



Using Telehealth to Deliver Diabetes Prevention Programs

A Webinar for Clinicians & Administrators Interested in Reaching People with Prediabetes in Rural and Frontier Areas

***Presented by the Montana & Florida Diabetes Programs and
HRSA's Office of Regional Operations***

Tuesday, December 13, 2016

***11:30-1:00 pm EST (10:30-12:00 CST)
(9:30-11:00 MST) (8:30-10:00 PST)***

Continuing Education Credits for Registered Dietitians are being arranged.

**This webinar is free, but registration is required!
Please register in advance [here](#), and you will be sent a link to access the webinar.**

Using Telehealth to Deliver Diabetes Prevention Programs

Presented by the following individuals:

Rachel Blacher, MPH, Division of Diabetes Translation, CDC

Dorota Carpenedo, MPH, Montana Diabetes Program, Helena, MT

Liane Vadheim, RDN, CDE, Holy Rosary Healthcare, Miles City, MT

Robert Parker, CVE, St. Vincent Healthcare, Billings, MT

Joanna (Craver) DiBenedetto, BS, MNM, American Association of Diabetes Educators

DESCRIPTION

This webinar is designed to help you explore how telehealth may help increase access to Diabetes Prevention Programs (DPP) for your patients or for your partners and stakeholders that provide care to patients with prediabetes. To help implement DPP via telehealth, it is highly important to provide information about issues key to establishing and operating distance-based DPP. The webinar begins by emphasizing that using DPP to prevent diabetes makes sense in terms of both an individual's health and the economic costs of developing type 2 diabetes. The clinical efficacy of delivering DPP via telehealth will be presented. Key considerations necessary for distance-based DPP to be delivered successfully at the originating and remote sites will be identified, followed by an overview of the technological components needed to remotely link patients and providers. Lastly, an overview of Medicare's new DPP benefit will be provided.

LEARNING OBJECTIVES

After participating in this webinar, you will be able to:

- Appreciate that the cost of preventing diabetes is typically much less than the cost of managing type 2 diabetes;
- Describe what the academic literature says regarding the clinical efficacy of using telehealth to deliver DPP;
- Review key considerations at the originating and remote telehealth sites to ensure successful DPP sessions;
- Identify the basic technology and equipment needed to connect those providing DPP to their patients;
- Name the key provisions of Medicare's new DPP benefit.

PARTICIPANTS

This webinar is for health professionals who are interested in expanding the availability of DPP programs in rural and frontier areas: diabetes educators, physicians, physician assistants, nurse practitioners, nurse midwives, nurses, dietitians, social workers, and case managers, and administrators at the state and local levels or who operate in hospital and clinic systems.

PRESENTERS

Rachel Blacher, MPH



Ms. Rachel Blacher is a Project Officer with the Division of Diabetes Translation at the Centers for Disease Control and Prevention and has over 15 years' experience in implementing large public health programs. In this capacity Rachel works with state grantees in the Midwest and Frontier regions to implement grants supporting the expansion of Diabetes Self-Management Education and the National Diabetes Prevention Program. In addition to working with state grantees, Rachel is collaborating within the Division to promote the National Diabetes Prevention Program, specifically focusing on employer engagement. Ms. Blacher has a Master of Public Health.

Dorota Carpenedo, MPH



Mrs. Carpenedo has been working as an epidemiologist for the Montana Department of Public Health and Human Services since 2008. She joined the Montana Diabetes Program in January 2013. Since then Mrs. Carpenedo has been heavily involved in promoting the work of the Diabetes Program especially the DPP through national presentations, webinars, and research publications. Recently she has broadened her focus to work on improving the quality of life for all Montanans with asthma. Mrs. Carpenedo obtained her graduate degree from Tulane University School of Public Health and Tropical Medicine in New Orleans, LA. Prior to graduate school, she served as a Peace Corps Volunteer working on public health issues in Ukraine.

Liane Vadheim, RDN, CDE



Liane Vadheim is currently a clinical dietitian and lifestyle coach at Holy Rosary Healthcare in Miles City Montana, where she has worked since 1996. Her career has also included consulting and teaching nutrition to nursing students. She has been presenting the DPP program in rural southeastern Montana since 2008 and has also been providing the program via telehealth since 2010. Liane is also a mentor, presenter, and trainer for other programs through the MT Department of Health and Human Services as it expanded from 4 sites throughout the state to 20 sites, and in addition, there are 2 satellite sites and 16 sites receiving the DPP via telehealth. She is also a DTTAC National Master Trainer where she's been able to network with people in other states that are just as excited about DPP as she is! Liane studied at Montana State University and Massachusetts General Hospital.

Robert Parker, CVE



Robert Parker joined SCL Virtual Health in January 2001. He is responsible for 24/7 support for all aspects of the network infrastructure and endpoint support to include configuration, upgrades, trouble tickets and documentation. Robert also provides project management and has overseen the implementation of St. Vincent NICU Baby Cameras, ASL/Language Interpretation and the Hybrid Operating Room Suite. Robert works closely with other telehealth networks to ensure a quality experience for every connection. Robert believes that the exponential growth of technology along with the changing face of healthcare will require telehealth to play an important role in the future of healthcare. Robert lives in Billings, MT with his wife and son.

Joanna (Craver) DiBenedetto, BS, MNM



As the Director of Prevention at AADE, Joanna Craver DiBenedetto has been working with AADE's Diabetes Prevention Program since its inception in 2012. Joanna has a Bachelor's degree in Exercise Physiology and Nutrition as well as a Master's degree in Nonprofit Management. She has over 10 years of experience in various wellness programs including childhood and adult obesity prevention programs, senior wellness programs and diabetes prevention programs. She has practice in all aspects of program implementation including curriculum building, facilitation, training of staff, quality assurance, data collection and analysis and is a QTAC trained Master Lifestyle Coach in the National DPP. Her work at AADE involves overseeing AADE's role in Diabetes Prevention, collecting and reporting data to CDC and other stakeholders, supporting existing AADE DPP sites and staff and developing collaboration opportunities and reimbursement from payers to ensure sustainability of the DPP.