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OhioHealth Population Health Diabetes Prevention Program

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OhioHealth Population Health

ENGAGE

Small Steps for Diabetes Management and Control

A self-care, self-motivated learning experience that will
empower you to live well with diabetes.

Erica Kick

Engage Program Description

- A Diabetes Education program within the Community Health Partnership department called ENGAGE (Empowerment. Nutrition. Goals. Activity. Guidance. Education).
- Allows for those who are prediabetes or diabetic to have free access to educational information that can help them to better manage and understand their chronic illness.

Goals

- I will complete editing one power point presentation every two weeks.
- I will help to rework and refine ENGAGE and improve current model set in place by making changes to handouts.
- I will develop a jeopardy module to enhance current ENGAGE curriculum.
- I will assist with identifying cooking options to incorporate a cooking module to current ENGAGE curriculum.
- I will assist with identifying incentives and pricing for participants that are within the budget of the program.

Program Topics

- **Week 1 (Orientation):** Introduction to the program and what will be covered throughout. What participants should expect to learn and what they will be required to participate in.
- **Week 2 (Defining Diabetes):** Defining the baseline of what diabetes is, how it happens and what it does to your body.
- **Week 3 (Nutrition, Labels and Portions):** This weeks looks at the general overall of nutrition, how to read nutrition labels and why it is important to understand them, as well as how to maintain a balanced meal.
- **Week 4 (Carb Counting, Balanced Meals, Meal Planning):** This weeks focus was on the importance of a balanced meal, how to properly count calories consumed and planning out meals to make it slightly easier.

Program Topics

- **Week 5 (Meal Planning Strategies):** A deeper dive into meal planning and specific examples on what to include in a diet for someone that has diabetes.
- **Week 6 (Medications & Feelings):** The topics in this week look at two separate things; medications for those that have diabetes and what exactly someone who has diabetes could be experiencing at an emotional level.
- **Week 7 (Complications):** The final week looks at complications that could occur as a result of being diagnosed with diabetes and how to best manage them if someone does notice they are experiencing it.

Findings

- Throughout this entire practicum experience I have been able to see both the clinical side and the administration side of how to successfully put together a project this big. Both sides have a tremendous impact and work well together to communicate what will work based on the professional knowledge on the topic.
- I have been able to observe great communication skills, successful teamwork and overall organization among the entire team involved. The amount of steps and effort put into this project was something that I did not expect, but am now able to more clearly identify with what procedures and policies need to be put in place.
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Discussion

- I was able to really see the importance of the presentation and spend a good amount of time finding the best ways to properly present the material.
- I was able to help develop a jeopardy as a way to help the participants learn the material in a fun and engaging way.
- Overall I was very fortunate that this practicum allowed for me to improve my communication skills and better organize my time in an effective and efficient manor.

Questions?



A FAITH-BASED, NOT-FOR-PROFIT HEALTHCARE SYSTEM

RIVERSIDE METHODIST HOSPITAL + GRANT MEDICAL CENTER + DOCTORS HOSPITAL

GRADY MEMORIAL HOSPITAL + DUBLIN METHODIST HOSPITAL + HARDIN MEMORIAL HOSPITAL

MARION GENERAL HOSPITAL + REHABILITATION HOSPITAL + O'BLENESS HOSPITAL + MEDCENTRAL MANSFIELD HOSPITAL

MEDCENTRAL SHELBY HOSPITAL + WESTERVILLE MEDICAL CAMPUS + HEALTH AND SURGERY CENTERS

PRIMARY AND SPECIALTY CARE + URGENT CARE + WELLNESS + HOSPICE

HOME CARE + 28,000 PHYSICIANS, ASSOCIATES & VOLUNTEERS