

EVALUATION OF VIRTUAL CLASSES FOR PATIENTS WITH GESTATIONAL DIABETES AND DIABETES IN PREGNANCY

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DESCRIPTION

Previously at Humber River Health (HRH), there were three-hour in-person classes for Gestational Diabetes and Diabetes in pregnancy patients. To improve access and provide flexible options for diabetes education, virtual classes were created in 2020. This initiative enabled virtual classes to be accessible to patients without a language barrier. With the reduced number of patients attending diabetes education on-site, patients with a language barrier were able to benefit as time was efficiently used with the educator. The availability of both on-site and virtual classes allowed for more efficiency in clinic flow, as well as increased uptake of education classes.

OBJECTIVE

To evaluate the effectiveness of the virtual gestational diabetes education classes.

ACTIONS TAKEN

The Seniors Ambulatory Care leadership team collaborated with Information Technology (IT) and Information System (IS) teams to support this virtual initiative to ensure the necessary access to patients. Weekly virtual sessions through Zoom involved a 30-minute teaching with the diabetes nurse educator followed by one hour with the dietician. A pilot was conducted from October 2020 until December 2020 with the final launch implemented in December 2020. The diabetes education provided to patients continues to be updated with the newest Diabetes Canada Clinical Practice Guidelines.

LESSONS LEARNED

The integration of virtual diabetes education classes allow for increased accessibility and in turn, enhances patient experience and clinic efficiency.

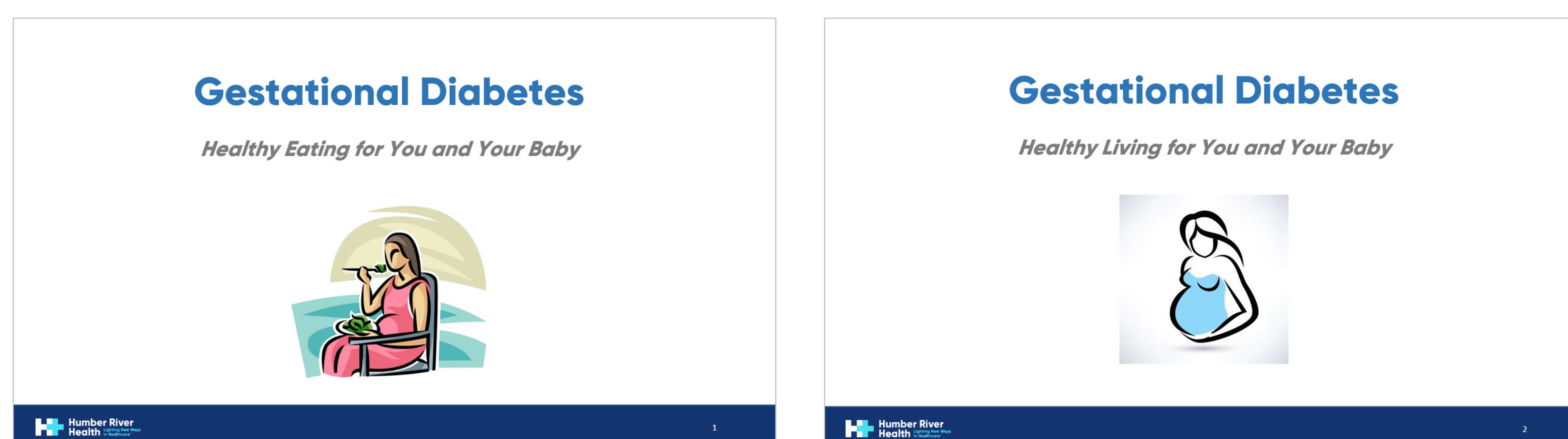
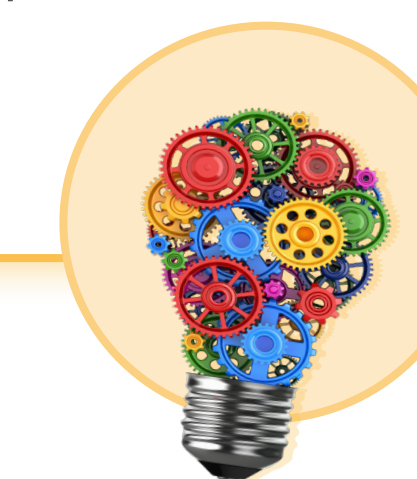


Figure 1.
Powerpoint slides of Gestational Diabetes presentations delivered to patients.



Figure 2.
Total number of patients attending diabetes education classes from Dec 2020 to Dec 2021.

SUMMARY OF RESULTS

Between December 2020 and December 2021, 227 patients attended the virtual classes. A survey was completed by Diabetes Educators to evaluate the effectiveness of the virtual classes. The virtual diabetes classes allow for accessibility, enhances flexibility for patients, reduces risk of spreading illnesses and is cost effective. It also empowers patients to make informed decisions in their care. The Diabetes Clinic at HRH was the first outpatient clinic to offer education sessions through a virtual platform, influencing other outpatient clinics to offer similar services.