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“The SHRTN Diabetes CoP: Improving Diabetes Care for Seniors in the Community and Long Term Care”
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Who We Are Today

Growing nationally

\$250 million in revenues

6,000 employees

5 million visits annually




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Who We Are Today

Diversified services:

- Nursing
- Personal Support
- Rehabilitation
- Education
- Research
- Consulting
- Foundation
- First Nations, Inuit & Metis Program





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2020 Vision




*To Honour the Human Face
of Health Care*


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So... what the heck is SHRTN???

- Seniors Health Research Transfer Network
- Funded by the Ontario MOHLTC
- Made up of a number of topic-specific “Communities of Practice” (CoPs)
- Supported by Information Specialists, Knowledge Brokers, Sponsor Organizations, Volunteer Leadership and Core Group members
- Targeted to Paid Caregivers


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What is a Community of Practice?

- A CoP is a community or group of people who have made a commitment to be available to each other, offer support to share learning, and to consciously develop new knowledge. A CoP makes the intentional commitment to advance the field of practice and to share those discoveries with anyone engaged in similar work.

(Wheatly 2005).

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The Growth of a CoP: Past, Present, and Future

- Began in 2008 under St. Joseph's Care Group
- Facilitated ppt series of 6 modules
- Mainly NW Regional Focus/membership
- Needs assessment
- Spring 2010: identified need for succession plan
- Added Co-Lead from Saint Elizabeth
- Plan developed to support Org. Sponsor and Leadership Succession

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SHRTN Diabetes CoP

- 800 + Members
- Knowledge Transfer & Exchange
- Promote/support evidence based tools and resources
- Educational webcasts/OTN professional development opportunities
- Joint initiatives/partnering with other Seniors focused CoP's, Groups and Organizations
- Diabetes Reading List: "Cite Bites"
- Development of an evidence based learning tool for regulated and unregulated care providers in Long Term Care settings:
- **"Diabetes 101"**

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Current Diabetes CoP Co-Leads and Core Group

Sponsor Organization: Saint Elizabeth

2 Co-Leads from:

- Saint Elizabeth
- Canadian Diabetes Association

Diabetes "Cite Bites"

Quarterly summary of Citations from leading Diabetes Journals organized by Sub-topics selected by CoP membership:

- General
- Organization of care and approaches to diabetes management
- Prediabetes in Seniors
- Nutrition Therapy
- Physical Activity
- Cardiovascular Risk Assessment and Reduction
- Foot care, assessment and management of DFUs
- Pharmacotherapy/Epidemiology
- Diabetes self-management
- Glycemic control and monitoring

Seniors Health Research Transfer Network (SHRTN)
 SHRTN Library Service
 Réseau de transfert de la recherche sur la santé des personnes âgées
 Réseau de recherche de RTRSA
 "Cite Bites"

The following Reading List is the second of a series coming from the SHRTN Diabetes CoP in connection with the SHRTN Library Service. This Reading List is an accumulation of citations taken from leading Diabetes Journals, from July 2011 to October 2011, concerning the topic of Diabetes and Seniors. The citations are divided by subtopics that have been chosen as important aspects to the Seniors Diabetes Field, by the membership body. Please check citations, if available, in a file to an abstract about the article. If you would like a full-text version of any of the articles listed please contact Mary Beth Fugate, SHRTN Information Specialist, marybeth@shrtm.org or [416-291-1111](tel:416-291-1111).

General
 John E. Burtless, Ronald Anand, Ben Bernard Gundersen, and Peter Shi Schwartz. Comparing the patient perspectives for assessing the burden of diabetes. *Diabetes Care* 2011;34(12):2642-2645. <http://dx.doi.org/10.2337/diacare.2011.34.12.2642>
 Jochen G. Mueller. The burden and diabetes epidemic: how do the two fuel diabetes? *Diabetologia* 2011;34(12):2642-2645. <http://dx.doi.org/10.1007/s00125-011-2241-2>
 Ulf Adam, Nadia Asad, Nicholas V. Emanuele, Glenn D. Stein, Dennis G. Nathan, Richard E. Harris, Michael J. Shikany, Cynthia Ross, and for the Veterans Affairs Diabetes Trial (VA27) Study Group. Discussion on Rural Diabetes in the Veterans Affairs Diabetes Trial. *Diabetes Care* 2011;34(12):2642-2645. <http://dx.doi.org/10.2337/diacare.2011.34.12.2642>

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Plans for the Future 2012/2013

- April 2012 (New 12 month term began)
- CoP member polling and feedback survey
- Joint Webcast/Podcast with SHRTN Oral Health CoP (2 of 2)
- Planning for Diabetes 101 Webcast series (aligned with Diabetes 101 topics)
- Planning to develop Diabetes 101 "online version" (TBD)
- Analyse results of member survey

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Plans for the Future 2012/2013

May 2012

- CHNC presentation ☺
- Based on membership feedback, a new approach has been adopted for future events
- May 31st 3:30-4:30 EDT – 1st event with GoToTraining

June 2012

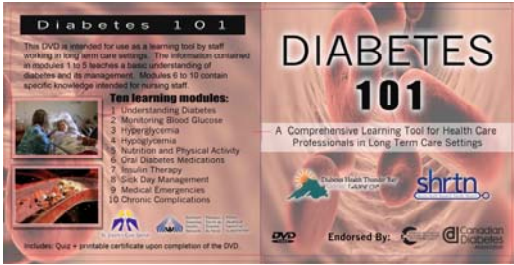
- Official "kick-off" of 10 monthly KTA events surrounding Diabetes 101

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Introducing "Diabetes 101"

- A DVD based educational resource designed to enhance the knowledge and competency of regulated and unregulated health care providers
- Goal: promote and support evidence based care for seniors living with diabetes in Long Term Care
- 10 learning modules that target specific aspects of diabetes care and management for seniors who require full or partial assistance with their diabetes care.
- Format includes a combination of narration, pictures, animation, video and text
- Reflects the *Canadian Diabetes Association 2008 Clinical Practice Guidelines for the Prevention and Management of Diabetes in Canada*.

Diabetes 101

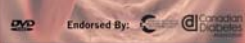


The DVD is approved for use as a learning tool by staff working in long term care settings. The information contained in episodes 1 to 5 teaches a basic understanding of diabetes and its management. Modules 6 to 10 contain specific knowledge intended for nursing staff.

Ten learning modules:

1. Understanding Diabetes
2. Monitoring Blood Glucose
3. Hyperglycemia
4. Hypoglycemia
5. Nutrition and Physical Activity
6. Oral Diabetes Medications
7. Insulin Therapy
8. Sick Day Management
9. Medical Emergencies
10. Chronic Complications


A Comprehensive Learning Tool for Health Care Professionals in Long Term Care Settings

Endorsed By: 

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Diabetes 101

- Optional interactive knowledge test (24 Multiple Choice)
- Downloadable Certificate of Participation
- Self-paced individual learners, or groups of learners, with or without a facilitator.
- Reference list
- 6 printable handouts


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Diabetes 101 Learning Modules


1. Understanding Diabetes	5:55
2. Monitoring Blood Glucose	4:59
3. Hyperglycemia	4:21
4. Hypoglycemia	10:18
5. Managing Diabetes: Nutrition and Physical Activity	5:46
6. Managing Diabetes: Oral Diabetes Medications	8:16
7. Managing Diabetes: Insulin therapy	12:10
8. Sick Day Management	3:16
9. Medical Emergencies: DKA and HHS	7:17
10. Chronic Complications	5:43


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Diabetes 101 file attachments

6 printable resources:

- Blood Glucose Monitoring
- Hyperglycemia
- Hypoglycemia
- Tips for Insulin therapy
- Tips for Sick Day Management
- Certificate of Participation


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Diabetes 101 Development

Diabetes 101 Sub-Committee/Working Group:

- Saint Elizabeth (Current Sponsor Organization)
- St. Joseph's Care Group/Diabetes Health Thunder Bay (predecessor Sponsor Organization)
- Centre for Education and Research on Aging and Health (CERAH)
- Northwestern Ontario Regional Stroke Network
- Registered Nurses Association of Ontario
- Externally reviewed by the Canadian Diabetes Association Diabetes Educator Section National Executive.



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- Eli Lilly Canada Inc.
- Northern Diabetes Health Network
- North West Local Health Integration Network
- Boehringer Ingelheim
- GlaxoSmithKline
- Saint Elizabeth Foundation.


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Diabetes 101 Distribution Strategy

- CDA/DES review and branding
- 2000 copies in initial print (Sept 27/11)
- Additional 1000 copies printed (NSM DRCC)
- 2600 copies to Ontario's 14 Diabetes Regional Coordination Centres
- Every CDA Branch Office in Ontario
- Every DES Chapter Chair in Ontario
- DES National Executive
- Financial supporters
- Limited distribution to support out of province requests


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Diabetes 101 Distribution Strategy

- Advertisement in the fall RAO LTC Best Practice Initiative newsletter
- Diabetes Regional Coordination Centres (Key Partnership!)
- Presentation at the 2011 National CDA/CSEM Conference
- SHRTN Exchange Newsletter – Featured CoP Article
- SHRTN Website
- Diabetes CoP Flyers
- Email Blast
- Diabetes CoP Poster Presentation – Applied Research Day
- Presentation to OTN LTC CoP
- Explore additional presentation and abstract submissions
- Promoted in the April RAO DNIG Newsletter
- Coming soon! A series of 10 monthly KTA events via GoToTraining

NEW **DIABETES 101**

This new diabetes learning tool for health care professionals in Long Term Care settings is brought to you by the Seniors Health Research Transfer Network Diabetes Community of Practice (CoP). DVD copies of Diabetes 101 will be distributed to every LTC Home in Ontario beginning Fall 2011 in partnership with Ontario's Diabetes Regional Coordination Centres. For further information on the Diabetes CoP, visit beta.shrtn.on.ca.



DNIG
DIABETES NEWS & INFORMATION
MAY 2012

Report from the Chair

Message to Spring 2012
It has been a busy spring and we are looking forward to a new season of activities.

Report from the Chair
As Chair of the Seniors Health Research Transfer Network Diabetes Community of Practice (CoP), I am pleased to report on the progress of our work over the past few months.

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Join the SHRTN Diabetes CoP!

- Completely free – adds you to our email list for events, reading lists and more
- 800 members and growing!
- Visit our CoP webpage and click on the Membership Information tab:
- <http://beta.shrtn.on.ca/nodes/shrtn-ke/cop/content/7>

Thank You!!! Questions?
