

Illinois Family Medicine Residencies are “Change Agents” for National GO! Diabetes Program

(ATLANTA) September 2010 -- In its third year with unprecedented nation-wide participation, the national GO! Diabetes program is enabling family medicine residency programs and private practices to *identify*, *initiate* and *implement* clinical, practice and system-based quality improvements to enhance their education and care of patients with diabetes.

GO! Diabetes was founded in 2008 by the Georgia and Oklahoma chapters of the American Academy of Family Physicians. Funded by an educational grant by sanofi-aventis, the 2010 GO! Diabetes program has expanded to include 48 family medicine residency programs from 15 states and a pilot program for 37 private practices in Georgia and Oklahoma.

Diabetes Change Agents from *Cook County-Loyola-Provident, Saints Mary and Elizabeth and Mt. Sinai* programs, all in Chicago, selected practice improvements areas identified by the METRIC (Measuring, Evaluating and Translating Research Into Care) tool. These areas include:

- Build a patient registry
- Put Diabetes Care Guidelines in practice
- Incorporate flow sheets into practice
- Planned visits and patient/staff reminders
- Smoking Cessation education
- Negotiated goal-setting
- Group visits
- Build a Diabetes Care Team
- Vaccinations
- Increase the use of self-management tools
- Increase patient follow-up
- Volunteer at a Diabetes Camp
- Improve sensitivity to cross-cultural issues in Diabetes Care
- Become a community leader in Diabetes Education
- Improve communication with other providers
- Shared Care plan

The GO! Diabetes program uses METRIC, an approved, online quality improvement tool of the American Academy of Family Physicians and a requirement for ongoing board certification for family physicians (satisfies Part IV of the American Board of Family Medicine’s Board Recertification), for its data-gathering and measurement ability.

Congratulations to the Change Agents from the Cook County-Loyola Provident residency program are:

Whitney Lyn, MD
Jessica McIntyre, MD
Louvenia Ward, MSN

Saints Mary and Elizabeth residency program:

Ismail Andensava, MD
Alicia Milan-Flanigan, MD
Maria Flanigan

Mt. Sinai residency program

Rahul Modi, MD
Kishore Bobba, MD

METRIC provides step-by-step instructions on how to review patient charts, assess performance, build and implement an action plan and reassess progress in the months following the onsite training session in the Change Agent's chose practice improvement area.

"GO! Diabetes focuses on three core actions for change – identify, initiate and implement - in an easy to follow program timeline to help ensure successful outcomes," said Fay Brown, executive vice president of the Georgia Academy of Family Physicians. "We're simply conduits for change by providing education and support through GO! Diabetes events, workshops, resources, eNewsletters, conference calls, and the new website."

Equipped with the knowledge and tools to start the seven-month process at "Train the Trainer" workshops across the county, Change Agents began the first chart review and trained their team back home. When the second and final patient chart review is completed early fall, data from pre- and post-education intervention is compiled on the AAFP's METRIC system for comparison and outcome measurement.

If your private practice or residency program is interested in participating in the 2011 GO! Diabetes program, *dependent on continued grant funding by sanofi-aventis*, please contact Susan Reichman, BSN, GO! Diabetes program director, at susan@godiabetes.org or visit www.godiabetes.org.

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The GO! Diabetes program works to:

Identify opportunities for family medicine residency programs and private practices to improve the care of patients with diabetes in their chosen area(s).

Initiate practice improvement activities to increase the number of patients reaching ADA goals.

Implement system changes to achieve sustainable improved outcomes in the care of patients with diabetes.