



THE DIABETES DILEMMA

A collaborative approach
to managing Diabetes
in Long Term Care



HOW WE GOT GOING

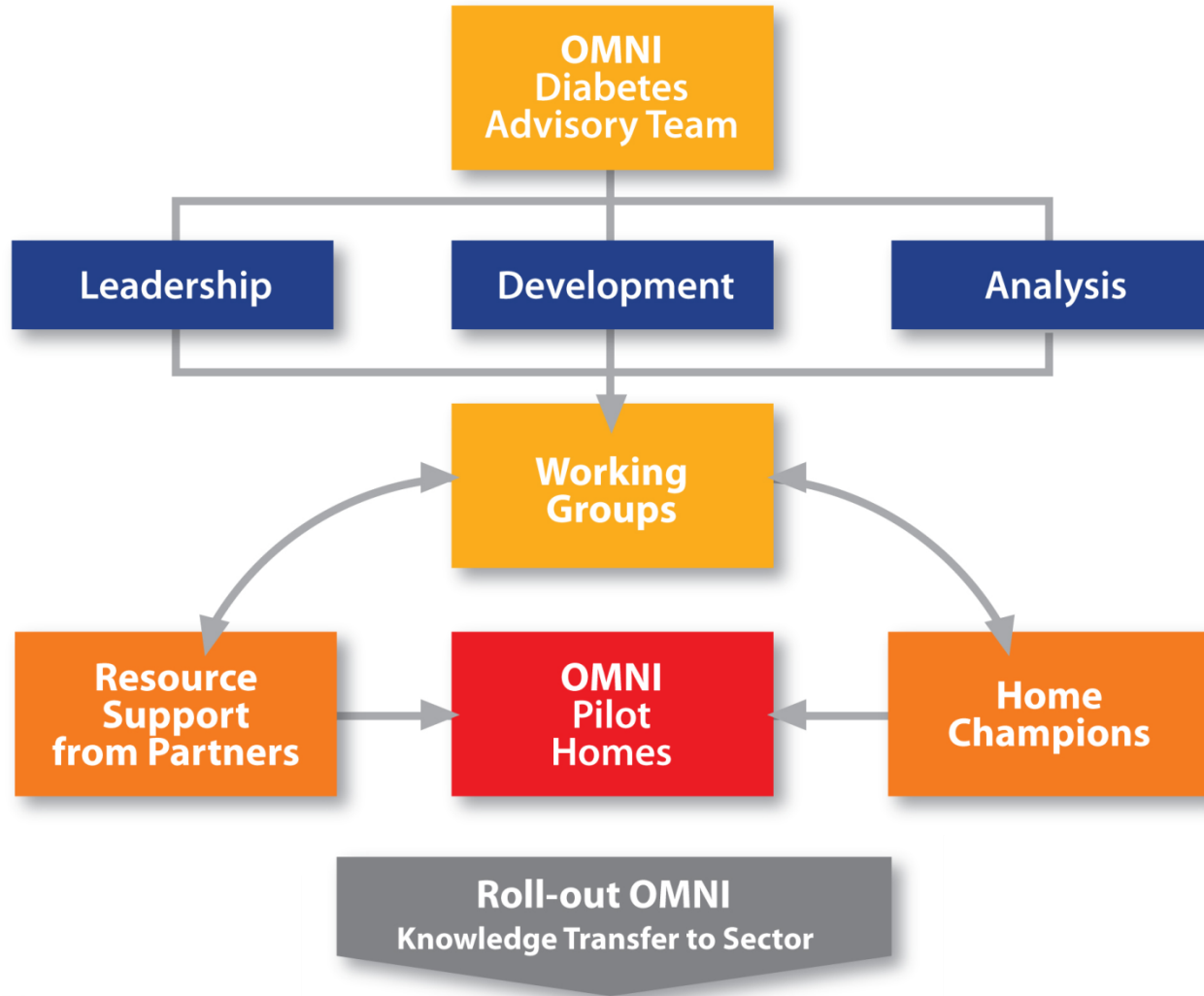
- Diabetes is a top three disease state in OMNI homes
- Lack of standardized diabetes care for residents in LTC
- Lack of Evidence Based Guidelines in this population
- Individualized needs of LTC community
 - Flexibility, Quality of Life (QOL)
- Awareness of increased co-morbidity in the LTC population
- Focus on non-palliative residents living with diabetes in LTC
- Limited collaboration between disciplines
 - MD, Nursing, Pharmacy, Nutrition, Administration, etc.



THE TEAM

- The Diabetes Advisory Team (DAT) formed in the fall of 2012
 - Multidisciplinary
 - Multi-organizational
 - Focused on diabetes, co-morbidities and residents living with them
- Our Team

BIG PICTURE THINKING





A COLLABORATIVE APPROACH

OMNI Diabetes Protocol

Clinical

- Extrapolation from existing guidelines
 - CDA , AACE and others
- Consensus of DAT
- “Evidence Informed and Aware Guidelines”

Key Principles

- Set individual goals for therapy for each resident
- Incorporate Best Practice/Evidence Based Guidelines where appropriate
- Focus on safety and improved QOL for residents
- Measure! Measure! Measure!



A COLLABORATIVE APPROACH

OMNI Diabetes Protocol

The Order Set

1. The Nursing Admission/Annual Assessment
2. Individualized Goals
3. Glucose Control
 - Individualize resident targets based on co-morbidity, life expectancy and risk of hypoglycemia
 - Individualized Glucose Monitoring
 - AHA use similar-to-AACE guidelines
 - Formal Hypoglycemia Protocol
 - Metformin 1st line +/- AHA with low hypoglycemia risk
4. Scheduled Laboratory Testing
5. Blood Pressure Management
 - Individual goals
 - Awareness of orthostatic hypotension and issues in frail elderly
 - Laboratory screening for safety in RAS inhibition



A COLLABORATIVE APPROACH

OMNI Diabetes Protocol

The Order Set

6. Cardiovascular Risk Factor Modification
 - Smoking
 - Lipids
 - Exercise, Nutrition, Lifestyle
7. Management of Co-morbid Conditions & Complications of Diabetes
 - Individualized goals
 - Screening where appropriate
 - Medical management
 - Access to specialty referral where appropriate
8. Nutritional Guidelines
9. Insulin Dosing Guidelines for Non-eating and Eating Residents
10. Safety Parameters



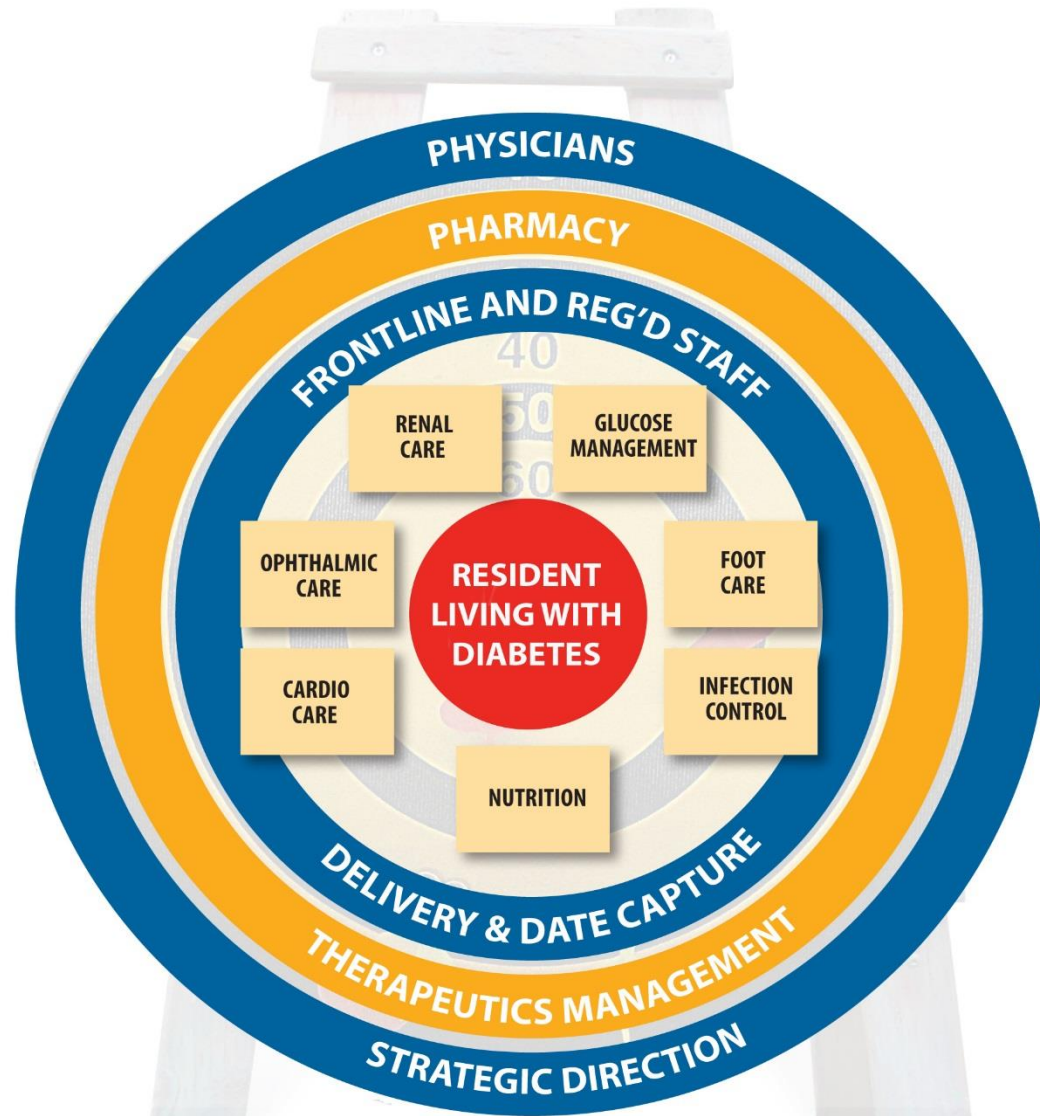
A COLLABORATIVE APPROACH

OMNI Diabetes Protocol

The Order Set

Safety Parameters:

- **Blood Glucose Monitoring Protocol**
 - Frail and elderly residents are at increased risk of severe/harmful reactions to hypoglycemia
 - Focus is on reducing the risk of hypoglycemia
 - Avoid symptomatic hyperglycemia
- **Sick Day Medications**
- **Standardized Protocols**
 - Empower front line staff
 - MD supervision
- **Regular Review**



Diabetes is not about hitting a target

It is about staying on target



THE DIABETES SOLUTION

Parts of the Problem	Desired Outcomes	Components of the Intervention	Outcome Measures
Continued Use of High Risk Therapies	Reduce Hypoglycemic Events	Order Set	Medication Utilization Statistics
Resistance to Change In Practice	Standardized Care	Home-based Diabetes Champions	Standardized Policies / Procedures
Knowledge Gaps	Understanding and Compliance with Protocol	Education & Protocol / Order Set	Pre/Post Quiz Results
High Rate of Falls & Wounds	Reduce ER Transfers	Monitoring Protocol	Tracking of ER Visits
Constrained Nursing Time	Reduced Workload	Order Set	Time-Motion Analysis
Unclear Diagnosis & Suboptimal Management of Complications	Consistent Screening & Monitoring Stabilize A1C	On-going Health Monitoring	Tracking of Health Monitoring

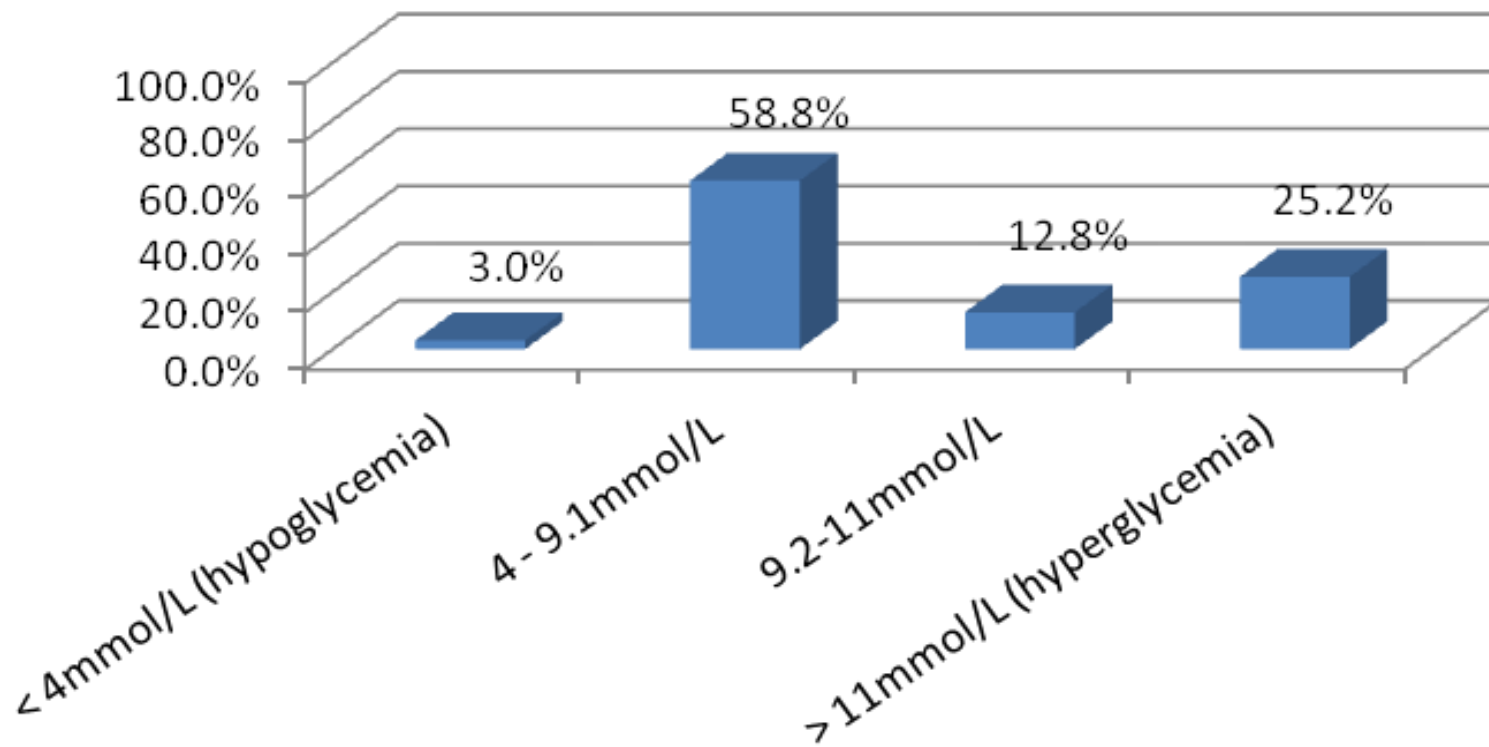


Currently at one of our pilot homes ...

- Inconsistent management of hypoglycemia
 - 121 hypoglycemic events identified in one home
 - 8 were considered severe
- High rate of hyperglycemia
- Progressive increase in prescription therapy

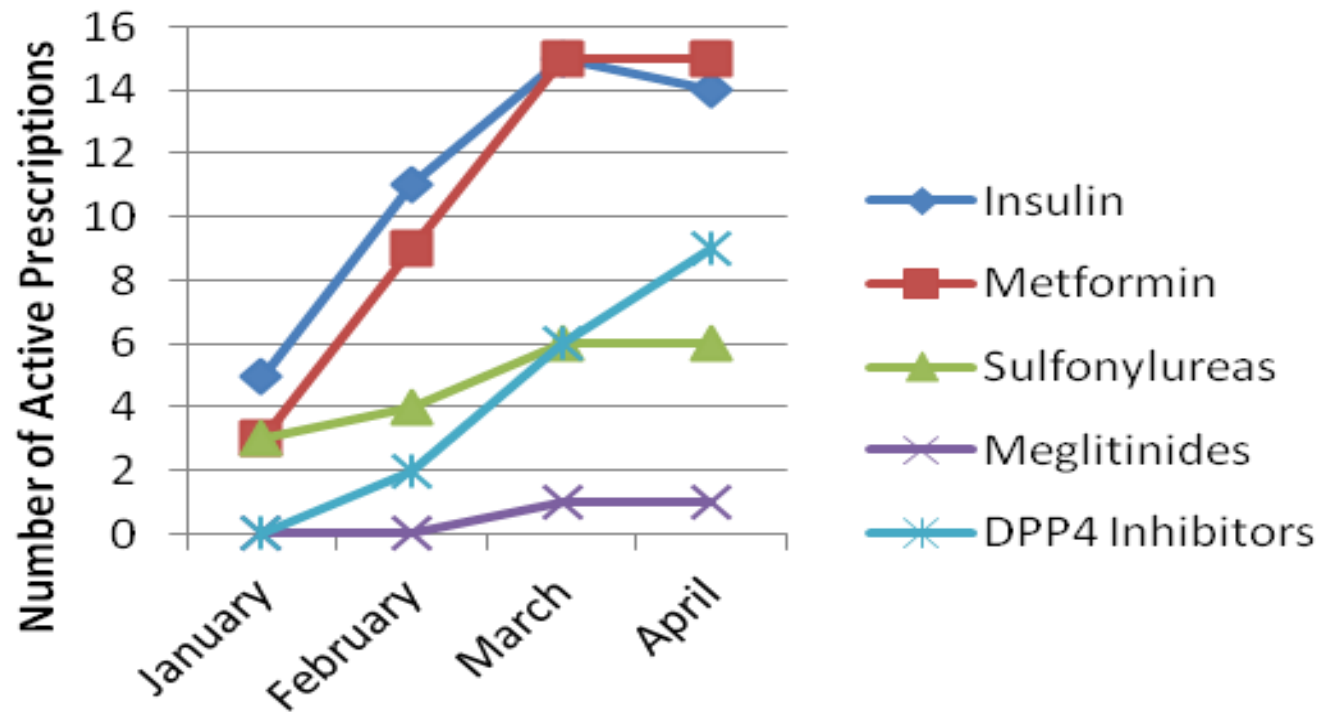
Currently at one of our pilot homes ...

Distribution of Blood Glucose Readings



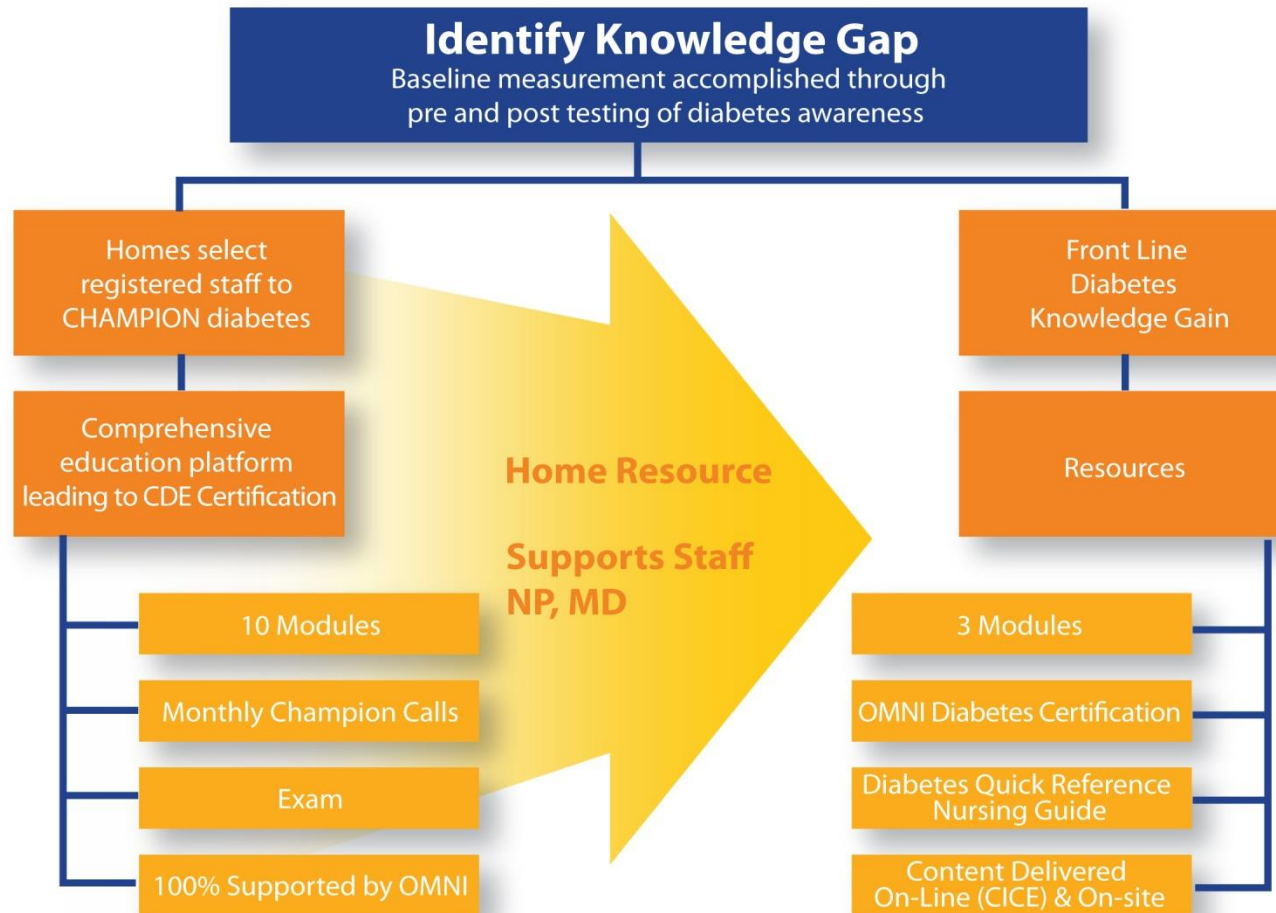
Currently at one of our pilot homes ...

Medication Usage Over Time



EMPOWERING THE FRONT-LINE

OMNI Diabetes Protocol





FROM PILOT TO PROGRAM

- Projected outcomes:
 - We will improve the quality of life of our residents living with diabetes
 - We will reduce nursing time spent managing diabetes issues
- We have started with two pilot homes
 - We will implement in 17 homes by the end of 2013
- A sincere thank you to our Diabetes Advisory Team – without each and every member none of this would be possible
- A sincere thank you to Boehringer Ingelheim for partnering with OMNI Health Care to bring this project to life

Another
OMNI HEALTH CARE QUALITY INITIATIVE

