

# An Inter-professional Care Team Practice Consisting of a PA, PT, and CHW

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## Purpose

To determine the effects of an interdisciplinary approach by physician assistant-certified (PA-C), physical therapist (PT) and certified community health worker (CHW) on people with type 2 diabetes (T2D) at a federally qualified health center (FQHC) in West Texas.

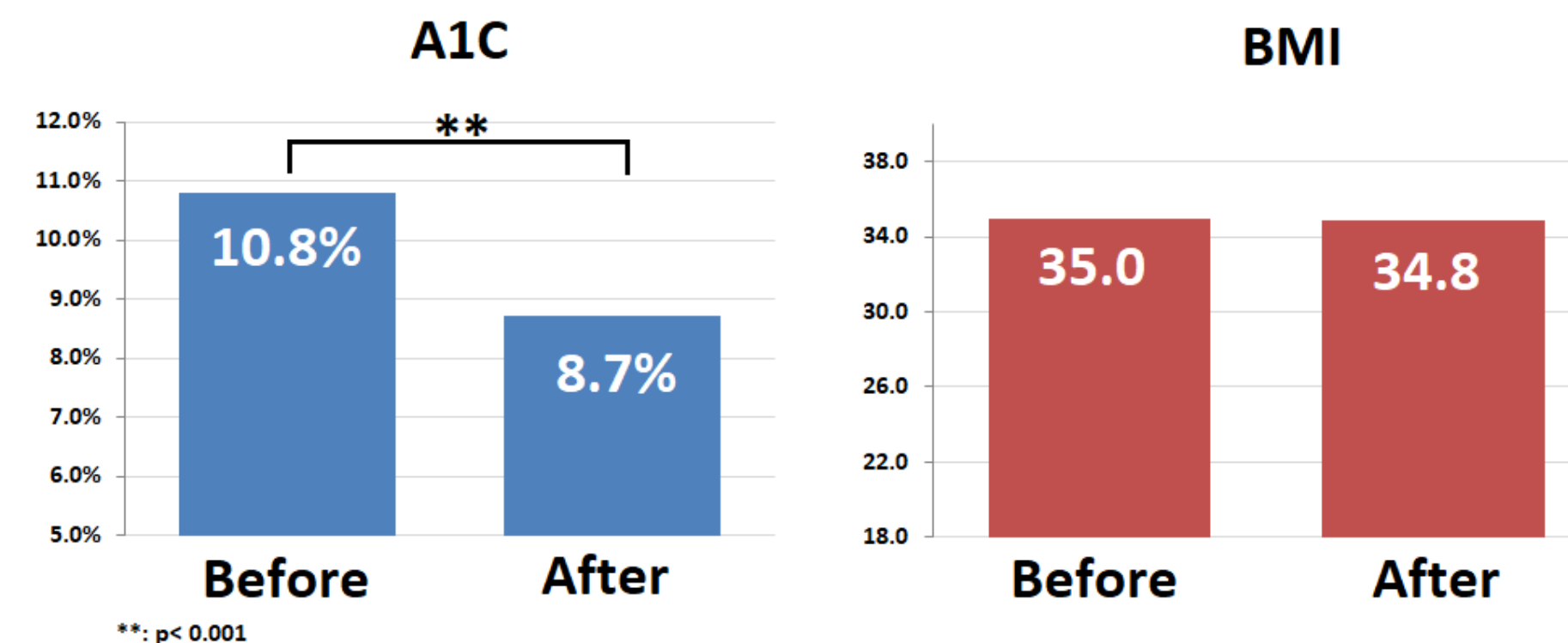
## Methods

The people with T2D were referred by the primary care providers (PCPs) to the diabetes clinic within the same FQHC. After visiting the care team, the participants were followed-up by their PCPs three months after the initial visit.

### PA-C

- Review medical history, lab values, medication list, and red flags.
- Evaluate person's comprehension about diabetes, daily schedule on medications and meals (with the example of foods or snacks.)
- Evaluate social economic status, family support, and physical activity levels.
- Deliver education on the importance of A1C, complications and comorbidities associated with diabetes.

## Results



The clinic received 113 referrals and saw 79 people with T2D (29 males; 50 females; age: 53.0 ± 10.6 y/o).

### PT

- Evaluate physical mobility and functional activity levels.
- Deliver education on the importance of being active and the benefits of exercise on T2D.
- Provide individualized exercise prescription.
- Provide treatment sessions in house during the follow-up visits or refers the client to see other physical therapy specialists.
- Resolve the challenges on body movement and minimize physical barriers to participate in physical activities or exercise.

In average, each participant had 1.6 PT visits and 2.6 CHW visits after being seen by the PA-C. After the team visits, 68 people went to the follow-up visits with their PCPs. The range of follow-up time was from 0.8 to 14.9 months and the mean was 8.0 months.

## Conclusions

Inter-professional care team practices consisting of PA-C, PT, and CHWs significantly decreased A1C but not BMI on people with T2D.

### CHW

- Provide one-on-one coaching on diabetes management and education to the participants with a focus on healthy eating.
- Address social barriers.
- Facilitate navigation of healthcare services.
- Help the participants to secure resources and support networks.

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