

Type 2 Diabetes Care: South Asian Engagement

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BACKGROUND

It is predicted that over 1 in 3 Canadians will have diabetes or prediabetes by 2020, rising to an annual cost of \$16 billion dollars (Diabetes Canada). 79% of costs are attributed to indirect disability and mortality (Diabetes Canada). BC is home to a large population of South Asian who are at higher risk of developing **Type-2 Diabetes Mellitus (T2DM)** than the general population. In reviewing resources available to South Asian diabetic patients and their families, numerous gaps have been identified. Changes must be made to make resources current and culturally appropriate in order to increase patient engagement in their diabetes care.

AIM

Increase self-reported rate of being engaged in self-management by diabetic patients and family to 25% at North Delta Medical Clinic by August 2018.

PROJECT DESIGN & STRATEGY

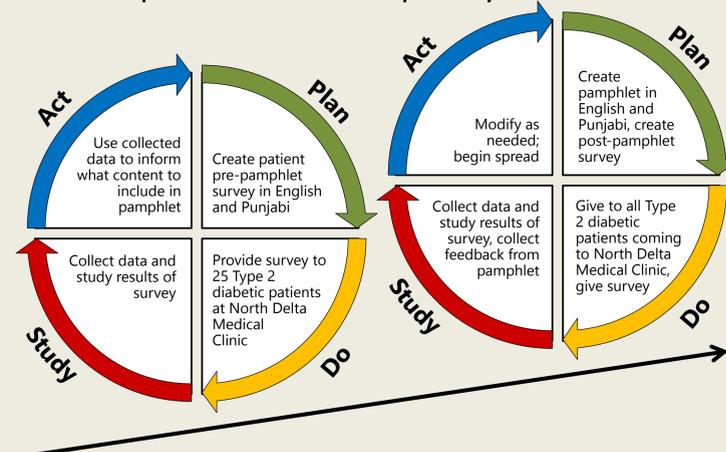
Lack of knowledge and engagement is a significant barrier to good diabetes self-management. In order to increase patient self-management of their T2DM, this project will focus on four key aspects:

- better knowledge and understanding of diabetes as a disease
- better access to care in terms of time and resources
- social determinants of diabetes
- provision of culturally appropriate care resources

CHANGE IDEAS

Creating a pamphlet to:

- increase patients' self-management skills of diabetes and awareness of community resources available
- prevent pre-diabetics transitioning to diabetics
- prevent complications that frequently arise with T2DM



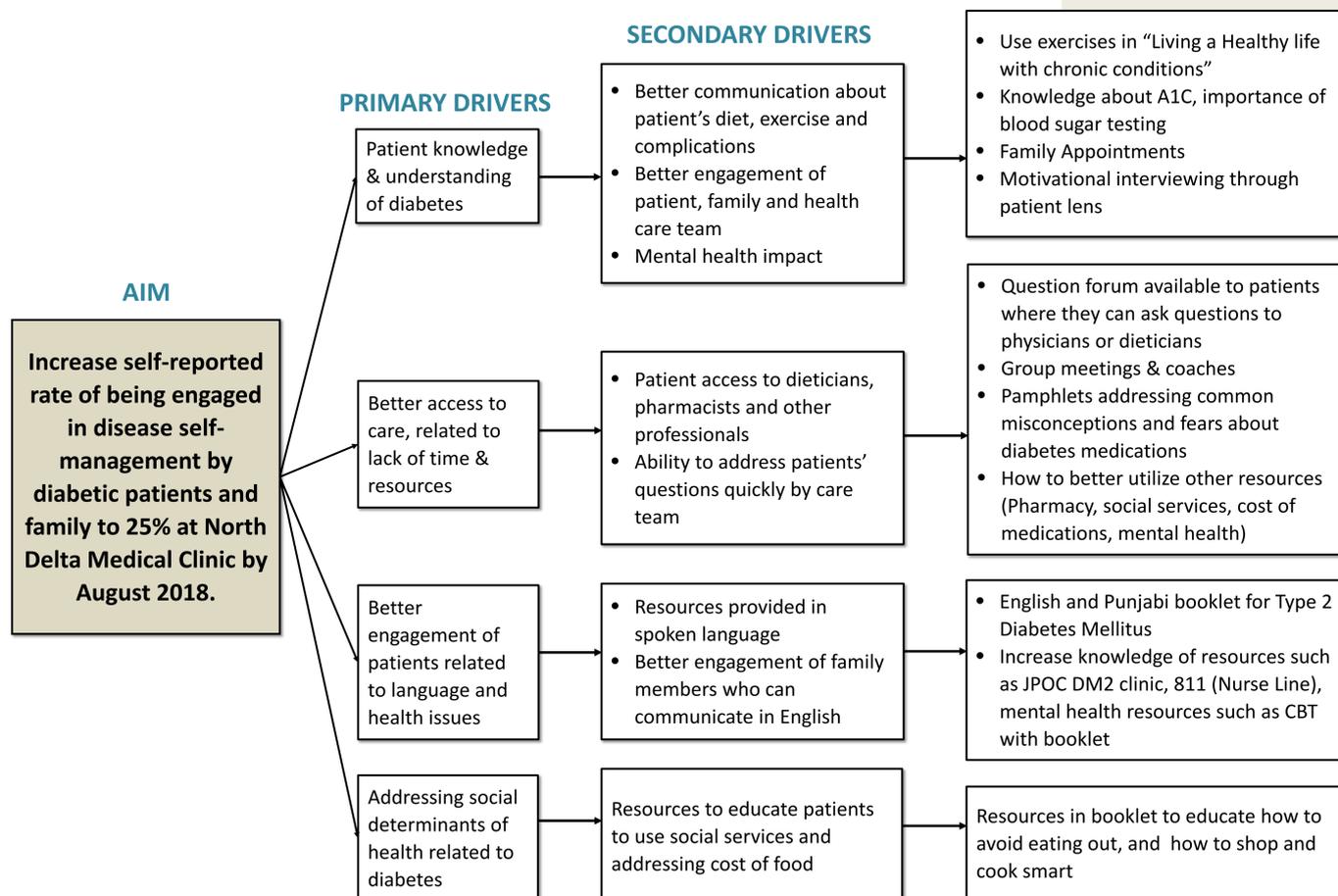
Measure levels of patient engagement and knowledge about diabetes with a survey before and after providing the pamphlet to all Type 2 diabetic patients that come through North Delta Medical Clinic. Measure levels of patient motivation, confidence in self-management, awareness of optimal blood glucose levels, and knowledge of resources such as the JPOCSC DM2 clinic, 811 Nurse line, and social services.

NEXT STEPS

Culturally appropriate patient engagement is key to establishing correct information for self-management and preventing future diabetes-related complications. Next steps include incorporating feedback from patient surveys to continue improving the pamphlet.

CHANGE IDEAS

If these change ideas show an increase in patient knowledge, confidence, self-management and awareness of available diabetes resources, future steps could be taken to spread successful change ideas to other sites within the Fraser Health region.



TEAM

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Dr. Gary Sandhu & Delara Saran – Medical Sponsor
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Jennifer Yi – Student Volunteer
Dr. Lawrence Yang – PQI Coach
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REFERENCES

1. Diabetes Canada (2011). *Diabetes: Canada at the Tipping Point* [Brochure].
2. Public Health Agency of Canada (2007). *National Diabetes Fact Sheet*.