Upcoming SDPI Webinars

Date	Time	Topic
Tuesday August 1, 2023	3-4pm ET (2 CT / 1 MT / 12 PT / 11 AKT)	**Optional Webinar** SDPI 2024 Best Practice and Target Group Overview
Thursday August 10, 2023	3-4pm ET (2 CT / 1 MT / 12 PT / 11 AKT)	Q&A Webinar
Thursday August 24, 2023	3-4pm ET (2 CT / 1 MT / 12 PT / 11 AKT)	Q&A Webinar

IHS Division of Diabetes Treatment and Prevention (DDTP)
Special Diabetes Program for Indians (SDPI)
Best Practice and Target Group Overview| August 1st

- **This is an optional webinar.** While not required, grantees are encouraged to attend the live webinar or watch the recording when it becomes available

- The recorded webinar will be available on the SDPI website, about two weeks from today.

- Participants are in *listen only* mode. You can listen through your computer speakers or call in and listen through your phone.

- Submit your questions in the chat.

Note: This webinar is scheduled to start at 3pm ET.

Special Diabetes Program for Indians (SDPI)

SDPI Grant Program:
Overview of Best Practices, Target Groups, and Required Key Measures

IHS Division of Diabetes Treatment and Prevention

August 1, 2023

Indian Health Service
Division of Diabetes Treatment and Prevention

SDPI – Commonly Used Abbreviations

- ADC = Area Diabetes Consultant
- Diabetes Audit = IHS Diabetes Care and Outcomes Audit
- Best Practice = SDPI Diabetes Best Practice
- DDTP = IHS Division of Diabetes Treatment and Prevention
- DGM = IHS Division of Grants Management
- GMS = Grants Management Specialist
- NoA = Notice of Award
- RKM = Required Key Measure
- SDPI = Special Diabetes Program for Indians
- SOS = SDPI Outcomes System

What this webinar is about

- **Best Practices: Background**

- **Best Practices for 2016-2024**

- **Selecting a Best Practice for 2024**

- **Questions Round 1**

- **Selecting a Target Group: Steps and Examples**
  - **Community-based**
  - **Clinical**

- **Questions Round 2**

Best Practice Updates for 2024

Introducing a New Best Practice for 2024: Diabetes Prevention

About IHS / Special Diabetes Program for Indians (SDPI) / SDPI Grant Resources / Best Practices / Diabetes Prevention

Special Diabetes Program for Indians (SDPI)

Search SDPI and DDTP

About Us

SDPI Grant Resources

Application/Reports

Training

Best Practices

SDPI Basics

Program Spotlights

Toolkits

SDPI Outcomes System (SOS)

Audit/SOS Login

Fact Sheets and Publications

SDPI Reports to Congress

Tribal Leaders Diabetes Committee (TLDC)

Diabetes Prevention

Importance

Healthy eating, regular physical activity, and reducing weight can help prevent type 2 diabetes.

Required Key Measure

Must be reported by grantees that select this Best Practice.

Number and percent of adults and/or youth in your Target Group who participate in a diabetes prevention program that addresses: 1) nutrition, 2) physical activity, and 3) weight loss.*

* The program activities/services must address all 3 components

- **Improvement:** Increasing the number and percent of individuals in your Target Group who achieve this measure shows improvement.
- **Timeframe:** The timeframe for collecting data on the Required Key Measure will be January 1st to December 31st.
- **Data Collection:** For more information on data collection and reporting, see the SDPI Outcomes System (SOS).

Target Group Guidance

Select your Target Group* from adults and/or youth who are at risk for developing diabetes

* Excludes individuals who are pregnant and/or have diagnosed diabetes.

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Blood Pressure Control

- Beginning in 2024, the RKM for Blood Pressure Control will change to:

Number and percent of individuals in your Target Group who have mean blood pressure <130/<80 mmHg* (one value or mean of 2 or 3 values).

* The treatment goal of <130/<80 mmHg is appropriate for most people with diabetes, but some patients may require individualized goals.

Current RKM: Number and percent of individuals in your Target Group who have mean blood pressure <140/<90 mmHg.

Blood Pressure Control Resources – Standards of Care

Division of Diabetes Treatment and Prevention (DDTP)

About Us

Search DDTP and SDPI

Clinical Training

IHS Diabetes Audit

Clinical Resources

Diabetes Standards of Care and Resources for Clinician and Educators

Diabetes Treatment Algorithms

Diabetes Education Lesson Plans

Diabetes Educator Tools

Kidney Health

Fact Sheets and Publications

Diabetes Standards of Care and Resources for Clinicians and Educators

Blood Pressure

Blood pressure (BP) control in people with diabetes is essential to reduce the risk of diabetes complications, including heart attack, stroke, heart failure, retinopathy, and kidney disease. Hypertension (HTN) or high BP is defined as a systolic BP greater than or equal to 130 mmHg or a diastolic BP greater than or equal to 80 mmHg. Hypertension in people with diabetes is common and often requires multiple medications to achieve targeted goals.

⸎ Resource Links

Diabetes Care Topics
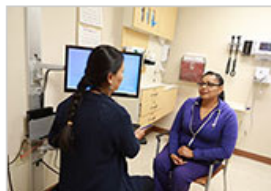 » View All Topics
Recommendations At-a-Glance for All Topics
  » Online version
  » Print version [PDF – 269 KB]

Clinical Practice Recommendations

Clinician & Educator Resources

Patient Education Resources

CME Training

https://www.ihs.gov/diabetes/clinician-resources/soc/blood-pressure1/

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Blood Pressure Control Resources – Updated Algorithm

Algorithm webpage:

https://www.ihs.gov/diabetes/clinician-resources/#algorithms

Algorithm PDF:
https://www.ihs.gov/sites/diabetes/themes/responsive2017/display_objects/documents/algorithms/dm_hypertension_algorithm.pdf

Minor Updates Since 2016

- Best Practices are tied to Diabetes Audit measures, with the exception of Diabetes Prevention. So if there are changes to Audit measures, changes may be made to Best Practices.

- Resources reviewed and updated annually.

- Additional updates coming soon!

SDPI Diabetes Best Practices 2016-2024

- Focused areas for improvement of diabetes prevention and treatment activities/services and related outcomes in communities and clinics.

- 20 SDPI Diabetes Best Practices

- Each Best Practice includes:
  - Importance Statement
  - One Required Key Measure (RKM)
  - Target Group Guidance
  - Resources

SDPI Diabetes Best Practices

SDPI Diabetes Best Practices

- Aspirin or Other Antiplatelet Therapy in Cardiovascular Disease
- Blood Pressure Control
- Chronic Kidney Disease Screening and Monitoring
- Dental Exam
- Depression Screening
- Diabetes Prevention

- Diabetes-related Education
- Eye Exam – Retinopathy Screening
- Foot Exam
- Glycemic Control
- Hepatitis C Screening
- Immunizations: Hepatitis B
- Immunizations: Influenza
- Immunizations: Pneumococcal

- Immunizations: Tetanus/Diphtheria
- Lipid Management in Cardiovascular Disease
- Nutrition Education
- Physical Activity Education
- Tobacco Use Screening
- Tuberculosis Screening

Indian Health Service
Division of Diabetes Treatment and Prevention

SDPI Diabetes Best Practices: Example

Selecting a Best Practice and Target Group

Key considerations:

– **Primary goal is to show improvement in an area of need.**

– **You also have to be able to collect and submit RKM data.**

Other considerations:

– What are the diabetes-related needs in your clinic and community?

– What resources are available?

– Is there room for improvement?

– How will you identify your Target Group members and keep track of them?

– How will you collect RKM data?

Selecting a Diabetes Best Practice

For the 2024 application, grantees may propose to:

1. Continue work on the same Best Practice selected in their 2023 funding application. This could include:
   - Continuing 2023 activities or proposing new ones.
   - Continuing with the same Target Group or proposing a new one.

OR

2. Select a different Best Practice with an appropriate Target Group that may be different than the Target Group for 2023.

SDPI Diabetes Best Practice Requirement

- Applicants must select **<u>one</u>** Best Practice for 2024.
  - ➢ **May select a different Best Practice and/or Target Group from 2023.**
  - ➢ Applicants **<u>may</u>** propose using some of their SDPI funds for diabetes-related activities outside of their selected Best Practice.
- Emphasis is on providing data to show that improvements are being made. RKM:
  - ➢ Are tied to the Diabetes Audit (with exception of Diabetes Prevention).
  - ➢ Data will be collected for the selected Target Group.
  - ➢ Data must be submitted using the SDPI Outcomes System (SOS).
- The SOS can only accept data for one Best Practice.

Selecting a Best Practice for 2024

- **Assess needs** related to diabetes treatment and prevention in your community and/or clinic.

- **Review progress** for 2023, including RKM results from your current Best Practice, to the extent possible.
  - If your program is using Individual Entry, you could enter the data you have available to date to see your current RKM result.
  - If your program is using RPMS → WebAudit → SOS, you could conduct an Interim Audit and pull it into the SOS.

- **Review results** from the 2023 Annual Diabetes Audit for your local clinic.

- **Determine available resources**, both SDPI and others, that are available to your program - money, equipment, time, staff, space, and support.

- **Review RKM data** for the Best Practice you are considering, if possible.

Based on needs and resources available, how can your program **improve and document** some aspect of diabetes treatment or prevention in your community or clinic?

2024 Project Narrative Part E

Part E. SDPI Diabetes Best Practice

Section 2: 2024 Best Practice, Target Group Number and Description, and Activities

E2.1   SDPI Diabetes Best Practice selected:

> Choose One

a. Briefly describe why your program selected this Best Practice.

b. Is this is a different Best Practice than the one your program selected for 2023?

> Select

2024 Project Narrative Part E

E2.2 **Required Key Measure (RKM)**: Review the Best Practices summary table[5]. Enter the RKM for your selected Best Practice as it appears in the table.

E2.3 **Proposed Activities/Services**: What activity(ies)/service(s) does your program propose to implement in 2024 that would improve the RKM for your program's Best Practice? List each major activity/service planned and provide a brief description. If there are more than ten activities, provide this information in Part G, Other Information of this Project Narrative.

a. **Major Activities** (List each activity/service planned and provide a brief description)	b. **Timeframe** (When will this activity be implemented?)
1.	
2.	

Q&A Round 1

Target Group Concepts and Examples

What is a Target Group

A Target Group is the number of patients/participants that you can realistically include in your activities or provide services to and collect data for with the resources you have, during the current budget period.

The following should be considered in selecting your Target Group:

1. The size and characteristics (e.g., ages, health status, settings) of the community or patient population that you are going to draw your Target Group from

2. Intensity of the activities/services you plan to do

3. SDPI funding and other resources available to provide activities/services

4. Ability to collect data – Birth month/year, gender, and RKM

Target Group Concepts

- The number in your Target Group:
  - <u>Is</u> the number of people you actually think you can serve
  - <u>Is not</u> (for many grantees) the total number of people who you might serve
- For example: Your program wants to provide nutrition education to community members at the local fitness center.
  - Total number of community members = 10,000
    - ➤ Very large number
    - ➤ Is it realistic?
  - Consider: resources, planned activities/services, RKM data collection
  - Determine estimated Target Group number = 200

Importance of Selecting a Target Group

By doing the following:

- Deciding which group of people your program wants to work with

- Estimating how many of those people you can realistically serve

- Identifying people to be a part of the specific group

You can: Show that your SDPI activities/services result in improvement (RKM)

Importance of Selecting a Target Group (cont.)

Application/Planning: Provide information about your program's Target Group in the Project Narrative, including a number & description. Reviewers will consider this information.

E2.4	Based on the steps provided above, what is the number of patients/participants in your 2024 Target Group?
E2.5	Describe your 2024 Target Group (see Steps one and two above).
E2.6	Briefly describe how your program's Target Group number was determined.

Implementation (2024): Collect and report RKM data on Target Group members.

How to Determine Your Target Group

Steps are provided in the 2024 Project Narrative.

See pages 7 & 8 in the 2024 Project Narrative Template

How to Determine Your Target Group
- Step One -

Review the Target Group Guidance for your selected Best Practice. This information can be found:

- On the Best Practice webpages
- In the Best Practice summary table (on the webpage above)

Example from Nutrition Education Best Practice: (Screenshot from webpage)

Target Group Guidance

Select your Target Group from adults and/or youth with diabetes and/or at risk for developing diabetes.

You are required to report Required Key Measure data for one Target Group for your selected Best Practice. A Target Group is the largest number of patients/participants that your grant program can realistically serve. The following should be considered in selecting your Target Group:

1. The size and characteristics (e.g., ages, health status, settings) of the community or patient population that you are going to draw your Target Group from
2. Intensity of the activities/services you plan to do
3. SDPI funding and other resources available to provide activities/services

For information and examples on selecting a Target Group, see the SDPI Diabetes Best Practice and Target Group recorded webinar.

How to Determine Your Target Group
- Step Two -

From those in step one (Target Group Guidance), determine which types of patients or participants you plan to serve and for whom you will report RKM data.

Who would you like to work with?

Think about these things…
- Ages (e.g., youth, elders, women of reproductive age, 40–75 years)
- Health status (e.g., at risk for diabetes, new onset diabetes, diabetes complications)
- Settings (e.g., school, senior home, clinic)
- Geographic locations (e.g., areas of the reservation, villages, communities)

Example from Nutrition Education Best Practice:
Your program staff coordinates a special meeting with Tribal leaders and community members to talk about diabetes. After reviewing Annual Audit 2019 results from your local facility and discussing other health needs in the community, everyone agrees that teaching youth about healthy eating is a priority. There are resources available and a way to gather RKM data.

Different Target Groups for the same Best Practice!

Applicants choosing the same Best Practice may propose different activities/services with different Target Groups. See the example below.

SDPI Program	Selected Best Practice	Activities/Services	Target Group Description
A	Nutrition Education	Providing nutrition education related to **breastfeeding support**.	Pregnant women ages 18-30 with or at risk for diabetes from local I/T/U clinic.
B	Nutrition Education	Providing nutrition education related to **diabetes prevention**.	Youth ages 8-15 at risk for diabetes at local Boys & Girls Club.
C	Nutrition Education	Providing nutrition education from a Registered Dietitian related to **heart health**.	Adults with diabetes ages 18-45 at risk for CVD from local I/T/U clinic.

How to Determine Your Target Group
- Step Three -

- Determine approximately how many patients/participants in your community or clinic meet the description you decided on in step two.

- Where do you get the information? Sources include:
  - Electronic health or medical record system
  - Diabetes Audit
  - Community resources (Tribal programs and offices, local schools, wellness center, etc.)

- About how big is this group?
  - This could be an actual number or estimate or general idea.
  - This number is not reported in your application.

How to Determine Your Target Group
- Step Three (cont.) -

Example from Nutrition Education Best Practice:

- Step One – Target Group Guidance is "from adults and/or youth with diabetes and/or at risk for developing diabetes."

- Step Two – Your program staff decides to work with youth and healthy eating.

- **Step Three – Tribal enrollment office provides an estimate of approximately 800 Tribally enrolled youth (5-18 years) in the community.**

How to Determine Your Target Group
- Step Four -

Assess the intensity of your Best Practice activities/services. This will affect the number of patients/participants you can serve (i.e., higher intensity = smaller Target Group; lower intensity = larger Target Group).

- High intensity: Require most staff time and resources per patient/participant.
  - Examples: Diabetes Prevention Program intervention, intensive clinical case management.

- Medium intensity: Require moderate staff time and resources per patient/participant.
  - Examples: Diabetes education classes, periodic diabetes clinical care.

- Low intensity: Require less staff time and resources per patient/participant.
  - Examples: Depression screening, foot exams.

How to Determine Your Target Group
- Step Four (cont.) -

Example from Nutrition Education Best Practice:

- Step One – Target Group Guidance is "from adults and/or youth with diabetes and/or at risk for developing diabetes."

- Step Two – Your program staff decides to work with youth and healthy eating.

- Step Three – Tribal enrollment office provided an estimate of approximately 800 Tribally enrolled youth (5-18 years) in the community.

- **Step Four – Your program decides to do group-based healthy eating activities once a week. The intensity of proposed activities is medium.**

How to Determine Your Target Group
- Step Five -

Considering …

- The total number of potential patients/participants in **step three**

- The intensity of the planned activities/services as assessed in **step four**

- SDPI and other resources available:

  - Program: e.g., number and experience of staff, number of people you already serve, space, equipment

  - Community-based: e.g., existing programs and partners, space, equipment

  - Clinic-based: e.g., health data, health care professionals, space, equipment

… determine the number of patients/participants that you are able to realistically serve:

- This is the approximate number of members that will be in your Target Group.

- This number will be reported in your application.

- You will identify this many individuals to be members of your Target Group.

How to Determine Your Target Group
- Step Five (cont.) -

To identify individual Target Group members for your 2024 grant:

- **Option 1**
  - Determine Target Group members on or around the budget period start date (Jan 1, 2024).
  - Follow the same Target Group members through Dec 31, 2024.
    - Don't add members.
    - Don't remove members, unless there are special circumstances (e.g., death, automatic removal by RPMS).

How to Determine Your Target Group
- Step Five (cont.) -

To identify individual Target Group members for your 2024 grant:

- **Option 2**
    - Add Target Group members throughout the budget period. May know who some are at the beginning and can add others later.
    - Example: Best Practice is physical activity education. Grantee is providing community-based education sessions, so they can't identify the entire group they are drawing from. They will add members as they hold sessions.

More information about Target Groups, RKM, and the SOS will be provided close to the beginning of the 2024 budget period.

How to Determine Your Target Group
- Step Five (cont.) -

Example from Nutrition Education Best Practice:

- Step One – Target Group Guidance is "from adults and/or youth with diabetes and/or at risk for developing diabetes."
- Step Two – Your program staff decides to work with youth and healthy eating.
- Step Three – Tribal enrollment office provided an estimate of approximately 800 Tribally enrolled youth (5-18 years) in the community.
- Step Four – Your program decided to do group-based healthy eating activities twice per month. The intensity of proposed activities is medium.

- **Step Five – The amount of resources and funding don't allow the SDPI program to serve all 800 youth. There is a Boys & Girls Club that many youth from the community attend with space available to provide nutrition education activities. The SDPI program decides to focus on youth ages 9-13 years who attend, and there are 100 of them.**

How to Determine Your Target Group
- Example Project Narrative -

Section 2: 2024 Best Practice, Target Group Number and Description, and Activities

E2.1 SDPI Diabetes Best Practice selected:

Nutrition Education

a. Briefly describe why your program selected this Best Practice.

Teaching our young people about healthy eating was identified as a priority by our Tribal leaders and community members.

How to Determine Your Target Group
- Example Project Narrative -

b. Is this is a different Best Practice than the one your program selected for 2023?

Yes ▾

E2.2 **Required Key Measure (RKM):** Review the Best Practices summary table[5]. Enter the RKM for your selected Best Practice as it appears in the table.

Number and percent of individuals in your Target Group who receive nutrition education.*
* Performed by a Registered Dietitian or other health or wellness program staff.

E2.3 **Proposed Activities/Services:** What activity(ies)/service(s) does your program propose to implement in 2024 that would improve the RKM for your program's Best Practice? List each major activity/service planned and provide a brief description. If there are more than ten activities, provide this information in Part G, Other Information of this Project Narrative.

a. **Major Activities** (List each activity/service planned and provide a brief description)	b. **Timeframe** (When will this activity be implemented?)
1. Group-based healthy eating activities once a week during the school year.	Jan-May 2024 Sep-Dec 2024
2.	

How to Determine Your Target Group
- Example Project Narrative -

E2.4   Based on the steps provided above, what is the number of patients/participants in your 2024 Target Group?

100

E2.5   Describe your 2024 Target Group (see Steps one and two above).

Youth ages 9-13 years of age who participate in the after school program at the Boys & Girls Club.

E2.6   Briefly describe how your program's Target Group number was determined.

Tribal enrollment office provided an estimate of approximately 800 youth (5-18 years) in the community. That is too many kids for us to work with, so we decided to work with kids around middle school age.

Selecting a Target Group: Clinical Example

Best Practice — Blood Pressure Control

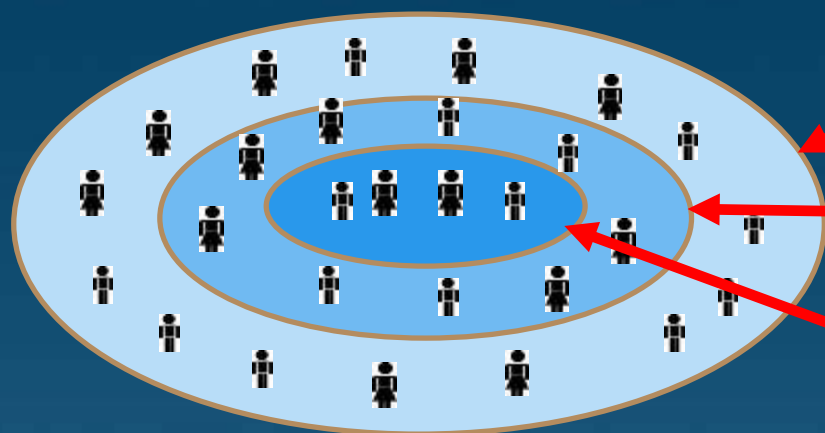**Required Key Measure** — Number and percent of individuals in your Target Group who have mean blood pressure <130/<80 mmHg.

Target Group Guidance — Select from adults with diabetes.

Activities/services chosen – Intensive Case Management

1) People with diabetes, n=660

2) People with diabetes aged 20-40, n=230

3) Target Group: People with diabetes aged 20-40 whose average blood pressure is >130/>80 mmHg, n=80

Additional Target Group Considerations

- Your Target Group may include different "subgroups" of individuals, but you will report the RKM data all together.

  - Example: Best Practice is Diabetes-related education
    - ✓ Subgroups: youth at school (180), elders at senior center (40), pregnant moms (20)
    - ✓ Total in Target Group = 240

- Your program's overall activities/services may include people outside of the Target Group, but you will not report RKM data for these people.

  - Example: Best Practice is Eye Exam – Retinopathy Screening
    - ✓ Focus are those over age 60 years
    - ✓ SDPI dollars are spent on staff to use and manage the Joslin Vision Network (JVN) - retinal camera
    - ✓ Report RKM data only for those over the age of 60 years, even though the JVN and staff are used for other people

- Target Group concepts also apply to other activities/services that are not related to Best Practices.

Additional Target Group Considerations

- Can your TG be tracked in the Audit?

- If not, can you collect/track the **required** TG individual data?

  - Month of birth

  - Year of birth

  - Gender

  - Whether or not RKM has been achieved

Take Home Messages

- **2024 Continuation Applicants** must:
  - Select **one** SDPI Diabetes Best Practice.
  - Identify **one** Target Group using the guidance provided.
- In your Project Narrative, provide the number of people in your Target Group and describe it.
- The size of your Target Group depends on many factors, as outlined in this presentation and the Project Narrative Template.
- Your Target Group will either:
  - Include the same patients/participants for the entire budget period (preferred).
  - Add members throughout the budget period.

Q&A Round 2

Recap: Application Resources

- SDPI Application webpage: Project Narrative template, checklist, webinar access, and recordings.

- GrantSolutions.gov – Web-based system where application will be submitted.

- DGM website – policies, forms.

- Connect with a human

  - ADC Directory – detailed or program-specific questions.

  - DDTP – SDPI Team (sdpi@ihs.gov) for questions on SOS, Project Narrative. WebAudit Team (diabetesaudit@ihs.gov) for questions on Annual Diabetes Audit Reports.

  - Grants Management Specialist – budget narrative, forms, GrantSolutions.

Contact Info: DGM

- IHS Division of Grants Management
  - Website: www.ihs.gov/dgm
  - Main line: 301-443-0243

IHS Area	GMS Name	Email
Albuquerque, Phoenix	Donald Gooding	Donald.gooding@ihs.gov
Navajo, Tucson	Andrew Diggs	Andrew.diggs@ihs.gov
Great Plains, Portland, Oklahoma City	Cherron Smith	Cherron.smith@ihs.gov
Alaska, Bemidji, Billings	Patience Musikikongo	Patience.Musikikongo@ihs.gov
California, Nashville, and Urban	Pallop Chareonvootitam	Pallop.Chareonvootitam@ihs.gov

Questions?

Thank you

www.ihs.gov/diabetes/

www.ihs.gov/sdpi/

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