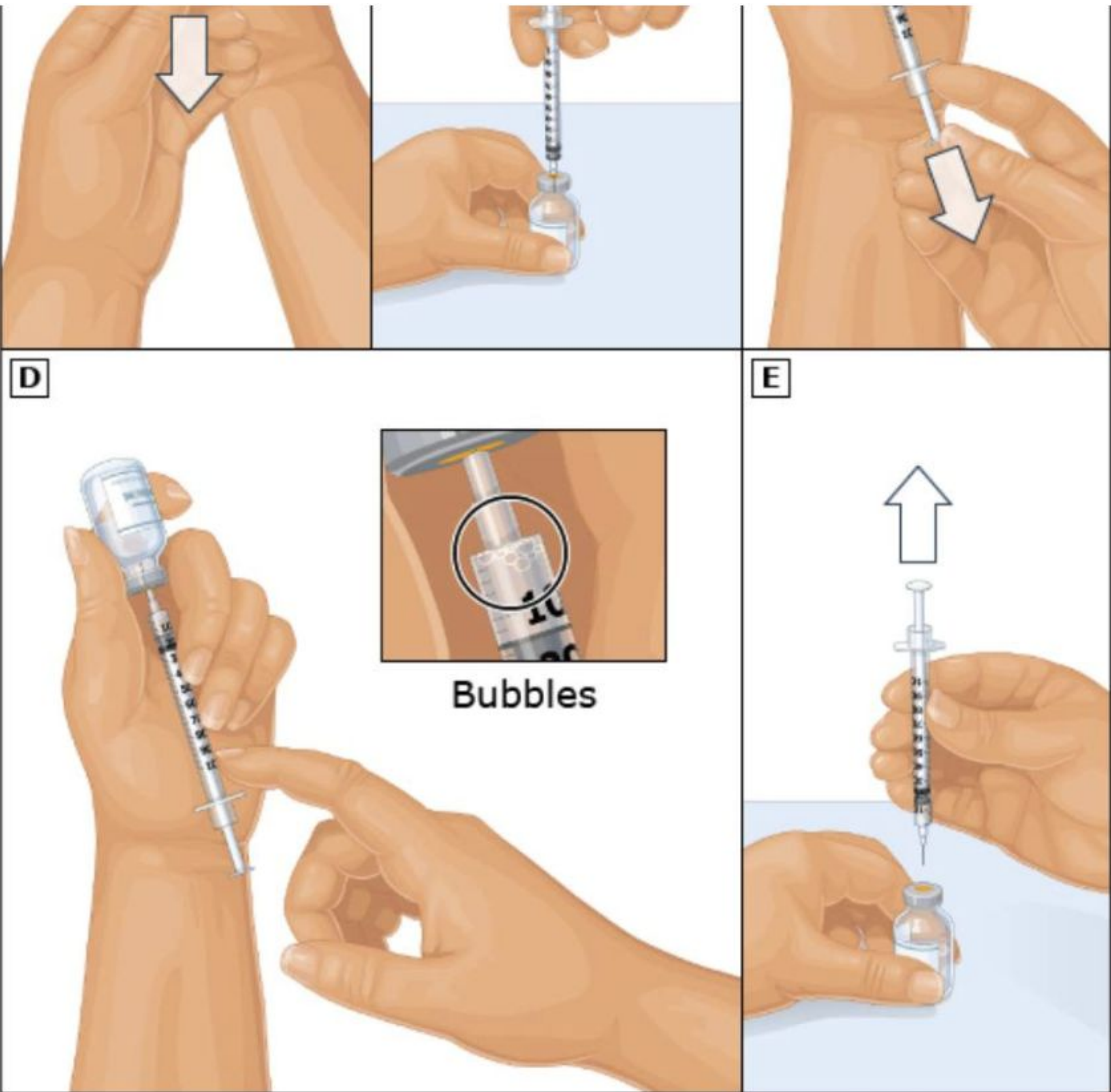


Student-Led Diabetes Education

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TEACHING METHOD EXAMPLES



Visit Checklist	Timeframe Considerations
Blood Sugar	Review blood sugars from home or check if symptomatic
HgA1c	every 3 months, every 6 months once stable
Lipid Panel	Annually
Comprehensive Metabolic Panel	Annually, depending on results or more frequent monitoring depending on medications prescribed or with a CKD
Microalbumin - Urine Analysis	Annually, except if have proteinuria
Albumin/Creatinine Ratio	Annually, if have a documented history of proteinuria
Peripheral Neuropathy Foot Check	Annually, except if you have insensitive feet; then check every visit
Retinopathy Eye Exam	Annually, unless concern for retinopathy is noted
General Skin Check	Annually, implement wound care if ulcerations are noted

BACKGROUND

The People's Health Clinic offered onsite diabetes education classes, but attendance is low. Patients prefer receiving education during clinic visits to save time and avoid extra trips. Student-led clinics provide a chance to integrate diabetes education into regular visits, addressing patients' time and travel challenges. Training students to deliver personalized diabetes education enhances care at the Student Led Clinics.

METHODS

- Utilize an interactive training for medical students complete with information and knowledge quizzes
- Allow medical students to educate patients with this information during initial patient visits

OUTCOMES & ACCOMPLISHMENTS

- Patients:
 - Have a better understanding of a new diabetes diagnosis.
 - Demonstrate better insulin and dietary control
 - Have less long-term negative effects from diabetes
- Students:
 - Have a better understanding of diabetes
 - Learn how to teach patients

AREAS FOR ONGOING WORK

- Integrate modules into SCoPE
- Developing a survey/quiz that assesses patient's information regarding the information they received
- Develop a way to monitor long-term patient outcomes

DIABETES EDUCATION MODULES



This course is designed to equip first year medical students with the essential skills and knowledge to effectively deliver diabetes education in student-led clinics. Through a combination of foundational principles and hands-on strategies, students will learn how to develop tailored educational resources for patients with Type 1 diabetes, Type 2 diabetes, and pre-diabetes. By exploring both the scientific and emotional aspects of diabetes management, participants will gain the tools necessary to empower patients, improve outcomes, and provide compassionate, patient-centered care.

Introduction and Diabetes statistics	
Lesson One Quiz	
Insulin Basics	
Lesson Two Quiz	
Medication Management	
Lesson Three Quiz	
Macronutrients	
Lifestyle Modifications	
Lifestyle Modifications Quiz	
Screenings and Diabetes Complications	
Screenings and Diabetes Complications Quiz	
The Physical Exam	

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