



Innovative Group Education

Improved Learning & Health Outcomes!

By

Darian Schaubert LN, RD, MS

Health Coach/Dietitian Standing Rock IHS Hospital

Problems Providing Education

- Too many patients, no staff to provide it
- Too many diseases & patients but not enough time
- Lack of referrals, patient no shows
- We either have to limit how many get education or change how we are doing it!

Group education is a great opportunity!

Group Education Benefits

- Improved productivity: more patients seen
- Improving patient satisfaction & while waiting
- Provides education to patients that avoid us
- Creates self referrals & paid requests for education, more reimbursement
- A Great Quality Care Improvement Project

Group Education Problems or Concerns :

- Hard to get patients to come or return to group education programs
- Hard to relate education to everyone
- Too many disease prevention topics no time to develop that many talks
- Not everyone wants to be educated..... but most will listen if you get their attention

So what do you do?

Define Group Needs: Develop an education questionnaire

Do you?

- Get tired, sleepy, or not get enough sleep?
- Feel down, depressed or know someone who is?
- Have lots of drama or stress or know someone who does?
- Not have time to cook, skip meals, eat unhealthy snacks or late at night?
- Know someone in your family with diabetes or others overweight?

Do you ever eat or drink any of the following?

- Salty chips,
- Regular soda pop, juice, alcohol, milk?
- Candy bars, ice cream?
- Fast food, fried foods, canned or processed foods?
- Fruits or vegetables?

Self Referral Questionnaire

- **Do you feel you want or need to:**
 - lose weight?
 - exercise more?
 - reduce your risk of diabetes?
- **Would you like to see a health coach/dietitian?**
 - If Yes, you have a patient self referral for paid dietitian education
 - Almost everyone wants to lose weight or be in better shape

Identify High Risk Self Behaviors

- Smoking commercial tobacco
- Lack of exercise
- Poor eating & snacking behaviors (e.g., skipping meals, food choices)
- Lack of sleep
- Alcohol or substance abuse
- Presence of stress or drama
- Bleeding gums
- Lab data to support effects of these behaviors
 - A1c , BMI, Lipids, BP, BS, GFR, etc.

Group Educator Goals

- Target education to common symptoms, risk factors that relate to nearly everyone
- Educate on the effects of healthy behaviors on symptoms/risk factors
- Focus on prevention of many diseases by targeting just one risk factor
- Discuss how exercise/healthy eating & even one pound of weight loss can improve health of many conditions
- Use general, open ended questions to start dialogue and gain interest

Target Education to Diseases with Similar Symptoms and Risk Factors

Everyone knows at least someone affected by one of these:

- Heart Disease/Hypertension/Hyperlipidemia
- Prediabetes /Diabetes/ Gestational Diabetes
- Cancer
- Obesity Related Diseases
- Depression/Pain /Arthritis/Injuries
- Anemia/Sleep Disorders
- Alcoholism / Hepatitis

Relate Triggers & Risk Factors to Diseases

- High body weight (overeating, lack of exercise)
- High blood sugar (sugary foods & drinks)
- High cholesterol (fatty processed foods)
- High blood pressure (salty foods)
- High stress, anxiety, fear
- Tired, sleepy, no energy, depressed
- Joint or back pain
- Poor physical fitness or blurry vision
- Have a hard time concentrating or learning
- Lack of vegetables and fruits in diet
- Smoke or live around others who smoke
- Use alcohol or know someone who does
- Thirsty or drink a lot



Relate Modern Day Food and Activity Concerns to Disease

- Corn sugars (fructose), lack of fiber, lack of outside sun and less exercise, combined with more alcohol, causes inflammation related disease like arthritis, heart disease, diabetes, and gingivitis.
- High calorie meals, with more sugar and fat slows us down and makes us tired.
- Processed foods may have artificial ingredients, fats, sugars, preservatives, salt, and are low in fiber -- which are things that can cause illness.
- Poor food choices lead to an increase in disruptive behaviors, fatigue, irritability, anxiety, poor concentration, impulsive behaviors, depression, withdrawal, pain, drug and alcohol use, diabetes, and obesity.
- Lack of motion causes loss of muscle, increase in fat, less strength and decreased energy.

Get patients to ask:

**Can I see someone about teaching me
about healthier lifestyle choices?**

Partner to Promote Group Education

- Clinic Waiting Rooms
- Senior Meal Programs
- Diabetes & Footwear Clinics
- School & or Parent Programs
- OB Pregnancy Clinic or Centering Programs
- Mental Health School & Community Programs
- Public Health Cancer Programs
- Pain/Orthopedic Clinic Programs
- Community Meetings Events
- Radio Shows

Promote Healthy Traditions That Provided Good Medicine!



Relate Healthy Traditions To Healthy Eating & Motion Behaviors!

- Traditional Motion: dance, riding horses, walking, hunting, family games and activities
- Traditional Foods: Were high protein, low fruit, less sugar, lean healthy fat
- Traditional meals included eating together with family and friends.
- These foods and activities, plus exercise, promoted health, learning, and happiness.
- **Let's rekindle the spirit of these healthy traditions!**

More Referrals and Reimbursement

- Increased patient doctor referrals
- Increased patients seen
- Increased revenue
- Improved quality of care & health outcomes

Positive Patient Impact and Outcomes!

- Interact with patients that normally don't get education
- Getting patients to ask to see a dietitian or "drama specialist"
- Larger numbers of patients seen
 - Example: One school = 400 kids in 2 hours
- Patients no longer on diabetes medications in just 2 weeks
- Patients with prediabetes that never develop diabetes

More patients losing weight, lower sugars, less ER visits, less pain, lower healthcare costs and improved outcomes!

Group Education Helps More People Be Healthy!

- Identify places where group talks will impact the most people
- Identify topics interesting to more people
- Utilize dietitians who are paid to provide these preventive education services
- Make it relatable: Relate problems to yourself or someone you know, how it happened, why and what you did about it
- Tell patients to share their success story with others. People listen better to others from their community!

Group Education Works!

- Reach more people
- Change more behaviors
- Improved coverage and referrals
- Improve their health and change their life!

Questions?

Darian Schaubert MS LRD

Director Dietary Services

Standing Rock Hospital

Fort Yates North Dakota 58538

701-854-8256

DARIAN.SCHAUBERT@IHS.GOV