

The



MDSi Moccasin

Volume 4, No. 2, Winter/Spring 2010

MDSi's Survey of Clients Who Have Diabetes

Every time MDSi visits a community, the MDSi staff do a survey with clients who have diabetes. The survey asks about clients' use of diabetes care services provided by their regular doctor, nurse, health centre, etc. The survey also asks how clients' feel about their health, and has questions to find out what clients know about diabetes and diabetes care. **Since Nov/2003, 242 clients completed the survey at least once.**

Here are the survey results:

At the time they took survey, people had been living with diabetes for an average of 7.4 years. More females (63%) than males (37%) took the survey, and the average age was 58.

Most Said Their Health Was "Good"

Only 9% of clients rated their diabetes-related health as "Very Good" or "Excellent", and 90% rated their overall health as "Good", "Poor" or "Very Poor". When asked how well health care providers keep them informed about their diabetes status, only 22% of clients said "Very Good" or "Excellent"

Many Should Start Taking Insulin

Taking insulin is an effective way for a person to self-manage their diabetes. However, only 18% of all the people surveyed said they were taking insulin (insulin by itself, or in combination with pills and/or diet.)

One-third of the clients surveyed had been living with diabetes for 10 years or more, and about 2/3 of these people were NOT taking insulin. 60% of these people not taking insulin had blood sugars that were too high when tested by MDSi, even though almost all were taking pills for their diabetes --- **THESE PEOPLE SHOULD BE TAKING INSULIN!** Pills alone are not working for them.

High Blood Pressure & High Cholesterol

More than half of the people surveyed were taking medication to help lower their blood pressure; and 44% of these people taking medication still had high blood pressure when tested by MDSi. More than 1/3 of the people surveyed were taking medication to help lower their cholesterol; and 54% of these people taking medication still had high cholesterol when tested by MDSi.

Two-thirds of the people who were not taking cholesterol-lowering medication had high cholesterol when tested by MDSi. These people may benefit from getting put on medication to help them lower their cholesterol.

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Most Have a Good Understanding of Diabetes and Diabetes Care

Only 19% of the people surveyed had attended a diabetes education program in a city (ex. ADWP at Anderson Hall, Edmonton). However, most gave correct answers when asked about the warning signs for diabetes complications; how often they should get their blood sugar and cholesterol tested; how often they should get screened for diabetes complications; and how to care for their diabetes. **Even though most people knew when they SHOULD be getting tested, many said they ARE NOT getting these tests done on time!**

Are Diabetic Clients Getting Enough Diabetes Care? Our Survey Says: **NOT YET!**

81% of the people surveyed said their family doctor is their main diabetes care provider. Even though most people see their main diabetes care provider at least 3 times a year, many people are not being tested and screened for complications as often as they should. In the year prior to the survey:

- Only 45% had their A1c (diabetes control) checked;
- 55% had their cholesterol checked;
- 61% had a urine test to check for kidney disease;
- 25% had a retinal eye test to check for eye disease.

In addition:

- 36% of people surveyed had never had a retinal eye test;
- 29% of people surveyed had never seen a dietitian.

If you have diabetes –

These are the tests to ask your doctor about:

A1c	Every 3 -6 months
Blood Pressure	At every diabetes clinic visit
Cholesterol	Every 1-3 years
Dilated Retinal Eye Exam	Every 1-2 years
Urine Analysis	Once a year
Foot Assessment	At least once a year

MDSi Visit Schedule Winter/Spring 2010:

Feb 22-25: Gift Lake
Mar 8-11: Fishing Lake
Mar 15-18: Lac LaBiche*
*Native Friendship Centre
Mar 22-25: Peerless Lake
Apr 6-9: Trout Lake

Please call your Settlement or Community Office to book an appointment.

Visit MDSi online @
www.braiddm.ca

Article on MDSi Gets Published in Medical Journal

International Journal of Circumpolar Health
2009; 68(5): 417-520

Article Title:

“Increasing rates of diabetes and cardiovascular risk in Métis Settlements in northern Alberta”

Authors: Ralph-Campbell K, Oster R, Connor T, Pick M, Pohar S, Thompson P, Daniels M, Deschambeau L, Werner-Leonard A, Cardinal-Lamouche S, Toth EL

SUMMARY OF ARTICLE:

Project Objectives – To find out the rates of diabetes, undiagnosed diabetes and pre-diabetes among adults living in the Métis Settlement in Northern Alberta. We also looked at cardiovascular risk factors.

Project Design – Research study using information from the 1998 and 2006 Métis Census, and also using results from MDSi screening in the Settlements.

Methods –

A. Results from the 1998 and 2006 Métis Census were analyzed, to find out the rates of people in the Settlement who said they had diabetes.

B. MDSi travelled to each of the 8 Métis Settlement communities in Alberta, and screened 693 people for undiagnosed diabetes, pre-diabetes and metabolic syndrome.

Results – According to the censuses, 4,312 Métis people were living in the Settlements in 1998, and 5,059 people in 2006. In 1998, 5.1% of the people said they had diabetes; this increased in 2006, when 6.9% of people said they had diabetes. In 2006, more women (7.8%) than men (6.1%) said they had diabetes.

According to MDSi screening results, 5.3% of people had undiagnosed diabetes. 20.3% had pre-diabetes using the Canadian Diabetes Association’s definition of pre-diabetes; 51.9% had pre-diabetes using the American Diabetes Association’s definition of pre-diabetes. The rate of obesity was 49.4%, and the rate of metabolic syndrome was 46.4%.

Conclusions – Our results show high rates of diabetes, undiagnosed diabetes, pre-diabetes and metabolic syndrome among adults living in the Métis Settlements in northern Alberta.

If you’d like to read the article, it is available online @ <http://ijch.fi/issues/685/685.html>

MDSi’s New Manager

TRACY CONNOR, MDSi Project Manager

Tracy is a Registered Nurse, and has been with MDSi since the project started in 2003. As MDSi Project Manager, Tracy oversees day-to-day MDSi operations and administration, and she also coordinates other projects being carried out by the BRAID Diabetes Research Group at the University of Alberta. She previously served as MDSi’s Clinical Information Coordinator. Tracy can be reached by phone at (780) 407-7177, or by email at mdsi@ualberta.ca or tracy.connor@ualberta.ca



Adrian, Joanna & Agnes Join MDSi

ADRIAN JACOBS, Community Liaison



Adrian is Turtle Clan of the Cayuga First Nation of the Six Nations Iroquois Confederacy. He grew up on the Six Nations Mohawk Reserve in Ontario, Canada. Adrian is an artist, writer, indigenous advocate, group facilitator, mentor and public speaker. He also has diabetes, and has committed himself to lifelong self-care through healthy diet, exercise, and stress management. Adrian comes to MDSi with wide experience in Indigenous leadership development, small-group mentoring and spiritual and social service training. In his work, he draws on his extensive cross-cultural and anthropological training.

In 1980, Adrian started an Indigenous organization (self-governing, self-supporting, and self-expanding) on his home reserve, and ran this organization for 13 years. Adrian has served as Men’s Mentor with My People International. He has also served as Community Liaison with the Aboriginal Neighbours Program of Mennonite Central Committee Ontario, and advocated with Mennonite and other churches in the Grand River Valley for his home community of Six Nations in its land claim in Caledonia and the larger Grand River Territory.

JOANNA DYDULA, MDSi Dietitian/Counsellor

Joanna is a young dietitian with a lot of energy! She comes to MDSi with experience in clinical and community nutrition, with specific experience in counseling patients who have diabetes. She has worked with adults, children and families, providing nutritional counseling and helping them to set nutritional targets and develop meal plans.

AGNES CHENG, Clinical Coordinator, Ph: (780) 407-1627

Originally from Hong Kong, Agnes came to Canada more than 40 years ago. She is a Registered Nurse with a great deal of experience providing diabetes education to patients. She also teaches courses in the Nursing program at the University of Alberta. As MDSi Clinical Coordinator, Agnes is available as a resource that MDSi clients can contact for more information about their screening results.