



## QIO Helps Health Center Offer Diabetes Self-Management Education

### Improving Healthcare Outcomes in Kentucky for Patients with Diabetes

In 1971, Mountain Comprehensive Health Corporation (MCHC) began serving patients in a trailer. Today, it has grown into one of the largest rural community health centers in Kentucky. Through a new partnership with atom Alliance, the region's Medicare Quality Innovation Network-Quality Improvement Organization (QIN-QIO), they are helping rural patients with diabetes manage the disease, and seeing results.

“Our patients now have access to free onsite diabetes education from our organization,” explained MCHC’s Chasity Eversole, RN. With more than 280 employees, including 39 providers, MCHC provides services to more than 30,000 patients yearly, at clinics located in Bell, Perry, Harlan, Owsley and Letcher counties.

atom Alliance provided classes at two of those locations and trained two of MCHC’s nurses to facilitate Diabetes Empowerment Education Program (DEEP) Diabetes Self-Management Education (DSME) courses and paid the certification fees. “I would recommend others to work with atom Alliance on the Everyone with Diabetes Counts (EDC) Initiative. The material was hands-on, easy to understand and had great visuals,” said Eversole.

atom Alliance is also providing guidance on how an eligible candidate can become a Kentucky Licensed Diabetes Educator (LDE).

(cont.)

“They introduced us to new resources and offered to provide technical assistance for us to become an American Association of Diabetes Educators (AADE) accredited/American Diabetes Association (ADA) recognized site if we decide to work towards becoming certified, so we can bill [Medicare] for diabetes education,” said Eversole.

MCHC providers are eager to refer their patients to the class for self-management, according to Eversole.

Patients are seeing results. Several attendees have indicated their blood sugar has dropped since starting the class. One attendee has seen a significant drop in his A1c and recommends the class to others. Patients enjoy the classes and learn from the hands-on and visual activities.

There are plenty of success stories to tell. One student started to keep a blood sugar log and has used it to go back and investigate blood sugar levels. Another began to read food labels. One couple got their eye examinations and started taking a dance class and one student was even inspired to run a 5K!

If your organization would like to ignite powerful and sustainable change,  
contact atom Alliance by visiting  
<http://atomalliance.org/initiatives/reducing-disparities-in-diabetes-care>

This material was prepared by atom Alliance, the Quality Innovation Network-Quality Improvement Organization (QIN-QIO), coordinated by Qsource for Tennessee, Kentucky, Indiana, Mississippi and Alabama, under a contract with the Centers for Medicare & Medicaid Services (CMS), a federal agency of the U.S. Department of Health and Human Services. Content does not necessarily reflect CMS policy. 16.SS.KY.B2.02.001

