

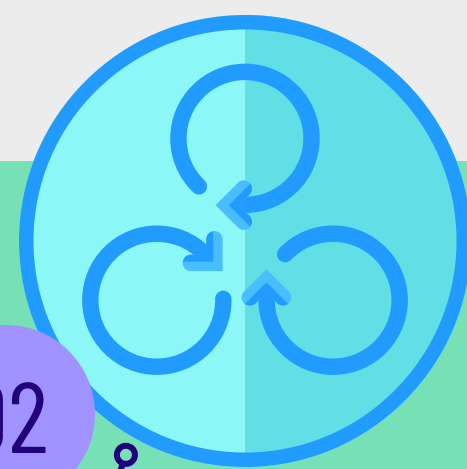
# 2020 Montana Provider Knowledge and Practice Survey: Prediabetes and the National Diabetes Prevention Program (DPP)



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## The Goal:

To assess Montana providers' knowledge of prediabetes (preDM) clinical indicators, patient screening/testing practices, and referral practices to the National DPP. We started from the premise that all types of providers should know about and be involved in diabetes prevention. Therefore, a range of providers - from behavioral health to family medicine to internists and more - were included.



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## The Process:

A paper survey based on peer-reviewed literature\* was mailed to 3381 physicians, physician assistants, advanced practice registered nurses, and psychologists licensed to practice in Montana. Of these, 116 were returned to sender. Responses received to date: 478 (Dec 2020).

\*Keck et al., 2019, in the Journal of the American Board of Family Medicine, "Prediabetes Knowledge, Attitudes, and Practices at an Academic Family Medicine Practice" (doi: 10.3122/jabfm.2019.04.180375).



03

## The Analysis and Follow-Up:

Descriptive statistics of all responses, plus variations looking at responses based on provider facility, license type, primary care provider, license type, provider specialty, and years in practice. Providers indicating interest in further work to improve National DPP referrals have been contacted and engaged.



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## The Next Steps for Interested Providers:

The MDP will send each a form letter with the name, location and coach contact info of the DPP nearest their office, a one-pager aimed at providers differentiating DPP vs. DSMES, a Risk Test poster to hang in offices, DPP brochures, one-pager patient education materials that define preDM and tips on lifestyle changes.



05

## The Next Steps for Lifestyle Coaches:

Lifestyle Coaches will receive a list of providers in their areas (interested and responding) to do outreach and education about the ease of referring patients to the National DPP and to reinforce the benefits not only of National DPP participation but also of partnership between lifestyle coaches and providers.



06

## The Next Steps for the MDP:

The MDP will produce and distribute educational materials aimed at clarifying the role all types of healthcare providers can and do play in preventing diabetes in patients and encouraging healthy lifestyles. It will reinforce that this work is something all providers - from behavioral health to dental care to eye health to specialists - can and should do.

## The Gist (Results):

**Respondent Characteristics (highlights):** 47% physicians, 28% APRNs; 40% have family medicine as their primary specialty; 26.5% work in independent practices, 30.5% in critical access hospitals and health clinics.

**Clinical Knowledge:** 30% got fasting glucose levels and the hemoglobin A1C range correct; 23% got the recommended proportion of weight loss correct; 48% got the recommended physical activity (PA) minutes correct; 75% got frequency of screening for prediabetes (preDM) correct.

**Beliefs:** 79% agree preDM is a significant public health issue; 39% agree that PCPs consider preDM screening a high priority; 81% agree preDM diagnosis is an effective way to increase patient awareness of the need for lifestyle modification (LM); 83% believe evidence supports effectiveness of treating preDM with LM.

**PreDM Care Practices:** 64% recommend to most (51%+) of their patients to work toward nationally recommended PA targets; 42% have patients set a weight loss goal of 5 to 7% of their current weight; 22% provide pamphlets/written resources to patients; 10% refer most of their patients to a National DPP.

**National DPP Knowledge/Referral:** 18% are familiar with the National DPP; 16% know how to refer patients to the National DPP; 23% know of local National DPP organizations, including within their healthcare systems; 5% are aware of insurance plans that pay for the National DPP.