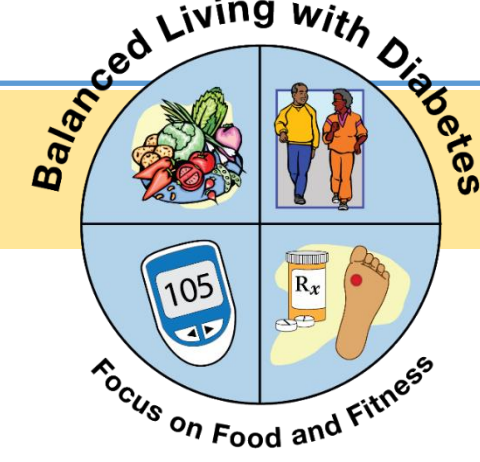


Conducting Virginia Cooperative Extension 'Balanced Living with Diabetes' Program Virtually

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Virginia Cooperative Extension (VCE)



Introduction

Balanced Living with Diabetes (BLD) Traditional

- 6 weekly, 2-hour sessions on-site lifestyle change program
- Focus on developing healthy diet & activity behaviors for improved diabetes management.
- A registered dietitian (RD) & Certified Diabetes Education and Care Specialist (CDCES) co-facilitate the program with Extension Agent & Extension Master Food Volunteer.
- Interactive presentations with active learning component
- Food preparation demonstrations & tastings at each session
- 3-month reunion held; outcomes evaluated

Presenting Problem

- COVID-19 restrictions pre-empted the onsite program
- Planning Committee explored 'virtual' presentation

Virtual Pilot Program

- Pilot program: November-December 2020
- # participants
- 'Virtual' reunion: March 2021
- Outcomes reflected improved lifestyle behaviors, weight loss, and improved glucose management

Considerations in Modification to Online Format

Engagement of Participants

- Length of session decreased to 60 minutes
- Number of sessions increased to 12
- Added focus on interactive components
- Provide remote cooking demonstration
- Consistent weekly communication
- Class materials and handouts provided to participants



Online Format

- Technology/internet & camera considerations
- Instructional Design Specialists core team member
- Pre-recorded instruction as needed
- Online access to course materials/resources

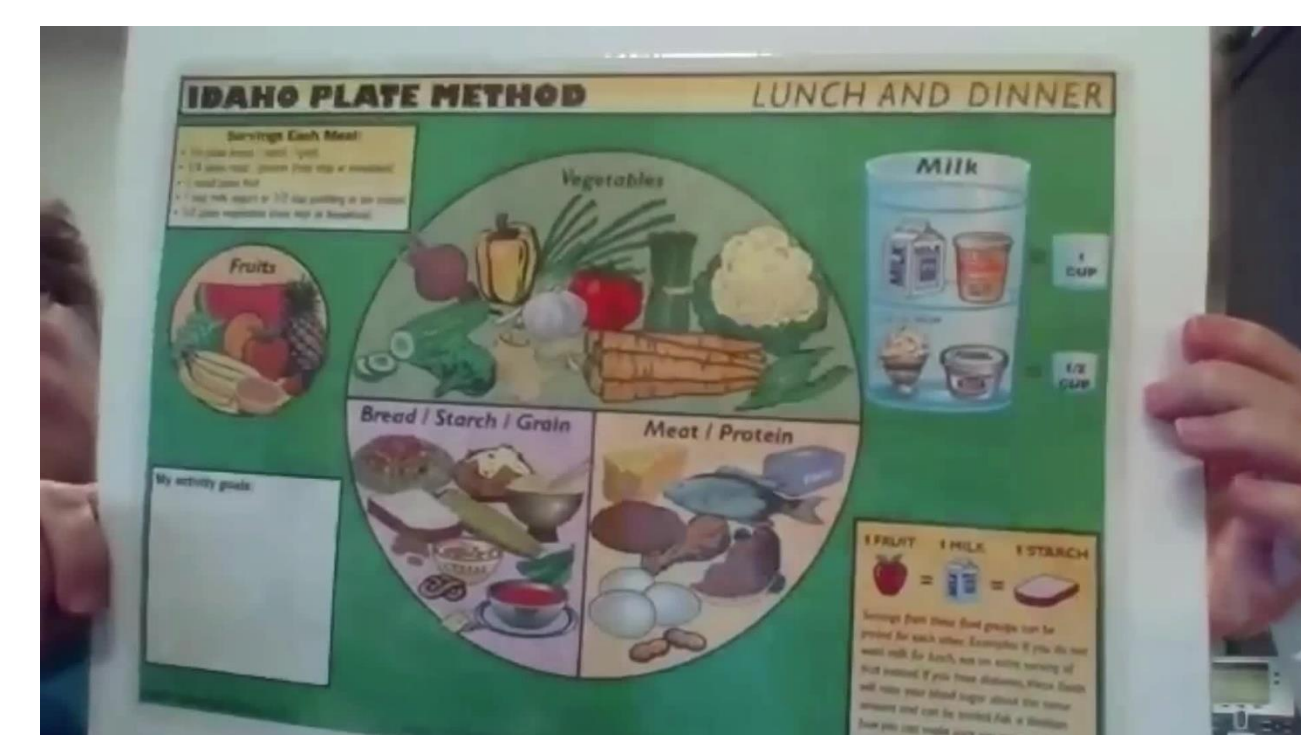
Technology Logistics

Tech Requirements and Internet access

- Computer, tablet, smartphone connected to internet or
- Access to a public computer (library/other)
- Fast/reliable internet when conducting meeting
- Email contact
- Zoom Format
- VCE/BLD Team Google drive

Weekly Meeting Process

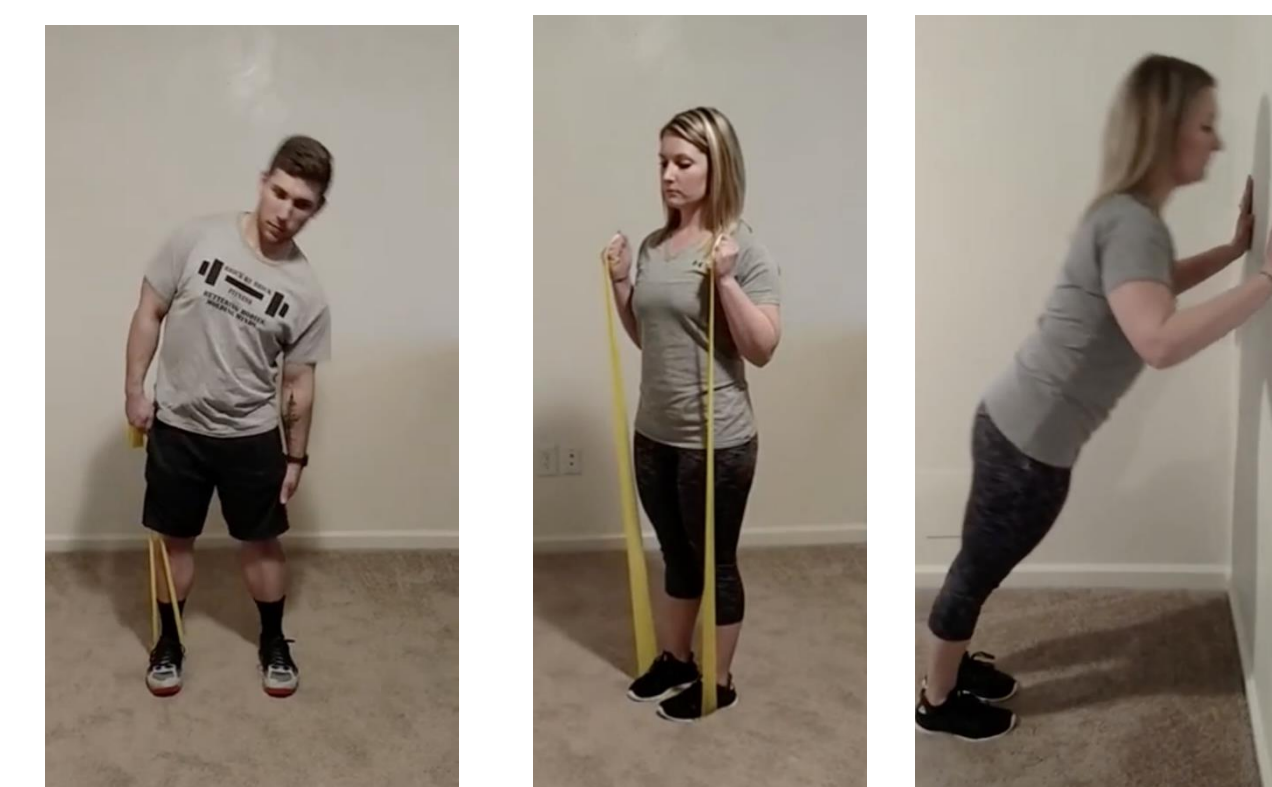
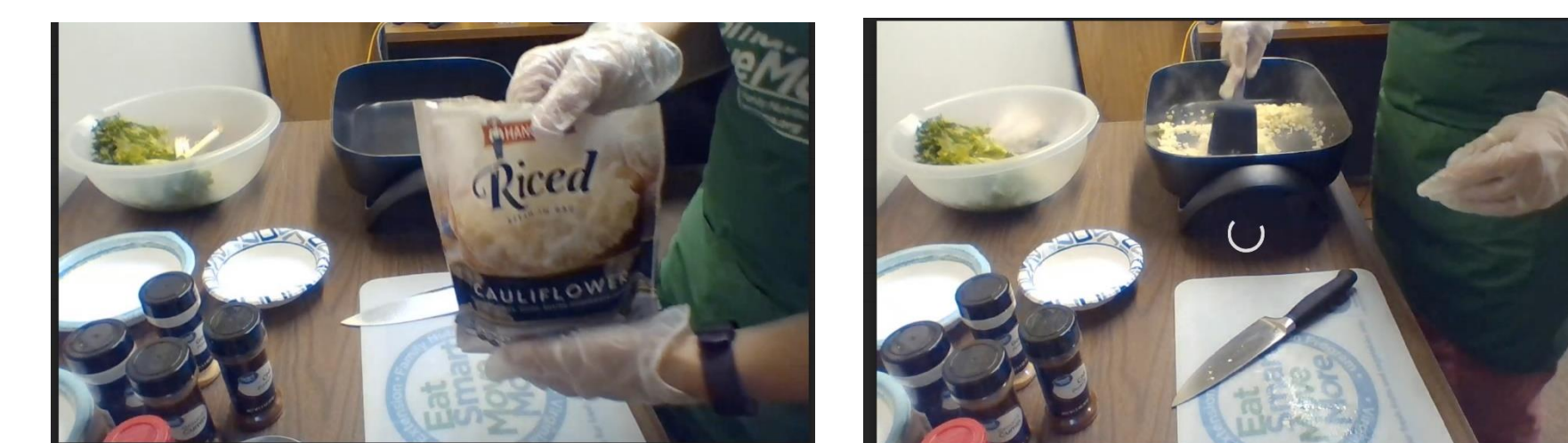
- Zoom meeting link emailed weekly with reminder
- Team Members sign on 15-30 minutes prior
 - Review/Debrief
 - Test systems
 - Questions and Clarification
- Instructional Design Specialist
 - assisted with program planning, screenshare, documents, resources
 - trouble-shoot during and between sessions
 - Use of visual aids/props
- Additional technology support available



Motivation/Engagement Strategies

Priority Focus on participant interaction & feedback

- Participant cameras on for 'face-to-face' contact
- Facilitation Skills to Enhance Participation: Speaking directly to participants, open-ended ?s motivational encouragement for involvement, 'round-robin' sharing of dietary/activity progress
- 'Group' participation in physical activity exercises by both participants and presenters
- Physical Activity Readiness Questionnaire
- Tote-bag of activity/dietary implements:
 - pedometer, exercise bands, plate method placemat, measuring cups/spoons, cookbooks
- Internet links posted prior/after class for: recipes, /ingredients for cooking demonstration, activity, exercise, dietary strategies
- Positive Reinforcement/Games/Chat/Q & A time
- Follow-up emails/phone calls with reminders, suggestions, tips



Practice!

- Use the food labels at your table
 - Oils
 - Shortening, Butter and Margarine
 - Spreads
 - Milk
 - Ranch Dressing
- Talk to the people at your table about healthy choices using these labels

BLD Goals/Sessions Focus

- o Learn how to manage diabetes
- o Practice choosing healthy foods
- o Practice being more active
- o Taste healthy recipes
- o Set goals and keep track of your progress
- o Receive support from fellow participants

Pearls/Opportunities

Pearls

- Small group = more intimate experience and success
- Participants reported improved lifestyle behaviors, weight loss, and improved glucose management
- 100% Correct Answers in Diabetes Jeopardy at Reunion
- Excellent Teamwork/Collaboration and Organization

Insulin & Oral Medications	Monitoring & Management	Diabetic Emergencies	Nutrition
\$100	\$100	\$100	\$100
\$200	\$200	\$200	\$200
\$300	\$300	\$300	\$300
\$400	\$400	\$400	\$400

FINAL ROUND Answer

Who is the most important person when managing and living with diabetes in your life?

- the doctor
- the diabetes educator
- the dietitian
- the person with diabetes - YOU are !!!

BACK TO GAME

Opportunities

- use of zoom webinar features: whiteboard, polling...
- with larger group: break out rooms for discussion
- screening session to test participant connections and capabilities of utilizing the software
- methods to incorporate A1c testing or BP screenings
- offer 'virtual' program as option to in-person program

Contact information:



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