The Goal:
To assess Montana providers’ knowledge of pre-diabetes (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.

The Process:
A paper survey based on peer-reviewed literature* was mailed to 2,381 physicians, physician assistants, advanced practice registered nurses, and psychologists licensed to practice in Montana. Of these, 136 were returned to sender. Responses received by date: 4/15 (Dec, 2019).

The Analysis and Follow-Up:
Descriptive statistics of all responses, plus comparisons 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.

The Next Steps for Interested Providers:
The MDP will send each a custom letter with the name, location, and contact info of the MDP’s nearest office. A one-page arm’s-length letter to providers detailing DPP vs. DSNM in a Risk Test poster to hang in offices; MDP brochures, one-page patient education materials that define preDM and tips on lifestyle changes.

The Next Steps for Lifestyle Coaches:
Health Coaches will receive a list of providers in their area interested and responding to do outreach and education about the ease of referring patients to the National DPP and to reinforce the benefits only of National DPP participation but also of partnership between lifestyle coaches and providers.

The Gist (Results):
Respondent Characteristics (highlights): 47% physicians, 23% APRNs; 40% have family medicine as their primary specialty; 26.5% work in independent practices, 30.5% in critical access hospitals and clinics.

Clinical Knowledge: 10% got fasting glucose levels and the hemoglobin A1C range correct; 25% got the recommended proportion of weight loss correct; 48% got the recommended physical activity (PA) minutes correct; 75% got frequency of screening for pre-diabetes (preDM) correct.

Skills: 70% agree preDM is a significant public health issue; 29% agree PCPs consider preDM screening a high priority; 64% agree preDM diagnosis is an effective way to increase patient awareness of the need for lifestyle modifications; 56% believercode supports effectiveness of treatment preDM with UM.

PreDM Care Practices: 94% recommend at least one preDM screening to their patients to work toward nationally recommended PA targets; 45% have patients set a weight loss goal of 5% or 7% of their current weight; 22% provide pamphlets/written resources to patients; 10% refer those of their patients to a National DPP.

National DPP Program Preference: 80% 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.

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.