


This product was developed by the Proyecto Vida Saludable at the Holyoke Health Center, Inc. in Holyoke, MA. Support for this product was provided by a grant from the Robert Wood Johnson Foundation® in Princeton, New Jersey.



Proyecto Vida Saludable: An Innovative Approach to Self-Management for Latino Patients with Type 2 Diabetes

A Model for Patient Engagement in Self-Management

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Engagement in Self-Management Requires Multiple Levels of Support

- Organizational
 - Senior management
- Providers and Support Staff
 - Diabetes Health Disparities Team,
 - Self-management team
 - Clinical staff,
 - Education and support services staff
- Patient
 - Patient support for programs





Key Strategies for Patient Engagement in Self-Management

■ Knowing your population

- One of the highest diabetes mortality rates in the state
- Nearly 100% of our patients live 100-200% below Fed. Poverty Level
- Many suffer from substance abuse and mental health problems
- Majority of patients are monolingual Spanish speaking
- Low literacy rates

■ Importance of Focus Groups

- Learning from patients, clinicians and support staff



Multiple Interventions provides ample opportunity for engagement

- Breakfast Club
- Chronic Disease Self-Management Classes
- Community Health Workers
- Diabetes Education Classes
- Exercise Classes
- Individual Appointments with the diabetes educator and the nutritionist
- Snack Club



Objectives for Engagement

- Positively impact patients lifestyle behaviors
- Improve patients self efficacy
- Increase patients skills and knowledge related to self care behaviors



Key Strategies for Patient Engagement in Self-Management

- Health Literacy
- Self Efficacy
- Goal Setting
- Problem Solving
- Monitoring and Follow up
- Incentives
- Address barriers
- Family member involvement
- Opportunities to be involved match patient needs and comfort zone
- Hands on Learning Opportunities

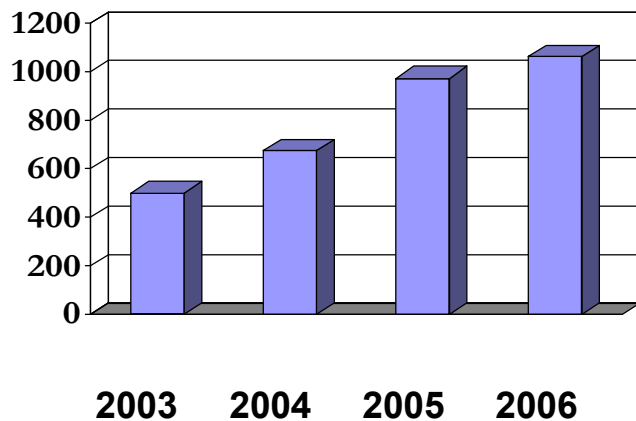


Key Strategies for Patient Engagement in Self-Management

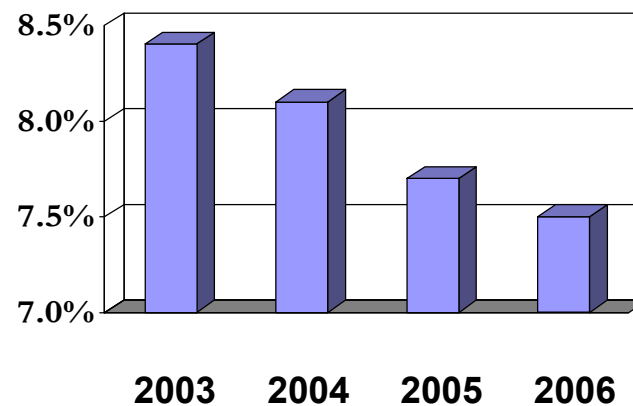
- Culturally & Linguistically Appropriate Interventions
- Staff education
 - Committed, dedicated, open minded
 - Ability to implement behavior change techniques into patient interactions
 - Recognize when you have an opportunity
 - Ongoing self and program evaluation
 - Supervision
- Power of the relationship

Year	01/01/02- 01/01/03	01/01/03- 01/1/04	01/26/04- 01/26/05	01/26/05- 1/26/06
Number of Patients	499	675	873	1061
Average HA1c	8.40%	8.10%	7.70%	7.50%

Number of Patients



Average HA1c



Listen to the Heart Beat of the Patients and the Programs

- Seizing the Moment
- Lead Community Health Workers
- Community Health Workers
- Community Mentor
- Volunteers



Important Lessons

