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ADMINISTRATIVE TIDBITS

Many of you have expressed concern about your Diabetes Empowerment Education Program (DEEP)™ class attendance. The provider letter and DEEP overview are resourceful tools for you to use. Sending them out to providers in your area may get you a surprising response! Providers can refer patients and families to your classes and increase your attendance as well as help more people in your community. As you know, patients with diabetes benefit so much from the DEEP classes you provide.

When you begin a class, please send me the attendance tracking sheet (scanning or emailing is best!). That is all I need from the first class. The status update provides me the information I need, and I can share it with Glen and Brandi. The cost to send documents continues to increase. Please send all the other paperwork when your class is complete.

Medical releases are being filled out more frequently, which is wonderful! However, many releases are not complete. Please be sure the entire form is filled out, so we can follow up with patients and track our graduates’ progress. Please also make sure you review all documents before the end of your six-week class. If you find there are blanks, please ask the participant for the missing information before sending your final paperwork. I would really appreciate it!

Mountain-Pacific thanks you for all you do! Spring is coming, and that means snowbirds will be coming home—a great time to begin DEEP classes.

Thanks again,
Genee Miller, Program Assistant
Although there are systems in place to help make sure a person’s medications are safe and effective, the best way to stay healthy is to be an active part of your health care team. Providers or pharmacists can help people know their medications better. Encourage your participants to ask their pharmacist these questions:

1. What is the name of my medication and why am I taking it?
2. How is this medication safely and effectively taken?
3. What are the desired effects and any side effects I should talk with my doctor about?

Learn more pharmacy questions and tips here.

**FOR YOUR TOOLBOX**

Knowing his or her medications and communicating and actively participating with his or her health care team are some of the best ways a person can stay healthy and avoid complications. There are numerous medication tip sheets and helpful information available:

- **Drug Information for Consumers**, put together by the U.S. Food & Drug Administration, offers medication guides, safety information and much more.

- **Medicines and You: A Guide for Older Adults** provides information and tips to keep in mind about staying healthy with age. This guide is from the Council on Family Health.

- The **American Association of Diabetes Educators** has several resources, tip sheets and handouts you can pass along to your class participants, as appropriate.

**DIABETES PROGRAMS IN WYOMING**

Through the growing number of trained Diabetes Empowerment Education Program (DEEP)™ facilitators and the existing professional diabetes education programs—programs recognized by the American Diabetes Association (ADA) and the American Association of Diabetes Educators (AADE)—people with diabetes have access to a variety of options to get information about diabetes and its impact on their health. The **AADE Wyoming Network** is available to support you and your DEEP participants. You can also partner with local professional diabetes educators. Invite a local diabetes educator to speak at your class—even if it is through WebEx or Skype—or encourage your participants to contact a local educator for ongoing diabetes education and support.

The below map shows the location of professional diabetes education programs. Is there an available program near you?

**A Look at Diabetes Support in Wyoming: Accredited Diabetes Education Programs and DEEP Classes**

- Location of accredited professional diabetes education programs
- Mountain-Pacific Diabetes Empowerment Education Program (DEEP)™ classes held
Q: What is your background before becoming a DEEP™ facilitator?
DALE: I was in the Army for 30 years. I did grasshopper surveys for 14 summer seasons. I was also a seed potato inspector for seven shipping seasons. I was raised on a farm with 11 siblings.
JEANNE: I was in law enforcement for 32 years.

Q: What do you like most about being a DEEP facilitator?
DALE: Interaction with participants
JEANNE: I like to help people and feel this is a great way to assist people in learning to help themselves.

Q: What are some tips you have learned while facilitating DEEP that you would share with your fellow facilitators?
DALE: Make the people comfortable so that they will interact. Always make clear about trust and respect for all. Let them know how we protect and respect their information.
JEANNE: First, as much as you want [to help], there are people who will come to a meeting or two then decide that they are able to handle their own health problems. One lady in our class has had diabetes for many years, and she was amazed at the amount of new information that she was provided through the program. Second, be flexible and go with the flow of the class without sacrificing relevant information. Third, it is a learning experience, so take the time to learn from your own interactions.

Q: What do you think is the most effective method for advertising DEEP classes in Thayne?
DALE: Doctors’ offices, church, word of mouth, radio, newspaper
JEANNE: Local newspapers, posters, doctors’ offices and word of mouth

Q: What have you heard from your participants about the DEEP class?
DALE: We have two participants checking blood sugar daily instead of avoiding it. We have one [participant] whose blood sugar was over 250. He went to the doctor and now is running around 150 and has changed his diet. Participants are always thankful every time you see them and are still sharing information with each other.
JEANNE: Participants expressed that they were satisfied with the information given to them, and most indicated they were using the information they received to implement the program into their lifestyles. One person indicated he had lost 10 pounds by following some of the food guidelines. On a weekly basis, we see the participants from the class, and they appear to still be following the guidelines.

UPCOMING DEEP CLASSES IN WYOMING

- Campbell County Senior Center | Mar. 6 – Apr. 10 (Mon.) | Phone: (307) 688-3615
- Sheridan | Mar. 6 – ? (Mon.) | Facilitator: Carissa | Phone: (307) 672-5169
- Crook County Medical Services | Mar. 7 – 23 (Tues. & Thur.) | Facilitators: Naomi & Becky | Phone: (307) 283-3501 x1
- Sublette County Public Health | Mar. 15 – Apr. 19 (Wed.) | Facilitators: Stephanie & Janna | Phone: (307) 367-2157