DEMONSTRATING QUALITY DIABETES CARE IN WYOMING

INSIDE THIS ISSUE!

Wyoming Diabetes Conference	1
Clinical Study	1
Food For Thought	2
In The Spotlight	2
Diabetes Educator Training	3
Activity Corner	3
DQCMS	4
Wyoming Diabetes Workshops	4

6th Annual Wyoming Diabetes Conference

September 14—16, 2005 **Sheridan, WY**

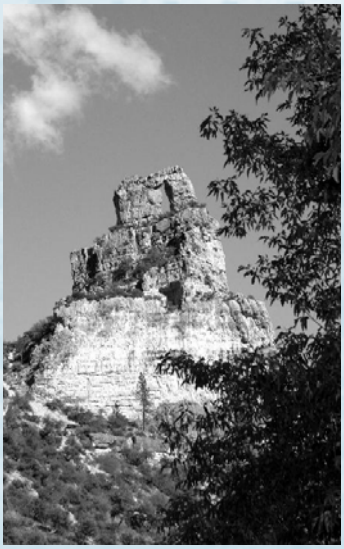
Early Registration Ends August 12, 2005!

Featured Topics

- Celiac Disease
- Hospitalization Care
- Naturopathic Medicine
- Foot Care
- NASH
- Vascular Disease
- Pharmacology Update
- Advanced Eye Care
- Women's Health
- Professional Teamwork
- Obesity Management
- Oral Health

Featured Celebrity

Wilford Brimley



For more information on early registration go to our website!

Featured Speakers

- Phillip Hooper, MD
- Kent Katz, MD
- Jennifer Hone, MD
- Marc-Andre Cornier, MD
- Renea Bradley, RN, MSN, APRN, BC-ADM, CDE
- Laurinda Poirier-Solomon, RN, CDE
- Deb Devereaux, PhD, RPh, MBA
- Dana McDermott, OD
- Dayle Hayes, MS, RD
- Star Morrison, MS, RD
- James Shubert, DMD
- Grace Gosar, MD
- Melanie Ellis, ND

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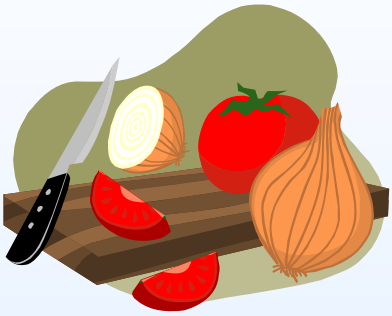
WE'RE ON THE WEB!
HTTP://WDH.STATE.WY.US/DIABETES

Study Finds Diuretics Reduce Cardiovascular Risk in Patients with Diabetes

In patients with diabetes, less costly diuretics work as well as ACE inhibitors and calcium channel blockers in protecting against MI, improving survival, and offering more protection against CHF, according to the latest results from the ALLHAT blood pressure study published in the June 27 issue of Archives of Internal Medicine. In this double-blind trial, 31,512 of 42,418 patients with high blood pressure used the diuretic chlorthalidone or lisinopril. The diuretic was found to be more protective against CHF in patients with or without diabetes; better at lowering systolic BP in both groups; equally protective against fatal CHD or nonfatal MI in all patients; and equally protective against death from all causes, end-stage kidney disease or cancer in all patients.

Food for Thought: Summertime Recipe

The Berry Best Smoothie



- 1/2 cup low-fat or low-carbohydrate milk, soymilk or rice milk
- 6 ounces silken tofu (1/2 package) or 6 ounces plain low-fat yogurt, or a combination
- 1 cup frozen blueberries (do not thaw)
- 1/2 small (6") banana
- 1/2 teaspoon almond extract
- 1/2 teaspoon Splenda or preferred sugar substitute
- *Optional*: protein powder

Place all ingredients in a blender, cover and blend until smooth and creamy.

Serving size:
Approximately 1 Cup
Makes 2 servings

Recipe taken from: Diabetes Health,

Community In The Spotlight!

Dodge Diabetes: Local Youths raise awareness amongst Upton Community

Bryan Watt, Jodi Oliver, and Shelby Abbott, members of the FCCLA or Family Career and Community Leaders of America recently spearheaded a local project called Dodge Diabetes. These students taught children in elementary, middle, and high school . A presentation by Lori Bickford was also given to the Upton community.

Lifestyle risks and prevention of diabetes were the topic of education. In April, the kids hosted a Dodgeball for Diabetes tournament fundraiser for the Juvenile Diabetes Research Foundation. They raised $1400 in this fundraiser. This project took 2nd place at the state competition.

Kudos for your hard work!!

DIABETES EDUCATOR TRAINING

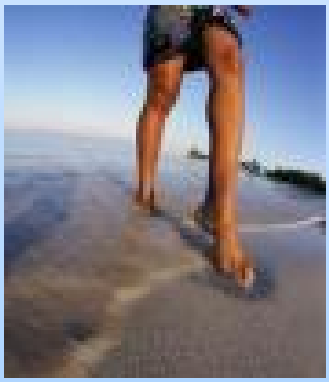
Learn more about diabetes! Campbell County Memorial Hospital received a grant from the Division of Nursing, Bureau of Health Profession, Health Resources and Services Administration, Department of Health and Human Services, under Nurse Education, Practice, and Retention Grants, Internship and Residency Program for D-64hp-0068-01. As part of that grant, Campbell County to offer Diabetes Educator training either at your home site or with us. Using a web based classroom format, 16 weeks of diabetes education can precede actual clinical training, or please consider completing the classroom work to expand your current knowledge base and skip the clinical if your goal is not CDE certification. Call Nancy Bozic at 307-688-6011 to learn more. This course is free to RNs, also open to non-RN's, i.e., RD, PharmD, and other professionals who desire an education in diabetes for a small fee. This course was designed, developed and is mentored by two certified diabetes educators who are experts in the field of diabetes and its related disease processes.

Interested in having an article placed in our newsletter?

Contact Alicia Scholz at 307-777-6011 or aschol@state.wy.us

ACTIVITY CORNER
SAFE EXERCISE & DIABETES

Seasoned or beginner, it's always good to practice safe exercise. The following are tips to continue exercising your whole life through!



Check your levels: Per American Diabetes Association (ADA) recommendations, avoid exercise if fasting glucose levels are >250 mg/dl and ketosis is present, use caution if glucose levels are >300 and no ketosis is present. If <100 mg/dl pre exercise, have a snack and retest in 15 minutes.

Keep a log: Track your blood sugar in response to various forms of exercise.

Sweets for safety: Have on hand fast acting carbs such as a juice box or glucose gel.

No insulin before exercise: Muscles in action will metabolize insulin injections faster and enhance the glucose lowering effect of exercise even further, therefore increasing risk of hypoglycemia.

Stay hydrated: Important for preventing erratic blood pressure and heat stroke.

Identify yourself: Wear a medical identification tag or bracelet when you work out, so if you lose consciousness others will know how to help you.

Warm up and cool down: The ADA recommends a low intensity warm up of 5 to 10 minutes and gentle stretching for an additional 5 to 10 minutes. Cool down should also last 5 to 10 minutes or until heart rate returns to pre-exercise levels.

Dress appropriately: Well fitting shoes and socks and breathable and weather-appropriate clothing are

DQCMS Goal:

To provide an office-based tool to assist busy clinicians in assessing their practice patterns and, where indicated, improve diabetes management..

How Can DQCMS Help You?

During an office visit: Identify tests/ exams that are "due" from glancing at the "patient profile", a one-page form produced by DQCMS.

- Identify areas for which treatment needs to be intensified (A1C, lipids).
- Identify prevention services for which individual patients are in need: e.g., immunizations, tobacco cessation, aspirin therapy.

For the entire diabetes patient population:

- Identify all active patients who are due for tests, exams, or immunization.
- Identify a subset of the patient population: e.g., patients with documented proteinuria / microalbuminuria in order to intervene with those who are not receiving an ACE-I or ARB.
- Facilitate communication from office to patients: recall or reminder notices can be generated from DQCMS.

To assess clinical performance:

The "population profile" will help clinicians identify specific practice patterns related to diabetes care. Various reports can be generated.

To evaluate efforts to improve care:

- Easily compare clinical performance from one time period to another.
- Provide practice performance information required by some medical specialty boards.

Wyoming Diabetes Workshops

For more information and registration, contact
Linda Gore Martin, Pharm.D.,
School of Pharmacy

UW Pharmacy School Teaching Diabetes Medication Education

Presenters for this workshop:

- Linda Gore Martin, Pharm.D, MBA, BCPS
- Tonja Woods, Pharm.D.
- Tim Seeley, RPh
- Carla Holman, pharmacy student

This workshop will be of special interest to:

- Seniors ages 60 and over who have diabetes
- Caregivers of seniors aged 60 and over who have diabetes
- Senior Center Staff Members
- Public Health Nurses
- Diabetic Educators
- Anyone who is interested in medications used in seniors with diabetes

This 3 hour workshop begins at 8 a.m. and includes a breakfast cooking demo by Tim Seeley

Objectives:

- To present information on diabetes with the role of medications emphasized
- To show that blood sugar is only part of the diabetes picture – a healthy future means taking care of the entire person
- To help you spot patterns in your diabetes and to set small goals that you can reach
- To present information on side effects of medications

Sites Include:
Afton: August 10 at the Senior Center
Evanston: August 11 at the Senior Center
Sundance: August 17 (call for location)
Glenrock: August 18 at the Senior Center
Rawlins: August 19 at the Hospital