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CHEROKEE NATION®
Health Services



Cherokee Nation Diabetes Prevention Program

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CNDPP Location & Services

- Funded 2004 by IHS SDPI
- 14-county Tribal Jurisdiction Service Area in NE OK
- 6,950 area miles
- Includes 8 CN clinics, 1 CN employee clinic, 1 CN hospital, & 1 I.H.S. hospital
- 131,000 patient population

Staffing

- 5 DPP Staff
 - 1 Coordinator
 - Lifestyle Coach
 - Lead Teacher
 - Data Coordinator
 - 2 Physical Activity Specialists
 - Lifestyle Coaches
 - Lead Teachers
 - 1 Data Tech
 - 1 Admin Asst
 - Part-time

All staff may be required to participate in all facets of program activities



Medical Facilities



How to implement?

- Gain stakeholder support
- Recruitment patients/participants
- Implement program activities
- Be an effective coach and team
- Collect Data & Evaluate
- Use successful strategies

GAINING STAKEHOLDER SUPPORT

Planning, Planning, & More Planning

- Create an advisory board
- Gain support from elected officials & clinic directors/staff
- Schedule frequent meetings
- Communicate frequently
- Host community activities
- Be visible

RECRUITMENT METHODS

Steps for Recruitment

- Develop eligibility guidelines
- Identify & recruit eligible community members/patients
- Conduct Lab Screenings if needed
- Contact eligible participants to recruit for DPP curriculum class
 - Letters, emails, etc.

Methods of Recruitment for Lab Screenings

- Community Screenings
 - Finger stick
 - Paper Risk Test (most effective)
- Referrals
- Community Events, Advertisements, & Word of Mouth

Referrals

- Request referrals from dietitians or other staff
- Develop & add patients to Master Registry

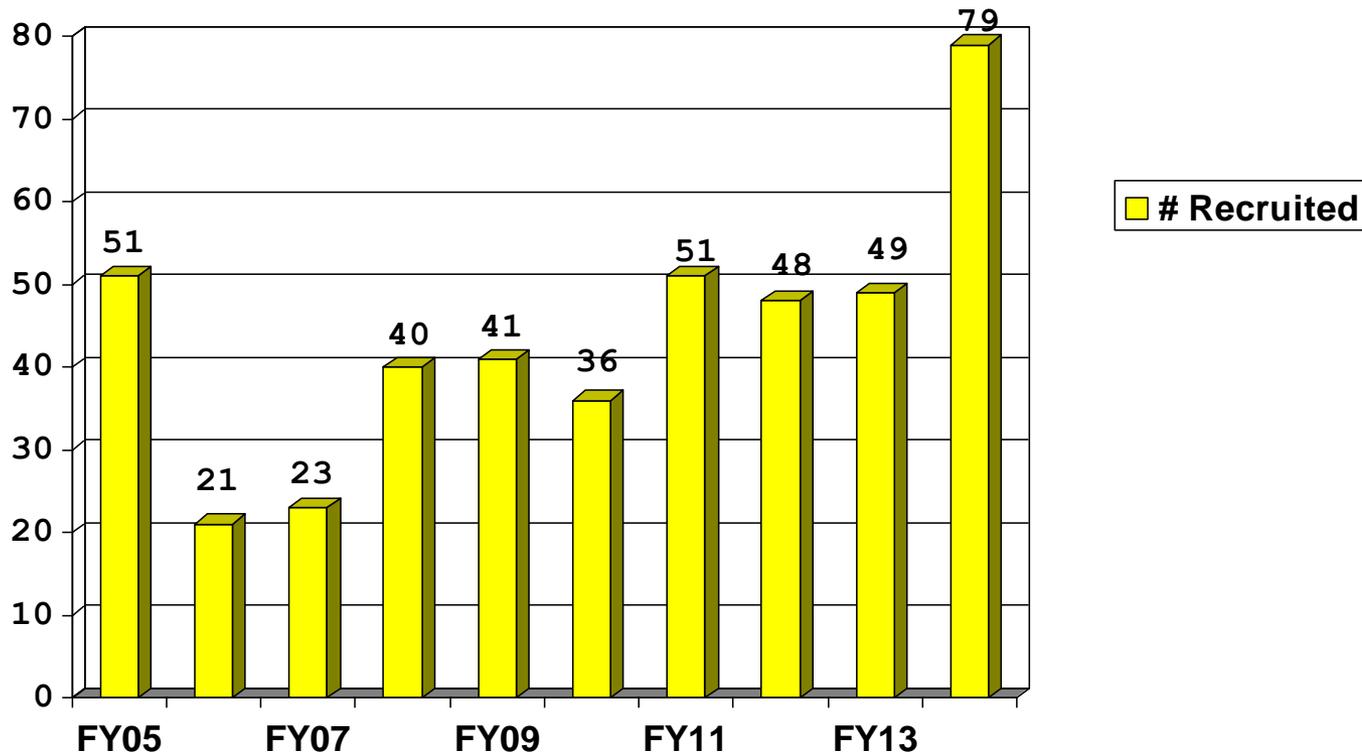
Successful Referral Activities

- Provider Challenge for Referrals
- Gaining support early
- Seek provider input
- Keep clinical staff in the loop

	# Target Areas	# Comm ScrngPts	# Lab Eligible	#Attended Lab Scrn	# DPP Eligible	# Recruited
Year 1-6 FY05-FY 11)	5	1,989	813	479	137	212*
(FY 12)	5	-	459	156	156	48
(FY 13)	4	-	153	92	92	49
Year 9 (FY 14)	4	-	404	69	69	79
Total:	7	-	1829	796	454	388

*Due to Referrals, Community Activities not as effective

Recruitment Totals



PROGRAM activities



DPP Classes

- Utilize DPP curriculum
- One class/week, 16 weeks, at pts convenience
- Make participants accountable
- Use Tribal examples & modifications to DPP curriculum
- Use group facilitation techniques (try not to teach/preach)

BEING AN EFFECTIVE COACH & TEAM

Coaching

- Establish a coach/participant relationship
- Earn trust
- Never criticize, always stay positive
- Be available & help solve (resist your exquisiteness 😊)
- Meet individually & regularly
- Provide support, mainly by listening

Establish a Team

- Work together as a team, not as an boss/employee
- Develop, implement, problem solve together
- Give praise, never criticize
- Support each other
- **Reduce staff turnover**

COLLECT DATA & EVALUATE

Data Collection

- Decide what data you want to collect
 - What will be most effective in reporting & future funding?
 - What do you want the end result to be?
- Establish how data will be collected
 - Forms needed
 - Staff needed

SUCCESSFUL STRATEGIES



Successful Strategies

- Utilize a timeline
- Plan, then plan some more
- Communicate with team
- Develop a system
- Develop effective logs, forms, etc.
- Establish great relationships with pts

Successful Strategies

- Piggyback community events that your health program is implementing for exposure
- Be visible – utilize media
- Be an example
 - Represent your work and the goals of DPP
 - Be positive
 - Live healthy

Cherokee Nation Diabetes Prevention Program

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Wa-do!