

# DIABETES COMMITTEE

## Minutes

July 15, 2020

4:00 PM - 5:00 PM

### Members Present

Mary Pat Bertacchi

Donna Gugel

Rita Kalyani

Jessica Kiel

Julie Maneen

Vivienne Rose (co-chair)

Teresa Titus-Howard

Pamela Xenakis (co-chair)

### Members Not Present

#### Maryland Department of Health Staff Present

Anne Langley

Sue Vaeth

Pam Williams

### 1. Review Agenda Items

The Diabetes Committee met via webinar on 7/15/2020; the meeting was called to order by Pamela Xenakis at 5:03 p.m.

The co-chair reviewed the meeting agenda items. There were no changes requested.

### 2. Roll Call/Introductions

A quorum of the Diabetes Committee was present. Each new member, Julie Maneen, Mary Pat Bertacchi, and Rita Kalyani, introduced themselves.

### 3. Approve April 17, 2020 meeting minutes

Donna Gugel made a motion to approve the April 17, 2020 committee meeting minutes and Jessica Kiel seconded. The minutes were approved unanimously.

### 4. Discussion of follow-up items from the April meeting

A member of the Diabetes Committee, Donna Gugel, and staff from the Department's Center for Population Health Initiatives (CPHI) met with the WIC program. Their main message was to emphasize the risk for women with gestational diabetes to develop type 2 diabetes. A list of resources was also provided. As a result, WIC added a flag in their system to recommend a post-partum check-up for clients diagnosed with gestational diabetes.

A discussion was held reiterating the importance of follow up care, that is, continuity between obstetric care and primary care. The CPHI is presenting a webinar on gestational diabetes on July 16 and will share the slides with the committee. The hour-long presentation is geared to primary care physicians and will include statistics and the science behind gestational diabetes. Other experts in post-partum care will discuss the handoff between obstetrics and primary care. The committee members commented that midwives and nurse practitioners are often providers interested in looking at the total picture and should be included as target audiences.

The committee noted a digital platform for the year-long National Diabetes Prevention Program, now available to Maryland lifestyle change providers, would be more convenient for new moms, as it can be viewed on a mobile app and provides more flexibility for them to

attend. There were questions about how the program can be implemented and whether there is flexibility in where people can be referred. Committee staff will research these issues.

## **5. COVID-19 and Diabetes – Recommendations for MDPCP providers**

The committee discussed concerns about clinicians struggling to see patients and patients hesitant to engage in in-person appointments due to COVID-19. The public emergency presents a challenge and an opportunity to do things differently. Comments included:

- People having extra time to take care of things they haven't taken care of in the past including health
- Provide messages in a different way to help patients learn, for example, conducting a physical exam focusing on diabetes or using a phone visit to do teaching or directed care
- The American Diabetes Association is having ongoing discussions about how to address COVID-19 with this population.
- Promote the role of diabetes educators to do Medical Nutrition Therapy (MNT) while it can be billed for telehealth as it is 100% covered by insurance. It is unclear how long providers will be able to do telehealth as there may be time limits by payers for telehealth appointments
- Acknowledgement that managing diabetes is hard for patients and health care providers, including difficulty helping to motivate patients to see a dietitian. Patients may be more willing to talk with someone on the phone.

The committee discussed the possibility of partnering with MDPCP, having care coordinators refer to MNT, and communicate with each other to share resources. In addition, the committee may consider reaching out to the Maryland College of Physicians as a way to reach primary care providers. The American Diabetes Association's Diabetes is Primary conference will happen in the fall, which is another opportunity for educating primary care providers and pharmacists. The underlying message for all of the committee work may be a COVID-19 warning to get chronic conditions under control as they pose a higher risk.

## **6. Standing Interim Meetings**

The committee was not able to determine a standing time for meetings. Committee staff will send a poll to set a time for the next meeting.

## **7. Adjournment**

The meeting was adjourned at 5:55 p.m.

### **Next Steps:**

Anne Langley, CPHI, will share the gestational diabetes slide presentation

Sue Vaeth will:

- Send a Doodle poll for an interim committee meeting
- Research whether Maryland lifestyle change program providers offering the National DPP are allowing people from all over to enroll or restricting to geographic areas.

**Next meeting: October 14, 2020**