropolitan)....

If the patient has proficiency in English but is newly arrived to this country **refrain from using slang and meaningful sayings from your conversation .** Even innocuous comments like "Hung Jury" could be interpreted very literal .

Be respectful. Refrain from correcting pronunciation especially if there is an audience. **Be sensitive.** But if there is a word that need to be clarify due to slight pronunciation inflections is best to be discreet. Some non native English speakers have used words that have been misinterpreted or have been ridiculed. Be aware of words that are avoided .

Be aware of differences in body language. In some cultures direct eye contact is a sign of disrespect., specially in the young. In others the personal space is closer with more intense eye contact.

Be aware of your own cultural idiosyncrasies. If you grew up in an affectionate, body language expressive household, where at the dinner table everybody talked at once and a million conversations were carried seamlessly at once, chances are you may have those traits in your communication style. It may be too overwhelming to some and warm and endearing to others.

Also if you make a mistake apologize and correct it , errors are forgiven if you show you are sensitive, sincere and respectful.

The following link will take you to a National Initiative for Children's Healthcare Quality (NICHQ) document on improving cultural competency in children's health care that gives more insight in cultural competency.

http://www.nichq.org/NR/rdonlyres/5B534B7B-0C38-4ACD-8996-EBB0C4CB2245/0/NICHQ_CulturalCompetencyFINAL.pdf

For a wealth of information on Diversity issues in Health Care go here

http://www.DiversityRx.org

Multilingual Resources

The Diabetes UK site(Formerly British Diabetic Association) has wonderful diabetes info in many languages and you can find a rare gem; for the Bengali speaking there is info for Moslem patients on Diabetes and Ramadan.

http://www.diabetes.org.uk/Documents/Languages/Bengali/Ramadan_BEN.pdf

For more diabetes multilingual info from http://www.diabetes.org.uk/

go to the following link where you can find Arabic, Bengali, Chinese, Gujarati, Hindi, Punjabi, Somali, Urdu and Welsh:

http://www.diabetes.org.uk/en/Other_languages/

This site has multilingual brochure info on various health topics including Diabetes :

http://refugees.org/article.aspx?id=2044&rid=2086&subm=178&area=Participate

Haitian Creole

Creole
Diabetes (Low Literacy)
http://monarch.gsu.edu/WebRoot$/multiculturalhealth/handouts/Haitian-Creole/Diabetes_Handout_Haitian_Creole.pdf

Diabetes(Higher Literacy more comprehensive)
http://www.humalog.com/pdf/HI43607_Creole%20Yellow-Book_revJan07_lo_res.pdf

Good Food for kids in English and Haitian Creole

http://monarch.gsu.edu/WebRoot$/multiculturalhealth/handouts/haitian-creole//Creole_kids.pdf

Arabic

Diabetes PDF file both in English and Arabic

http://monarch.gsu.edu/WebRoot$/multiculturalhealth/handouts/Arabic/Diabetes_Handouts_Arabic.pdf

Smoking Cessation

Arabic

http://www.oakwood.org/documents/his_docs/stop%20smoking%20arabic%2005.pdf

For the English version click here

http://www.oakwood.org/documents/his_docs/stop%20smoking%2005.pdf

Good Food for kids in English and Arabic

http://monarch.gsu.edu/WebRoot$/multiculturalhealth/handouts/Arabic/Arabic_kids.pdf

What is Diabetes brochure

http://refugees.org/uploadedfiles/Participate/National_Programs/Healthy_Refugees/Brochures/Arabic-Diabetes.pdf

English version

http://refugees.org/uploadedfiles/Participate/National_Programs/Healthy_Refugees/Brochures/English-Diabetes.pdf

Tampa Family Health Centers

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Tampa Family Health Centers

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Mavis Cartwright RN BA
Tobacco Facilitator /Asthma Management

Christie Achenbach RD LD
Steps Nutritionist

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" My colleagues hope you enjoyed this edition as much as I enjoyed researching on your behalf"

Rosa Rojo RN BSN CDE
Diabetes Nurse Educator
Tampa Family Health Centers

Tampa Family Health Centers Mission Statement:
To provide quality, caring and accessible healthcare to a culturally diverse community.

For Comments and Topic recommendations for future newsletters please email rrojo@hcnetwork.org

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