

# Health Extension for Diabetes: Clinical and Community Partnership to Increase Participants’ Diabetes Knowledge in SC.

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## Introduction

Prisma Health Diabetes Self-Management Education and Support Department (DSMES) partnered with Clemson University Cooperative Extension Service to deliver **Health Extension for Diabetes (HED)**.

HED is a community-based Diabetes Self-Management Support (DSMS) program with a clinical component. It is designed to help individuals with diabetes better manage their blood sugars to lead healthier lives and prevent or delay diabetes-related complications.

HED was piloted in Greenville County, SC under a grant from the Greenville Health Authority as a partnership between Prisma Health-Upstate (DSMES) and Clemson University Cooperative Extension.

HED is an ADA Practice-tested DSMS program consisting of 8 sessions.



## Objectives

- Improve participant’s diabetes knowledge.
- Reduce the risk of complications.
- Provide clinical support to Health Extension Agents (Diabetes Community Care Coordinator (DCCC)).
- Bridge the knowledge gap in diabetes care in high risk, underserved communities in SC.
- Increase access to evidence based diabetes information.

## Acknowledgments

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## Methods

**The DSMES clinical team:**  
Reviewed HED curriculum, annually, using ADA Standards of Diabetes Care, National Standards of DSMES and applicable position statements.

Conducted DSMS training for DCCC.

Answered questions which were out of the scope of practice of the DCCC.

Conducted HED Session 4, Medication and Management, led by a Certified Diabetes Care and Education Specialist (CDCES).

Served as a referral portal for DSMES, Medical Nutrition Therapy (MNT), remote patient monitoring (RPM) and technology services (CGM, insulin pumps).



## Ask It Basket question examples:

- How do resistant starches affect blood sugars?
- Why do we not want to exercise when the blood sugar is greater than 250 mg/dL?
- How does surgery affect blood sugar?
- Is there any way to combat dumping syndrome with Metformin without coming off if it?
- Why are people with diabetes two times more likely to suffer from depression?
- Is agave a good low blood sugar treatment?
- Is there a link between diabetes and COVID?

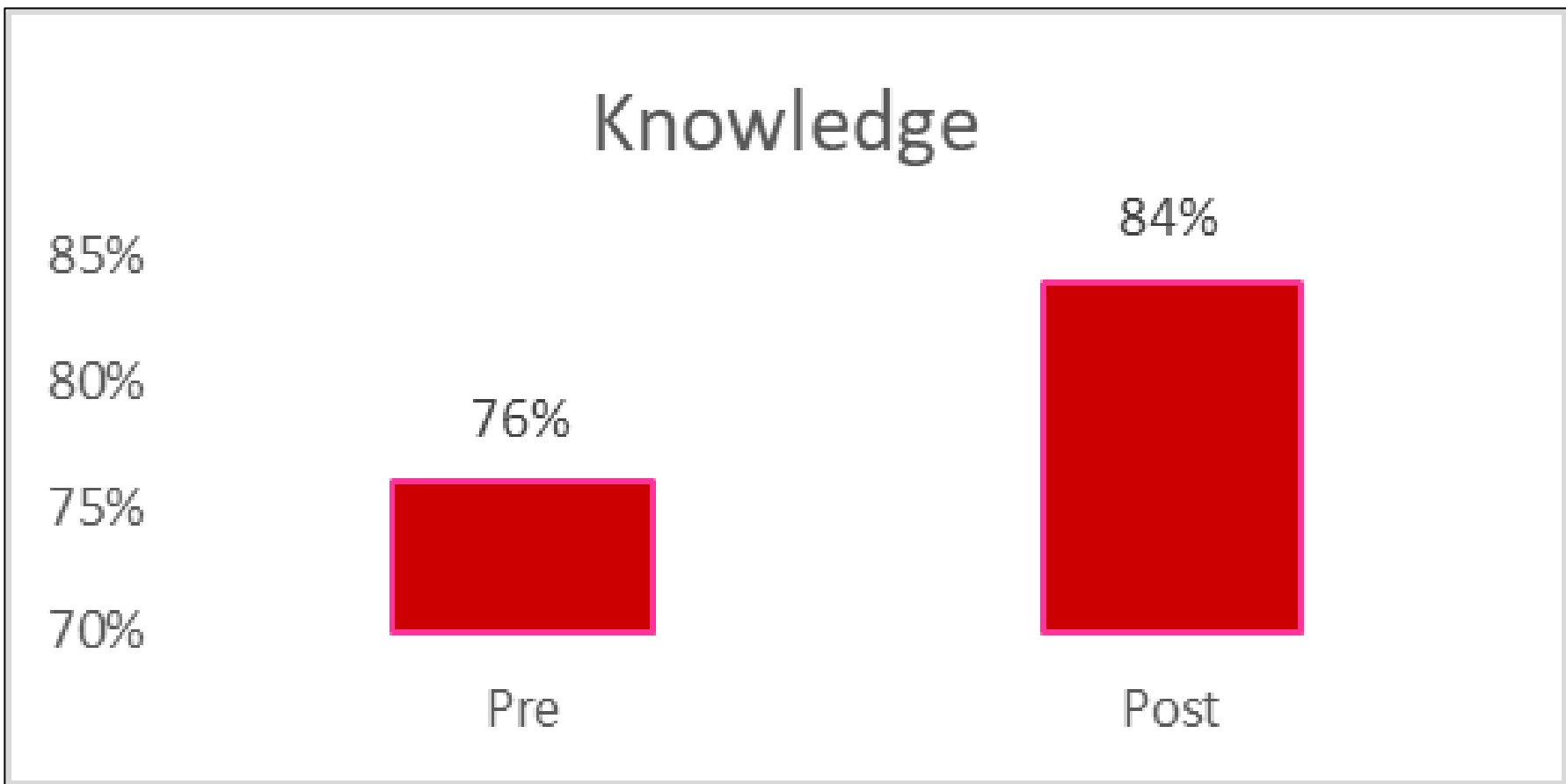
## Results

- 460 participants enrolled in the HED program.
- Participants submitted 294 questions in the following categories:

	Number	Percent(%)
Healthy Eating	104	35
Monitoring	61	21
Reducing Risks	46	16
Problem Solving	36	12
Taking Medications	30	10
Being Active	11	4
Healthy Coping	0	0*
Pathophysiology	6	2

\* Coping was addressed in a 1-hour session

- Participants knowledge was assessed using the Diabetes Knowledge Questionnaire (DKQ).



(n= 287)

- One hundred referral opportunities to other specialized services (DSMES, MNT, technology assistance)were provided based on participant needs.

## Conclusion

Participants’ average knowledge increases with a clinical and community partnership.

The integration of a clinical and community team increases access to diabetes education and support where resources are limited.

