

# WYOMING DEEP™ FACILITATOR BULLETIN



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## ADMINISTRATIVE TIDBITS

Happy New Year! We hope you all had a wonderful holiday season. As quite a few facilitators are gearing up for classes to begin, we want to highlight [the crosswalk](#) that outlines the old and new Diabetes Empowerment Education Program (DEEP)™ curriculums. Please review the document, and if you have any questions, feel free to reach out to Glen Revere at [grevere@mpqhf.org](mailto:grevere@mpqhf.org).

We also want to add a reminder that Mountain-Pacific Quality Health is here to help you advertise your classes. We can mail postcards, create posters and flyers, help with free community calendars and post on social media, targeted to your community. As you schedule your classes, please let us know if you would like us to help market your class.

Thank you for all your hard work and support of this program and for playing such an important role in educating and helping those in our communities with diabetes and pre-diabetes. We certainly could not do this work without you!

Brandi Wahlen  
Diabetes Project Manager  
[bwahlen@mpqhf.org](mailto:bwahlen@mpqhf.org)

## SHARE YOUR DEEP SUCCESSES

Is there something positive you or your participants learned or shared in class? Is one participant already gaining understanding or showing improvement? What are your participants saying about the classes or about the DEEP curriculum?

We would love to include your class successes in this newsletter and share them with others, if appropriate.

If you have a success, a story or a quote from one of your DEEP participants, contact Genee Miller with Mountain-Pacific Quality Health by email at [gmillier@mpqhf.org](mailto:gmillier@mpqhf.org) or call her at (307) 439-2371. We want to hear from you!

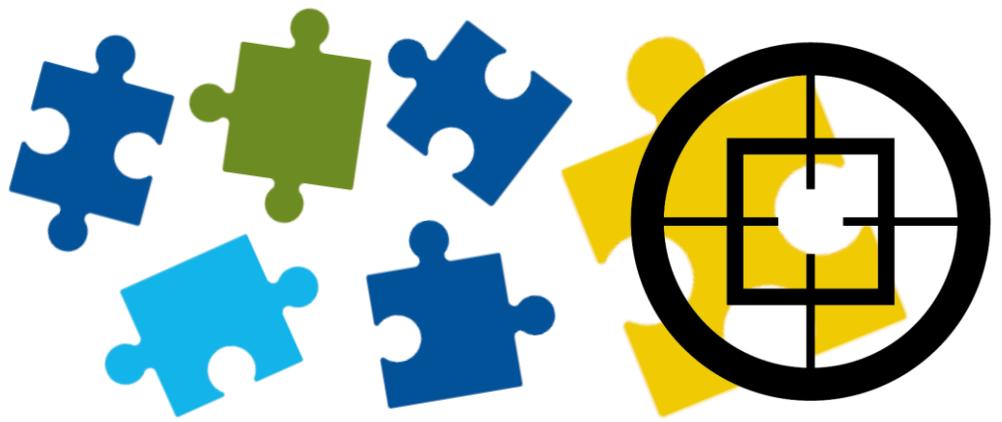
# WHAT'S YOUR SCOPE?

by Teresa Hicks, RD, CDE

Have you heard the term “scope of work?” Any job’s scope of work is the activities, duties and responsibilities of that particular job. Some jobs have more flexible scopes of work. Some are larger than others. In high school, I worked in a hardware store, where I was also asked to cut fabric when the fabric person went to lunch and to feed the fish and hamsters when the pet department person was out of town. That job had a pretty large scope of work. However, in some jobs—like those in health care—the scope of work becomes very important. To ensure high quality care and also to keep people safe, it is very important to do only those parts of the job you are highly qualified to do. It also keeps you and your organization safe from litigation.

What is the scope of work for a DEEP peer facilitator? Peer facilitators, like many community health jobs, are part of an emerging field. People everywhere are excited about the health behavior changes peer facilitators are supporting in their community in addition to the important role peer facilitators provide in connecting community members to their local clinical services. The following is a list of items within the scope of work of a DEEP peer facilitator:

- Facilitates conversations concerning diabetes self management issues
- Facilitates the sharing of ideas
- Encourages participants to practice self advocacy in their health care needs



- Leads activities that facilitate learning new skills
- Facilitates participants finding resources in their community – A successful facilitator knows the professional diabetes educator in his/her community and encourages participants to share their questions, concerns and ideas with the diabetes educator and their provider
- Introduces participants to a network of people facing similar situations and issues in a safe environment
- Supports participants to solve their own problems – It is easy to want to “fix” problems for people, but research tells us when people are encouraged to discover solutions to problems themselves, they are more likely to be successful in the problem solving

Wow! That is a BIG job! Thank you for working so hard to support your community!

Is there anything NOT on this list? Well, yes, there is one big thing: It is important to never answer personal medical questions. Even a provider will typically not answer a medical

question in a group setting. This is because a person may have other medical issues, allergies, life situations, learning impairments, etc., that cannot be properly assessed in a group setting. Personal medical questions require a one-on-one clinic visit with a highly qualified medical professional who has access to the participant’s medical records. This rule ensures the two most important goals of health care: quality care and patient safety.

The following are a few examples of questions that should not be answered in a DEEP class:

*Do I have diabetes? My blood test came back a little high, but I don’t think it was too high.*

Do not answer this question. You do not have access to any of your participants’ medical records, so it is not “in your scope” to assess or help with a diagnosis. Instead, direct this person to a professional diabetes educator or to his/her provider. He/she may have been told he/she has diabetes and is hoping for a different answer. But what may seem helpful can end up harming a person.

*Continue reading on next page.*

# FACILITATOR EDUCATION: RESOLVE TO EAT MORE MINDFULLY IN 2018



by Teresa Hicks, RD, CDE

Statistics show that 95 percent of people who diet to lose weight fail to keep the weight off over time. So if dieting does not work, what is a person to do?

Instead of making a new year's resolution to go on a diet in 2018, resolve to eat more mindfully instead. [This article explains what it means to be a mindful eater, with tips that not only help you better enjoy your meals, but may also help you get a few pounds lighter.](#)

## FOR YOUR TOOLBOX

### Winter Skin and Diabetes:

When cold temperatures hit, dry skin usually follows. People with diabetes need to be especially careful to avoid cracking, bleeding and other complications. Here are tips to help:

- [Winter Skin Guide](#)
- [Four Ways Winter Affects Your Diabetes \(slide show\)](#)
- [Ease Winter Problems When You Have Diabetes](#)
- [Cold Weather and Your Blood Sugar](#)

### Help to Prepare Healthy Meals:

Search [this USDA website](#) for informational fact sheets about different kinds of foods. The fact sheets include storage tips, nutrition facts and two recipes that use the product. Note: The fact sheets open as Adobe Acrobat PDF files. Anyone who uses this site will need to install Adobe Reader on his/her computer to view the fact sheets.

## YOUR SCOPE (cont.)

*Should I be taking a different type of medication?*

There are many reasons people are on a certain medication: price, allergies, side effects, other health conditions, etc. This is a great question for a participant to ask his/her provider. It would be appropriate—and completely within your scope—to facilitate a group discussion about how best to bring up medication concerns and questions to a provider.

*Should I avoid carbohydrates for a month to lose weight?*

Do not answer this question. A person may take a medication that, paired with this type of diet, could give him/her dangerously low blood sugar. What may seem like a simple question may end in a dangerous situation. Suggest he/she talk to a local dietitian or diabetes educator for individualized meal planning.

When you stay within your scope of work, you maximize your impact in your community. There are many who do clinical work, but few provide the important community diabetes education link you provide as a DEEP peer facilitator.

Do you have questions about your scope of work? Give Teresa Hicks, RD, CDE, a shout:

**Teresa Hicks**  
**Mountain-Pacific Quality Health**  
**thicks@mpghf.org**

## DEEP CLASSES IN WYOMING

- **Rock Springs** | Young at Heart  
Thursdays | 5:00 to 7:00 PM  
Classes started Jan. 11
- **Dubois** | High Country Senior Center  
Thursdays | 5:00 to 7:00 PM  
Classes started Jan. 25
- **Casper** | Casper Senior Center  
Thursdays | 2:00 to 4:00 PM  
Classes start Feb. 22