

Cardiometabolic Health & Diabetes Summit

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Current Work

- Unofficial Coordinator for PCSK9's at UCH – Endo/Cardiology clinics
- Sees patients in outpatient Endo clinic for diabetes education held individually and in group classes, along with medication administration and pump and sensor training
- Work in PCP office providing diabetes education
- Work in the Cardiac Prevention Program to provide assistance with lipid, nutrition and diabetes related concerns

Creative Solutions

- Use food and exercise tracking tools
- Enroll patients in studies
- Consider Meal delivery options
- Referral to Kroger/King Sooper RD's for nutritional counseling/reinforcement
- Calibrated with UCH Pharmacy Dept. to help with Prior Authorizations and Appeals of medications

Accomplishments

- PCSK9 – approval ~80%* (*when Rx'd appropriately)
- Received “Partners in Care” (non-physician award) with CDE team for their mastery of care for those with diabetes
- Speaker at local RMADE annual meeting on TG's and Diabetes
- Speaker at the 12th Annual Rocky Mountain Metabolic Syndrome Symposium
- Co-manage Patients with Severely Hypertriglyceridemia in the outpatient setting

Effective Strategies

- Referral to Anschutz Health and Wellness Weight Loss Programs
- Frequent Follow up visits
- Address food insecurity – Hunger Free Hotline
- Use apps – MyFitnessPal, Healthy Out, Smoke Free
- Use measuring cups/spoons/food scales to track food intake
- Use Calorie King Pocket Book to assess calories fat and carbs

Programs

- Heart Failure University Support Group Dietitian – provided 2 time/year talk on Heart Failure nutrition
- Cardiac Rehab – dietitian visits/cooking classes
- Cardiac Prevention Program RD, CDE – providing nutrition and diabetes education
- Endocrinology – Diabetes Educator
- Primary Care Clinics – Diabetes Educator
- In-patient new nurse training on Diabetes
- New Endo Fellow training

Ways to Reach

- Community Health Fairs
- Get Dietitians/Diabetes Educators in to the Primary setting and be available at the time when the patient is likely the most motivated
- Social media – outreach
- Use Electronic Medical Records to reach patients with healthy messages/handouts/meal plans