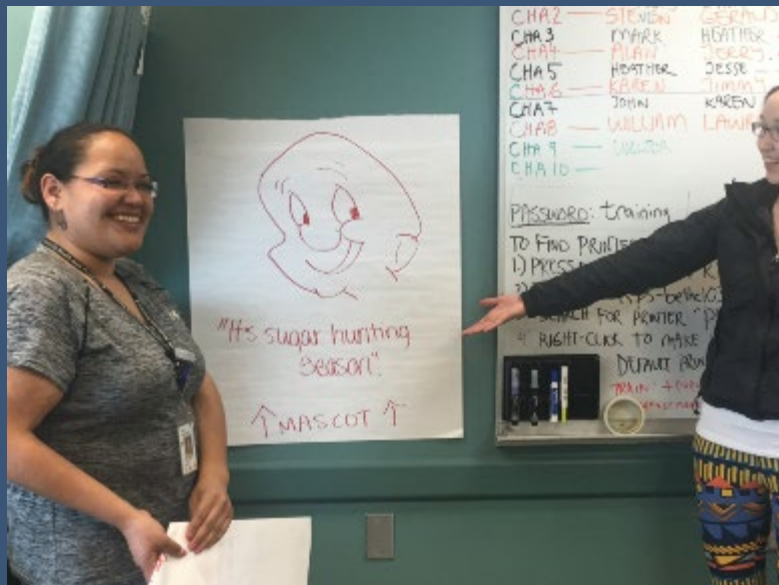


Virtual Diabetes Education for Community Health Aides

Teresa Hicks RD, CDE/CDCES

Alaska Native Tribal Health Consortium

Alaska Area Diabetes Program



Objectives

After this session, participants should be able to:

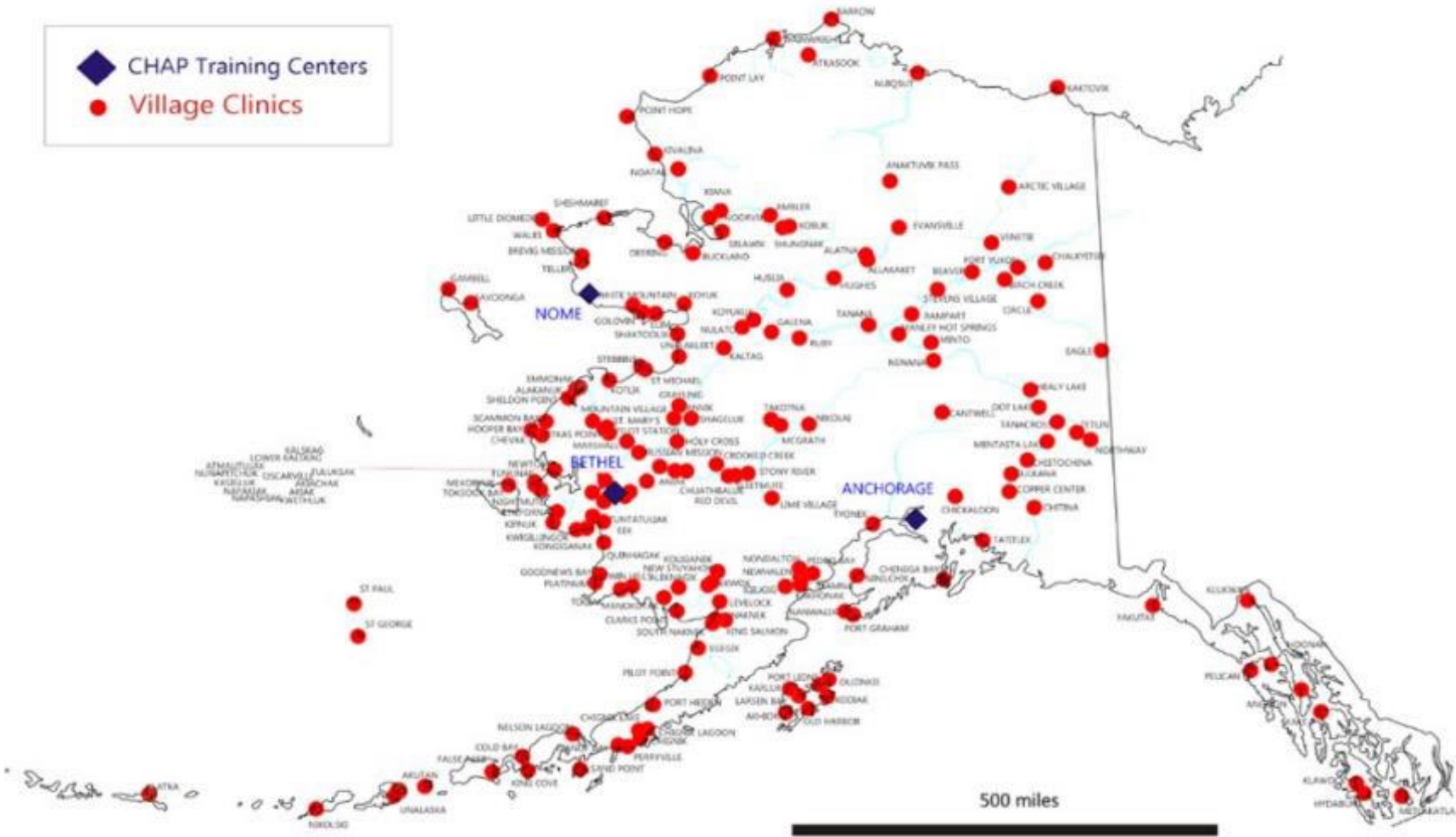
- Describe the health aide position in the Alaska Native tribal healthcare system
- Understand how advanced diabetes education is delivered remotely to health aides by the ANTHC Diabetes Program

The Alaska Tribal Health System



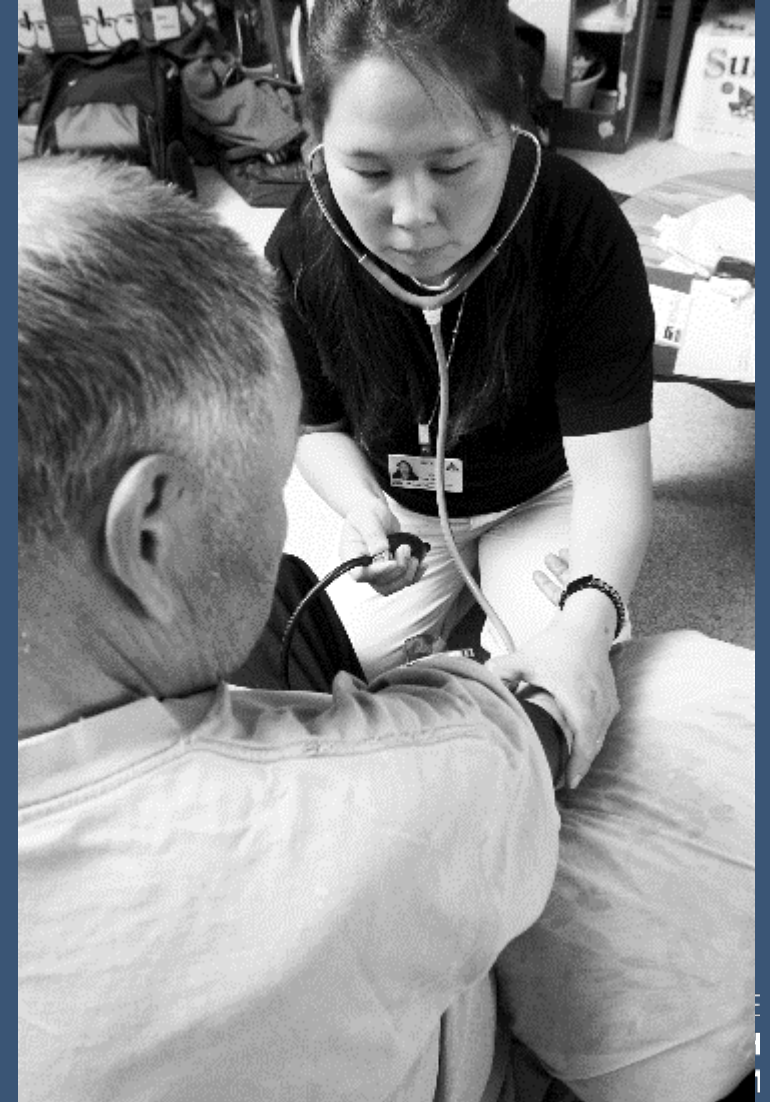
Community Health Aide/Practitioner Village Clinics

◆ CHAP Training Centers
● Village Clinics



Who are Health Aides?

- The Community Health Aide Program was developed in the 1968.
- Health aides provides medical services to communities in the Alaska Native Tribal healthcare system.
- ~550 CHAP in 170 rural AK communities.
- Selected by their community to receive training.



What training do health aides receive?

- Traditionally, 4 training sessions for CHAs- each one lasting 3 - 4 weeks.
- Between sessions, health aides work on their skills and practicum in the clinic.



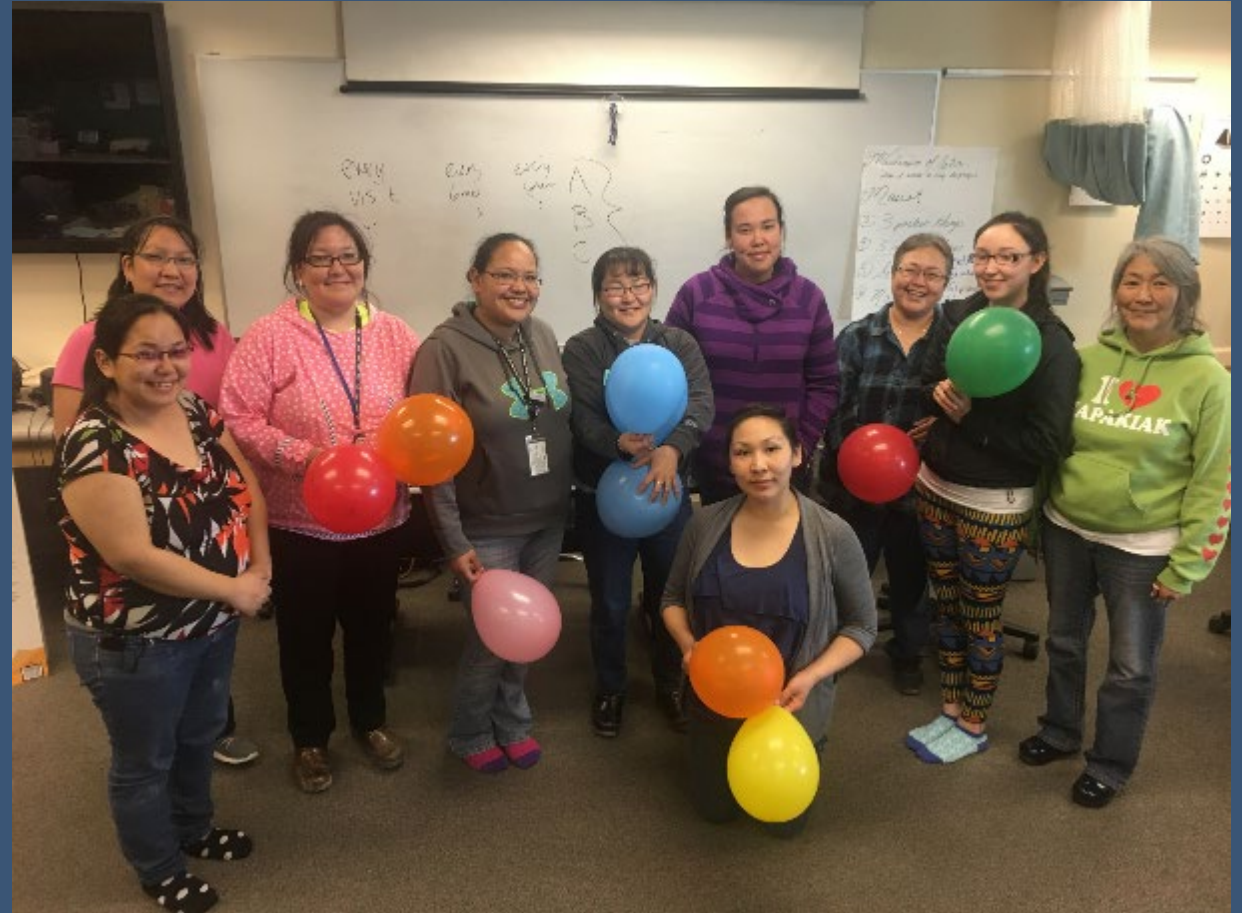
Why advanced diabetes education specifically for health aides?

- Share similar social supports, cultural beliefs, traditions- with those of their patients
- Health aides encounter many medical emergencies...



The Advanced Diabetes Health Aide Course

- 8-weeks- mix self-study, distance technology and in person training
- 4 module book
- 4 sets of review questions
- 2 teleconferences
- 4 tests
- 3 Day intensive
- 3 University credits and 45 CEs



6 Month Post Course Evaluation

- Have not reached our “N”



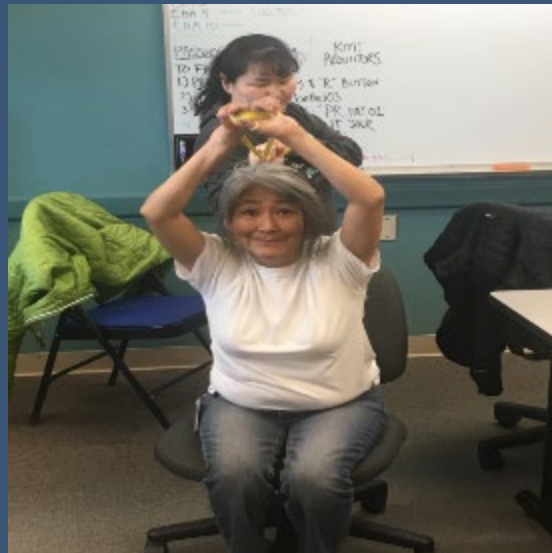
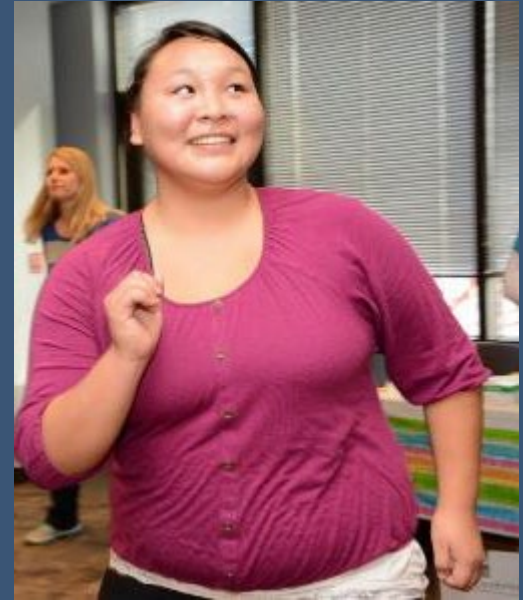
100% Virtual Education



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TRIBAL HEALTH
CONSORTIUM

Virtual Diabetes Education for Community Health Aide Course

- 7 hands on sessions
- Tool box



ABCs



Total carbohydrate / 15 = number of choices



Nutrition Facts

Serving Size 1 package (406g/edible portion)

Amount Per Serving

Calories 970 Calories from Fat 530

% Daily Value*

Total Fat 59g **91%**

Saturated Fat 12g **60%**

Cholesterol 140mg **47%**

Sodium 1,430mg **60%**

Total Carbohydrate 59g **20%**

Dietary Fiber 3g **12%**

Sugars 14g

Protein 39g

Vitamin A 8% • Vitamin C 15%

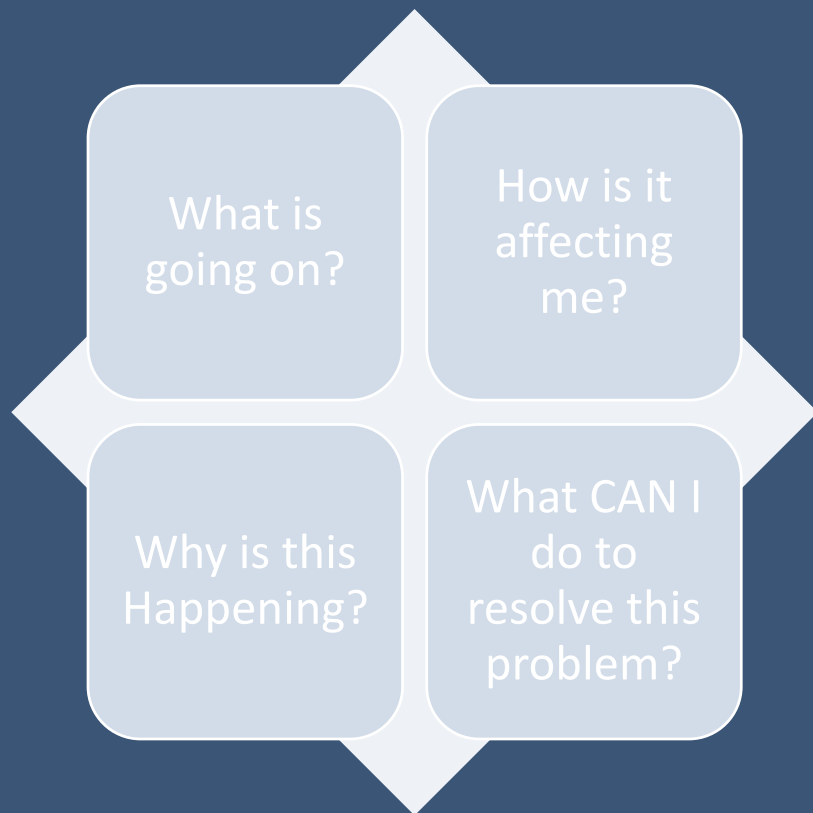
Calcium 15% • Iron 20%

* Percent (%) Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Healthy Coping Tool



Problem solve

Assert yourself!

DEAR

D= Describe the Problem

E= Express how the problem makes you feel

A= Ask for a change (solution)

R= Reinforce your solution by describing how it can make things better for both of you.



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Virtual Diabetes Education for Community Health Aide Series

- Goal setting at the end of each week
- Revisit the goal at the beginning of the next week
- Lots of sharing (and laughing)
- Pre and Post evaluations

1. Please rate this statement: "I can provide my patients with education and support to live healthy with diabetes."
1 2 3 4 5 6 7 8 9 10
Not at all Absolutely

Please explain:

2. Rate how often you talk to your patients about how to prevent or manage stress?
1 2 3 4 5 6 7 8 9 10
Never Always

Please explain:

Which is Better- 100% Virtual or Remote and In-Person?



Thank you!

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