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## Diabetic Education

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# Diabetic Education

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## BACKGROUND

- 1.5 million people will be diagnosed with diabetes this year. ([www.diabetes.org](http://www.diabetes.org), Feb 20)
- Patients with poorly managed diabetes have higher readmission rates
- Patients with well managed diabetes have less complications and can live longer healthier lives. (<https://www.who.int/features/factfiles/diabetes/en/>, 2016)
- Diabetics do not know all of the resources available to them to help manage diabetes

## PICO

- **P**-New and current diabetics
- **I**-Education via diabetic packet
- **C**-Poor diabetic education or knowledge of available resources
- **O**-Knowledge of diabetics and available diabetic community resources

## EVIDENCE

- In the pilot study of 7763 admissions, the readmission rate was 26% for patients with diabetes and 22% for patients without diabetes. In patients with a primary diagnosis of diabetes on index admission, the most common cause for readmission was diabetic related (<https://clindiabetesendo.biomedcentral.com/articles/10.1186/s40842-016-0040-x>, 2017)

## OUTCOMES

- Readmission rates for diabetic related problems drop
- Patient outcomes improve with proper education and by utilizing the teach back method
- Patient understands outpatient resources to help manage diabetes and are more likely to have better outcomes according to literature
- Diabetic related complications drop



## IMPLEMENTATION

- Identify patients with known diabetes
- Provide universal education to patients regarding diabetes
- Assess patients knowledge on outpatient resources
- Utilize teach back questions in EPIC

## NEXT STEPS

- Monitor readmission rates
- Monitor diabetes related complications
- Follow up with patients about outpatient resources

## REFERENCES

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