

## Community Care Clinic of Rowan County AHEI Grant Report

Thank you to AHEI for their generous grant to help fund our project **Beating Diabetes Through Education and Outcomes**. The Community Care Clinic of Rowan County is a free medical, dental and pharmacy clinic serving Rowan County adults without access to healthcare. The Clinic has treated uninsured adults with diabetes for twenty years. We used AHEI funds to expand our educational efforts through a new component from the ADA (American Diabetes Association) known as Conversational Mapping. This type of education engages the patient in a process that allows them to explore health facts through dialogue and lets them form their own conclusions. The Clinic used funds to train staff and volunteers in coaching patients through this process. This group education was used by 150 diabetics in addition to visits to their primary care physician, dentist and podiatrist.

Outcomes for our patients included the following:

- 1) 97% of our diabetics received retinal screenings, foot exam and lab work (exceeded goal)
- 2) 85% received a dental exam (did not meet goal)
- 3) 70% of diabetics in our cohort had a hemoglobin A1c less than 8 (exceeded goal)
- 4) 83% of our diabetics were complaint with medication pick up and lab testing (exceeded goal)
- 5) 55% of our patients attended at least one diabetic education class in 2017 (did not meet goal)

Our plans for 2018 include:

- 1) purchasing our own hemoglobin A1c machine to provide testing WITHIN our facility. This will help with compliance and decrease money spent by our local hospital providing this testing free of charge.
- 2) purchasing a nebulizer in order to offer breathing treatment on site to asthmatics
- 3) providing smoking cessation to all interested patients AND family member who whom they reside (to increase chances of success).
- 4) offering individual exercise instruction by UNC-Charlotte exercise science interns.
- 5) providing mammograms to all females over age 40