Group Medical Visits

Sample for CMC Health Center

- CONTROL GROUP N=55
- TOTAL SAMPLE N=84
- INTERVENTION GROUP N=29
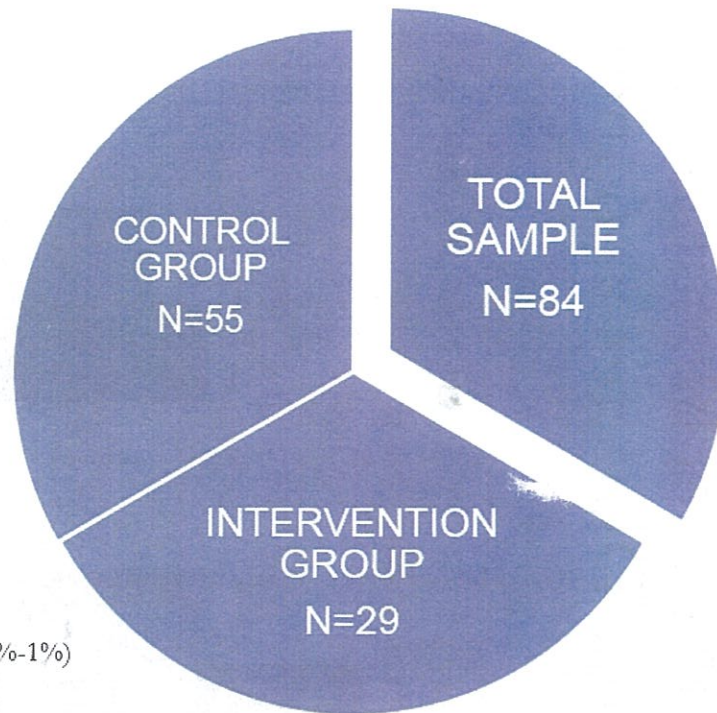
Matched
Baseline A1C (0.5%-1%)
Age (5-10 yrs)

- All adults, 18 years and older, Spanish-speaking Latinos living with type-2 diabetes, CMC patients

- Patients were recruited via flyers, Diabetes registry and referrals from their PCP.

- Inclusion criteria: sma: had a1c >9% (75mmol/mol) and/or lacked access to diabetes education and support outside of primary care visits, and attended a minimum of three sma sessions.

- Exclusion- disability or non-Spanish speakers

Intervention group had a total of 29 participants. The control group was a non-random, matched group of patients receiving upc at the fqhc clinic. at baseline, intervention and control group participants were matched by age (within 5 years) and a1c levels (within 0.5-1%).

Additionally, each cohort was matched with their control in time so that baseline and follow-up data mirrored each other time chronologically (a1c collected at during same quarter)

Baseline Data CMC

Characteristic	SMA Mean (SD)	Usual Care Mean (SD)	P value
Age	55 (12)	55 (12)	
Baseline A1C	9.87 (1.67)	9.81 (1.9)	

Mean A1C at Baseline, 3 and 6 Months CMC

Legend: ■ SMA ■ Usual Care

Baseline: 9.75, 9.72
3 months: 8.82, 9.29
6 months: 8.62, 9.3
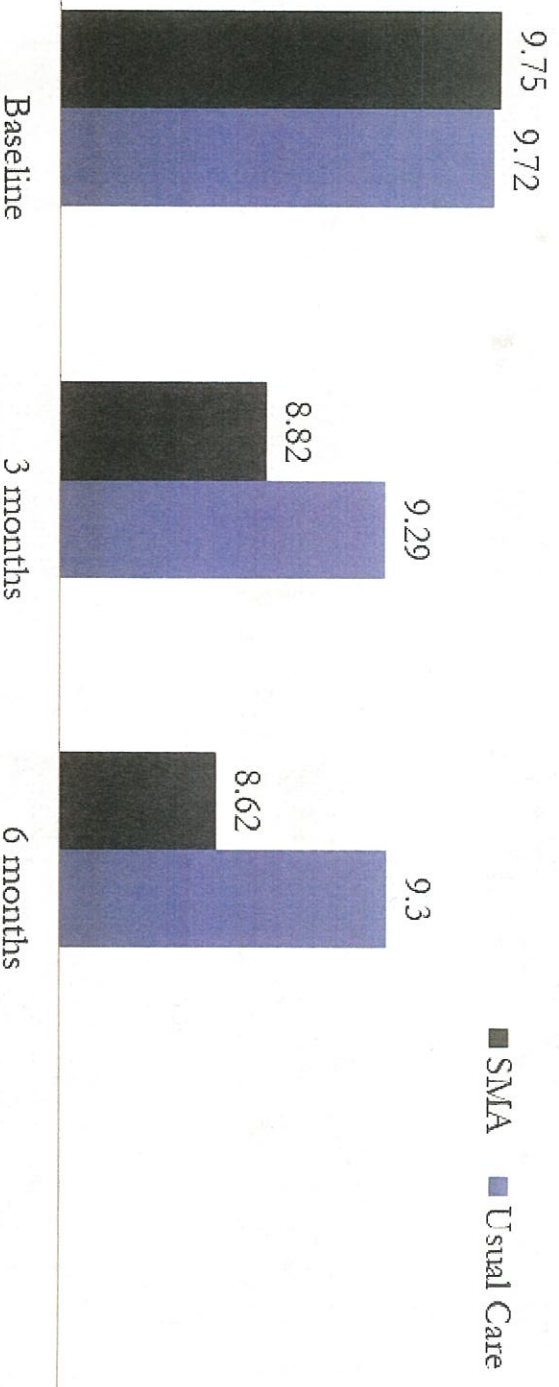
Linear Regression- at 3 months (Beta – .67, R squared .03, p<.21)
Linear Regression- at 6 months (Beta – 1.06, R squared .06, p<0.05)

-Compared to the control group, results of the linear regression analysis revealed that there was a net reduction a1c difference of -.67 % from baseline to 3 months

and -1.06 % from baseline to 6 months in favor of SMA. In other words patients in the SMA group had an additional drop of .67% and 1.06% percent in their A1C at 3 and 6 months respectively. The 6 month change is statistically significant.

-Context for why these results are of clinical significance, according to the United Kingdom prospective diabetes study, a 1% de-crease in a1c values, translated to a

SO in fact, a 1% drop in A1C has significant implications in long term health outcomes

⇒ 14% decreased risk in macro-vascular diseases,

⇒ a 37% decrease in micro-vascular complications and a

⇒ 21% decrease risk of deaths related to diabetes

Limitations: selection bias (lack of randomized control group), threat to internal validity (design contamination), limited generalizability

⇒ the lack of a randomized control group can lead to selection bias. self-selection in the sma program may have favorably influenced the results. patients who chose to participate in the sma group may have been already and motivated to improve their health. not-withstanding, evidence of this model provides the foundation for designing a more rigorous, prospective randomized

⇒ the treatment and control groups may have influenced each other in some way. for example, implementation of the sma program might have motivated medical providers to pay closer attention to the quality of diabetes management in their primary care practice. in addition, members of the sma program were highly motivated and enthusiastic about the program due to its novelty and being part of a dissertation.

⇒ this intervention was implemented at a single site with a relatively homogenous population of low-income, Spanish-speaking Latinos from central America and Mexico and it is unknown if this model could be implemented successfully in a different setting and with diverse populations.

Carolina Noya , UCSF

3 of 3

GROUP MEDICAL VISITS

Bring this card to each session for completion of the program and a chance to win prizes!

Goals   Self monitoring   Medications   Active Lifestyle   Healthy Meals

CITAS MEDICAS EN GRUPO

¡Traiga esta tarjeta a cada sesión para completar el programa y ganar premios!

Metas   Autocontrol   Medicamentos   Vida Activa   Comidas Sanas

CONSEQUENCES
of High Blood Pressure

High blood pressure is often the first domino in a chain or "domino effect" leading to devastating consequences, like:

STROKE
HBP can cause blood vessels in the brain to burst or clog more easily.

HEART FAILURE
HBP can cause the heart to enlarge and fail to supply blood to the body.

SEXUAL DYSFUNCTION
This can be erectile dysfunction in men or lower libido in women.

KIDNEY DISEASE/FAILURE
HBP can damage the arteries around the kidneys and interfere with their ability to effectively filter blood.

HEART ATTACK
HBP damages arteries that can become blocked.

VISION LOSS
HBP can strain the vessels in the eyes.

A simple **blood pressure check** is the first step to preventing the "domino effect."

Learn more at **heart.org/hbp.**

American Heart Association. | American Stroke Association.
life is why™
Check. Change. Control.™

Blood Pressure
QUESTIONS TO ASK YOUR DOCTOR

Q&A

This list of common questions about blood pressure will help you discuss test results, risk factors and lifestyle changes (including medication) with your doctor.

TAKE THIS SHEET TO YOUR NEXT APPOINTMENT AND USE THE SPACE PROVIDED TO WRITE DOWN YOUR DOCTOR'S COMMENTS.

QUESTIONS

- What do my blood pressure numbers mean?
- What should my blood pressure numbers be?
- How can high blood pressure affect my health?
- Are there any lifestyle changes that will help me control my blood pressure?
- How often should my blood pressure be checked?
- Should I use a home blood pressure monitor?
- What type of home monitor should I purchase?
- Will I need to take blood pressure medication?
- What kind of medication is best for me?
- What are the side effects?
- What if I forget to take my medication?
- Should I avoid any foods or other medications?
- Can I drink alcohol?
- How long will I need to take my medication?

COMMENTS

Learn more about blood pressure at: heart.org/hbp

American Heart Association | American Stroke Association

life is why®

FATS
THE GOOD
THE BAD
& THE UGLY

American Heart Association | American Stroke Association®

life is why™

✔ GOOD

Monounsaturated & Polyunsaturated Fats

- Can lower bad cholesterol levels
- Can lower risk of heart disease & stroke
- Can provide essential fats that your body needs but can't produce itself

SOURCE

Plant-based liquid oils, nuts, seeds and fatty fish

EXAMPLES

Oils (such as canola, olive, peanut, safflower and sesame)

Avocados

Fatty Fish (such as tuna, herring, lake trout, mackerel, salmon and sardines)

Nuts & Seeds (such as flaxseed, sunflower seeds and walnuts)

✘ BAD

Saturated Fats

- Can raise bad cholesterol levels
- Can lower good cholesterol levels
- Can increase risk of heart disease & stroke

SOURCE

Most saturated fats come from animal sources, including meat and dairy, and from tropical oils

EXAMPLES

Beef, Pork & Chicken Fat
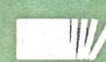
Butter

Cheese (such as whole milk cheeses)

Tropical Oils (such as coconut, palm kernel and palm oils)

✘ UGLY

Hydrogenated Oils & *Trans* Fats

- Can raise bad cholesterol levels
- Can lower good cholesterol levels
- Can increase risk of heart disease & stroke
- Can increase risk of type 2 diabetes

SOURCE

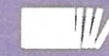Processed foods made with partially hydrogenated oils

EXAMPLES

Partially Hydrogenated Oils

Some Baked Goods

Fried Foods

Stick of Margarine

American Heart Association Recommendation

Eat a healthy dietary pattern that:

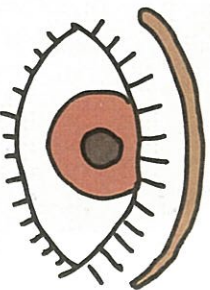**Includes good fats** | **Limits saturated fats** | **Keeps *trans* fats as LOW as possible**

For more information, go to **heart.org/fats**

DIABETES
AND YOUR EYES

High blood sugar levels from diabetes can cause a number of problems with your eyes, such as:
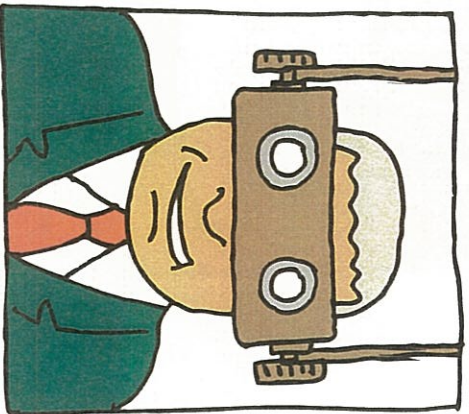
- Blurry vision
- Cloudy vision that feels like you are looking through a dirty window
- An increase in eye pressure
- Loss of vision

What can you do?
You can help prevent eye problems and keep your eyes healthy if you:

- Get a "dilated" eye exam at least once a year*
- Control your blood pressure
- Keep your blood sugar under good control

If you have a problem:
Call your doctor or health clinic right away if you have any sudden change in your vision.

Regular eye exams and taking good care of your diabetes are the best way to prevent eye problems.
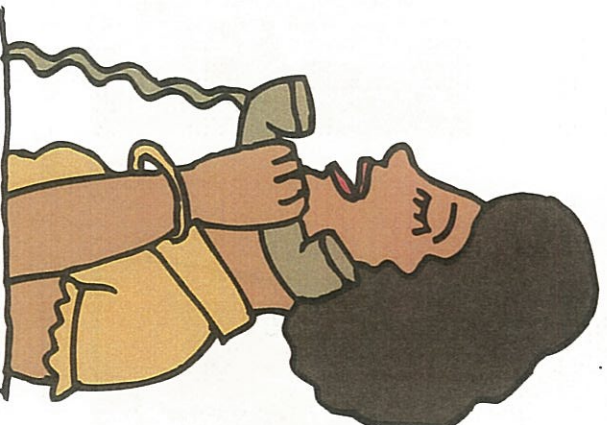
* Dilated eye tests or exams are given only by an ophthalmologist (ahp tha MAHL uh jist). This is a medical doctor (MD or DO) with special eye care training.

Your thoughts...

Your feelings...

Progress towards
your goal