

Targeted Screening for Prediabetes/Type II Diabetes Mellitus and COVID and Flu Vax Screening

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INTRODUCTION

- Diabetes Mellitus, a chronic metabolic disorder, poses a significant health challenge.
- Factors such as physical activity, diet, socioeconomic status and genetics affect disease development.
- Complications stemming from uncontrolled diabetes affects multiple organ systems resulting in higher risk for:
 - Cardiovascular disease
 - Neuropathy
 - Nephropathy/renal disease
 - Retinopathy
 - Cerebrovascular accident
- Many people who have T2DM are asymptomatic and undiagnosed, would screening people earlier make a difference in health outcomes?
- People with lower health tend to develop worse presentations of COVID19, we hoped to screen.

Why Does this Matter?

- T2DM is a worldwide epidemic
- 11.6% of Americans have T2DM
 - Over 22% are unaware of the diagnosis
- 1 in 3 Americans has prediabetes
 - 8/10 do not know
- With more Westernized diets and increased in sedentary lifestyles
 T2DM is increasing in prevalence
- Family medicine physicians, and other providers providing direct primary care, stand at a unique path to diagnosis and treat T2DM to prevent deterioration of condition and help the patient

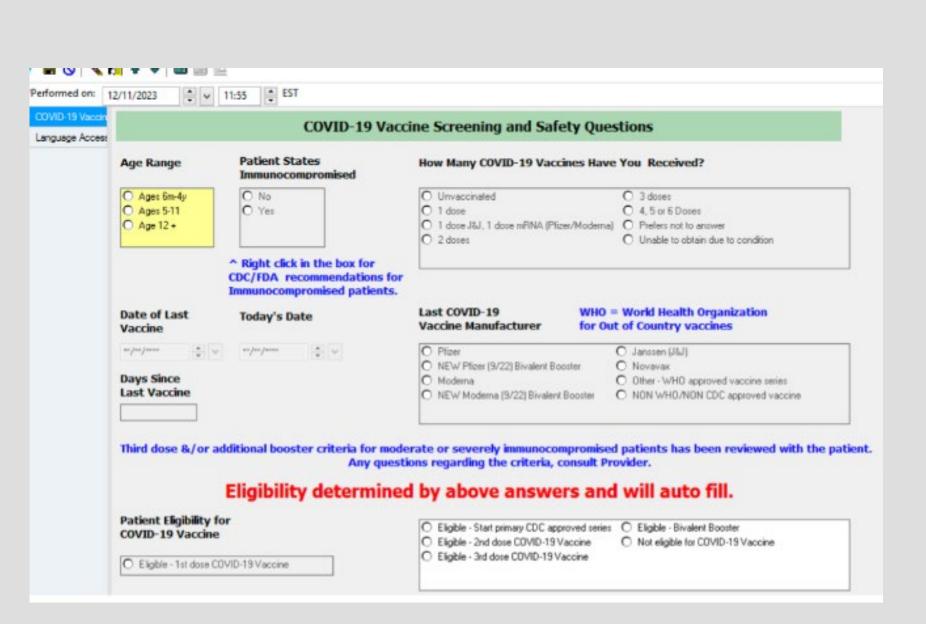
Selection Criteria

- Do not have dx of T2DM/prediabetes
- Questionnaire initially provided in English and Spanish

Methods

- Diverse Urban FQHC Setting multidisciplinary team
- Residents, attendings, IT support, medical office staff
- 5 Question ADA pop-up ad hoc integrated into the EMR

• We routinely follow-ed up to adjust our method to the strategy that worked best for our office and workflow.



1. Do You Have Diabetes? 2. How Old Are You? 4. 40 Years (O Points) 40 - 49 Yrs (1 Point) 50 - 59 Yrs (2 Points) 60 Yrs or Over (3 Points) 60 Yrs or Over (4 Points) 60 Yrs or Over (3 Points) 60 Yrs or Over (4 Points) 60 Yrs

Results

	Goal	Average	Target
Prediabetes & Screening* Prevention	90%	27.7%	60%
Vaccinations for Prediabetics & Documentation of Flu & Covid Vaccination Diabetics	70%	0.29%	10%

Conclusion

- 28% of eligible people were screened for T2DM
- 0.29% were documented receiving the COVID 19 vaccine.
- Current efforts could be improved in the future

Discussion

In general, this QI project did reveal that the need for screening people for T2DM is worth while endeavor. Our team during this time did face some challenges with acquiring the data. Being a smaller resident team, more of the day-to-day fell with the 4 PGY2 residents. Our office is often busy and understaffed, which also caused some screening to fall behind. We did try to integrate as much as possible, but ultimately the needs of our patients did have to come before our QI project. If in the future the questions could be provided in the waiting room or if they could be added to the initial questions that would be ideal. However staffing difficulties make these proposed interventions challenging, resulting in an increase in stress for the medical assistant/nursing staff.

References

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