

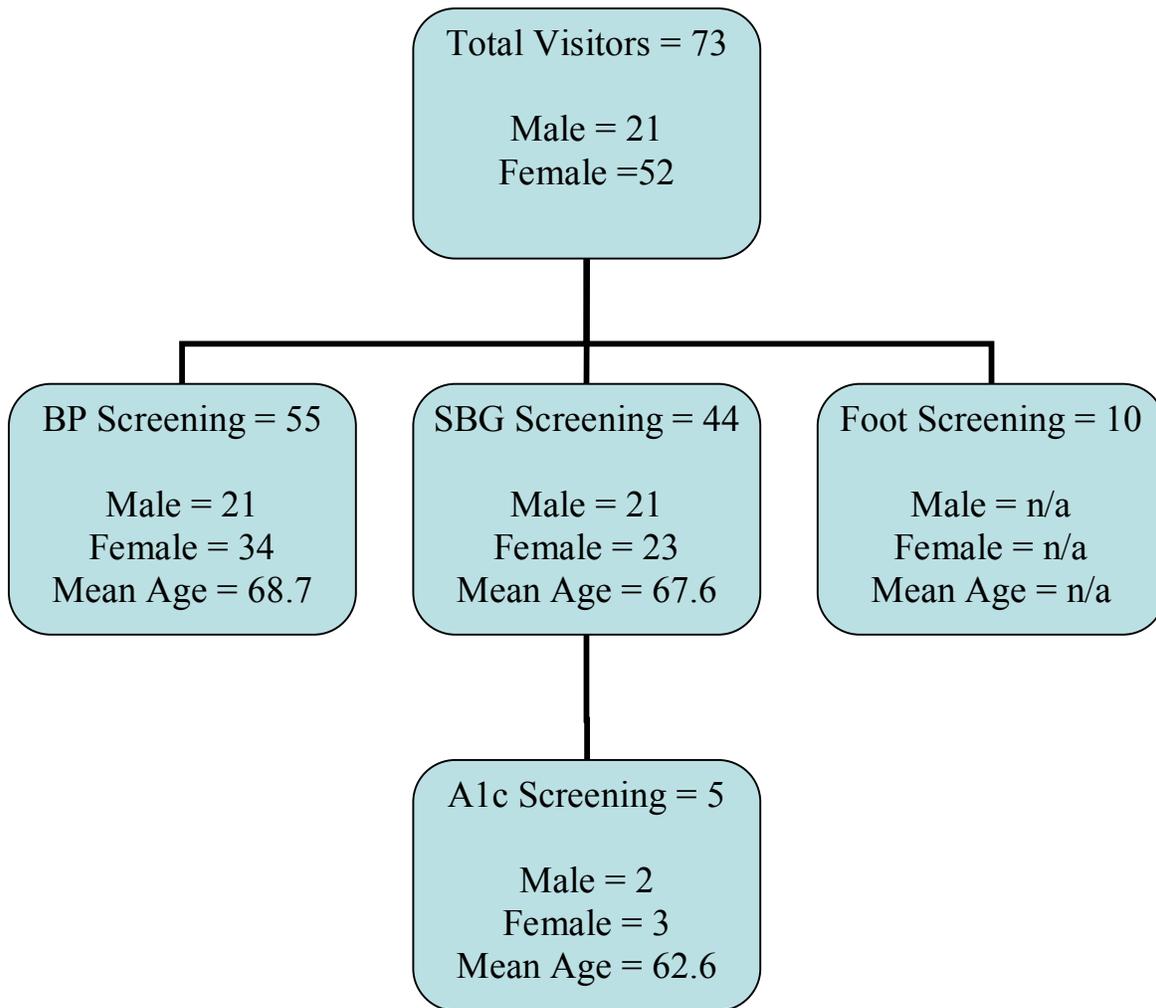
Results of the Leader Health Fair

Information Available to Visitors

- General information on diabetes
- CDA information
- Medications
- Macrovascular complications (blood pressure, cholesterol)
- Blood pressure screening
- Dietitian
- Healthy food choices from local grocery store
- Microvascular complications (eyes, kidney)
- Mental health / Women's health
- Dental health
- Foot care information
- Foot screening
- Self monitoring information
- A1c screening
- Spot glucose screening
- Physical activity (In Motion®)
- Smoking cessation
- Healthy snacks (approved by Dietitian) were provided – prepared by volunteers

Participants

- 1 NP
- 1 Pharmacist
- 1 Pharmacy intern
- 1 Dietitian
- 1 RN
- 3 LPNs (from Swift Current)
- 1 Canadian Diabetes Association representative
- 6 Community volunteers



Blood Pressure Screening

-2 LPNs performed BP checks on visitors

-Reading, age and sex were recorded for outcome tracking

-Visitors were given a BP wallet card with their reading recorded on it

-BP targets (diabetes and non-diabetes) were discussed with visitors

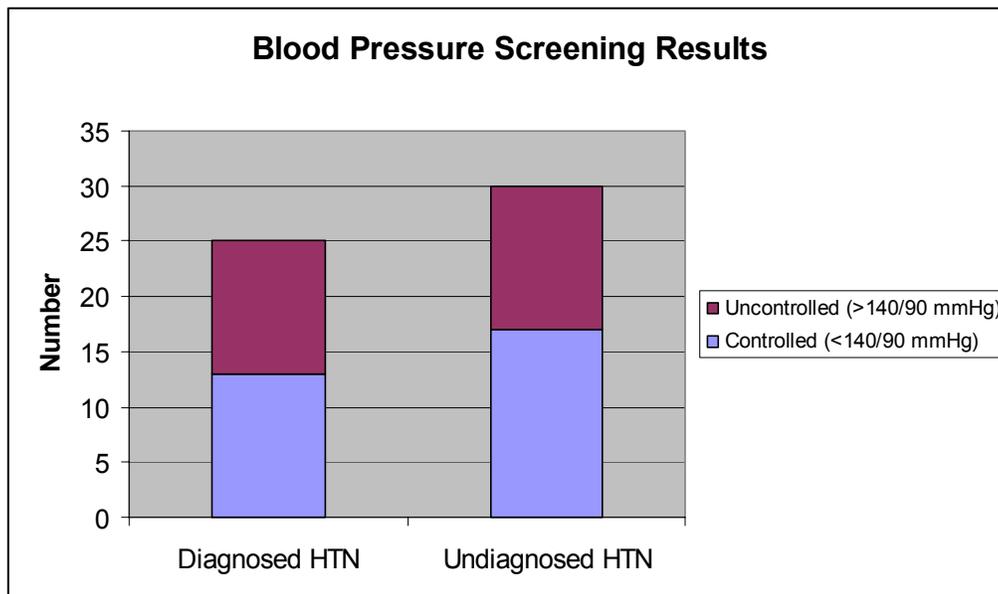
-Anyone with suboptimal BP was encouraged to see their health care provider

-55 visitors screened

-Male = 21

-Female = 34

-Average age = 68.7 years



HTN = hypertension

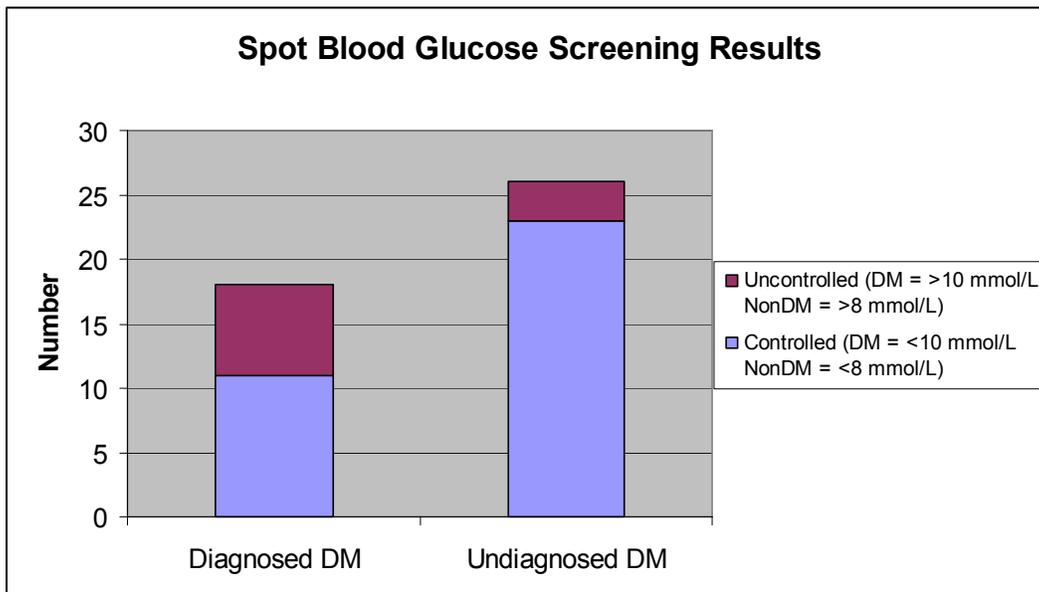
*A BP target of 140/90 mmHg was used for all screenings regardless of whether the visitor had diagnosed diabetes.

Therefore the actual rate of uncontrolled is likely higher than stated, as control for those with diabetes is <130/80mmHg.

Spot Glucose Screening

- One LPN performed spot glucose checks on visitors
 - Reading, age, and sex were recorded for outcomes tracking
 - Visitors were given a wallet card with their result recorded on it
 - Target values were discussed with those visitors with diabetes
 - Visitors with diabetes with suboptimal readings were encouraged to contact their health care provider
 - Visitors without diagnosed diabetes with suboptimal readings were referred to the A1c screening booth for further follow-up

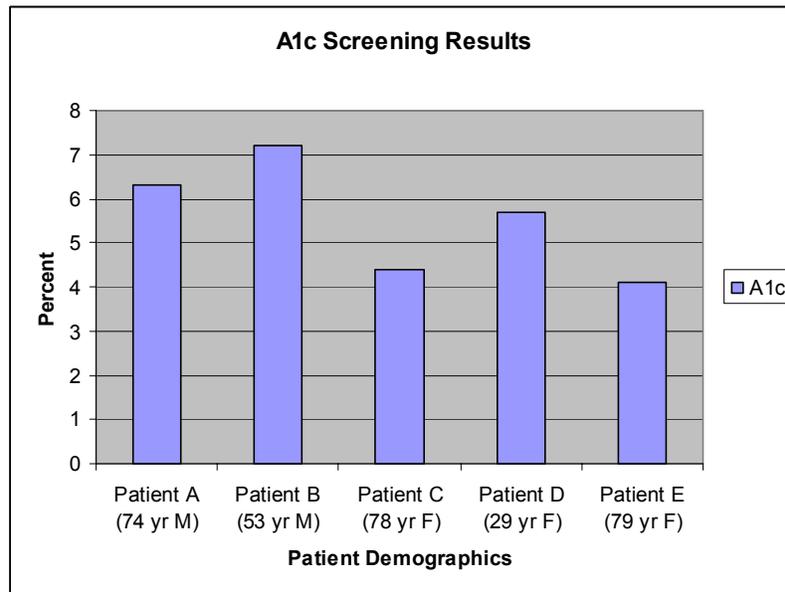
- 44 visitors screened
 - Male = 21
 - Female = 23
 - Average age = 67.6 years



DM = Diabetes Mellitus

A1c Screening

- The NP performed all A1c screens using the Cholestech® POS (point of service) machine, which delivers an A1c result from a finger stick in ~ 5 minutes
 - Reading, age, and sex were recorded for outcome measures
 - Only those who had three or more risks factors for diabetes, or those undiagnosed visitors with a high spot blood glucose were screened due to cost issues (~\$12/test)
 - Visitors with a suboptimal A1c were encouraged to follow-up with either the NP or their family physician



“Success Story”: A 53 year old male with no risk factors was identified as having impaired glucose tolerance and hypertension. He has since been followed closely by the NP.

Foot Care Screening

- The RN, who also conducts the Wellness clinic and provides some diabetes education performed foot checks to screen for neuropathy
- visitors with decreased sensation in the feet were encouraged to see their health care provider and/or a podiatrist.
- 10 visitors screened
 - 8 = some form of neuropathy present
 - 2 = no signs of neuropathy