

Remote Care Interventions at a Free Clinic during the COVID-19 Pandemic



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INTRODUCTION

Background

- Type 2 diabetes mellitus is the seventh leading cause of death in the United States.

Disparities

- Diabetes disproportionately affects American Indians, Hispanic, and non-Hispanic black population
- Poverty, unsafe housing, lack of access to healthy food, and inadequate employment and educational opportunities can contribute to complication from diabetes.

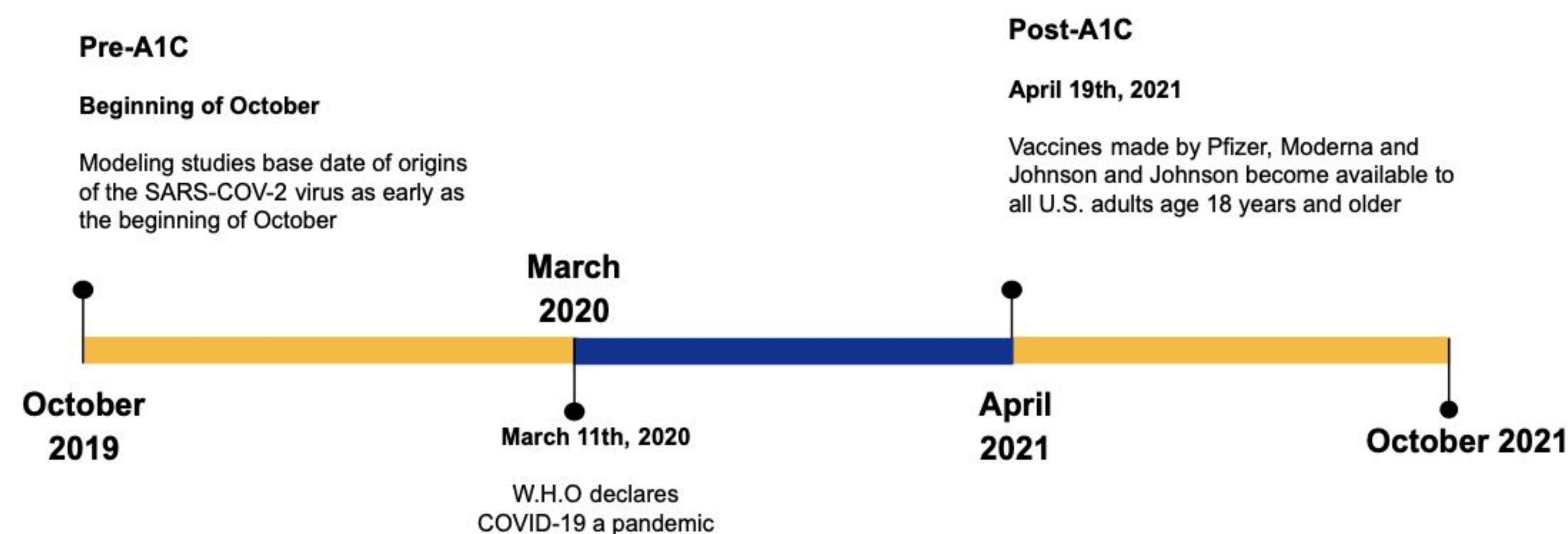
Setting

- The Birmingham Free Clinic, is a walk-in clinic, that serves uninsured populations and is located in Allegheny County of Pennsylvania.
- Provides primary care, including but not limited to preventative care practices for chronic diseases.
- Run by a multidisciplinary volunteer team consisting of doctors, pharmacists, physical therapists, community health workers, healthcare students, and AmeriCorps National Service Members.
- Interventions introduced during the COVID-19 pandemic to mitigate the challenges of managing diabetes included telehealth services, medication delivery, provision of home monitoring devices, intensive home blood glucose monitoring, and diabetes education.

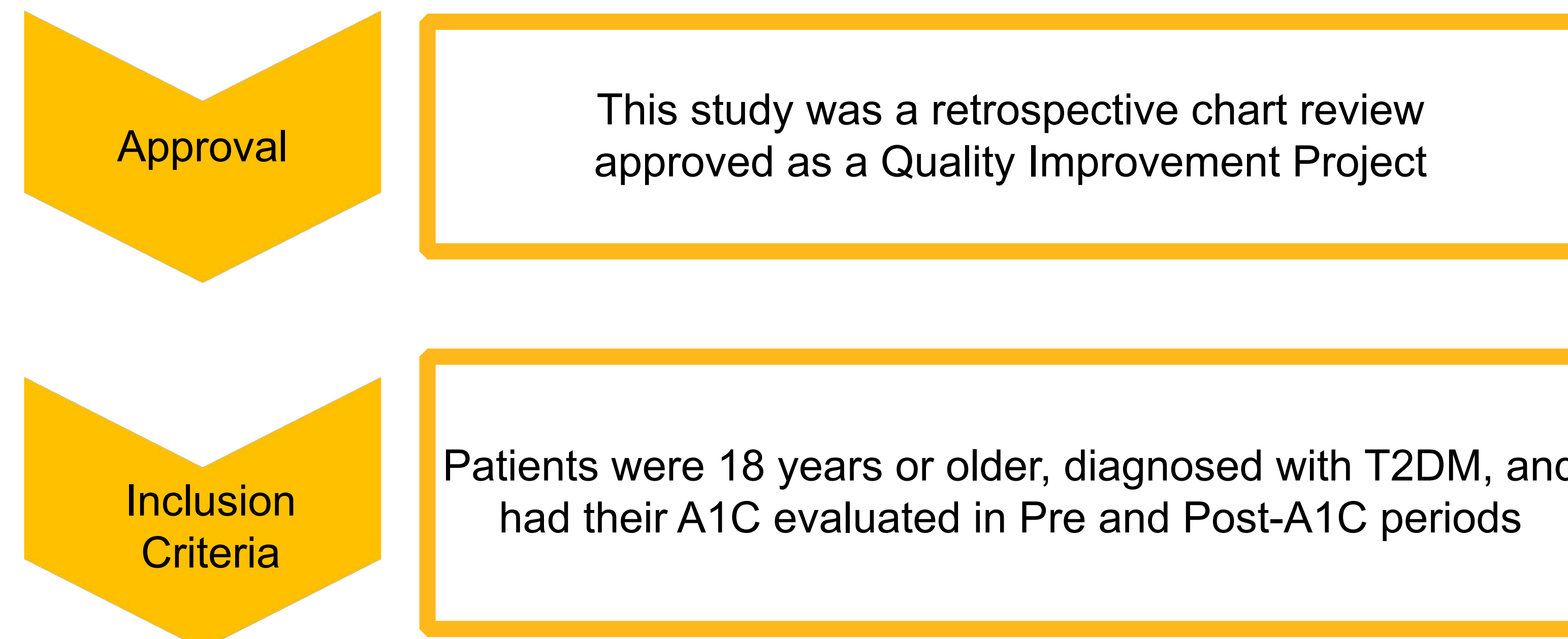
OBJECTIVE

The main objective of this study was to describe the impact of the pandemic on clinical outcomes in patients with Type 2 diabetes mellitus in a free clinic.

TIMELINE



METHODS



RESULTS

Figure 1. Demographic Distribution based on Gender*, Race and Ethnicity

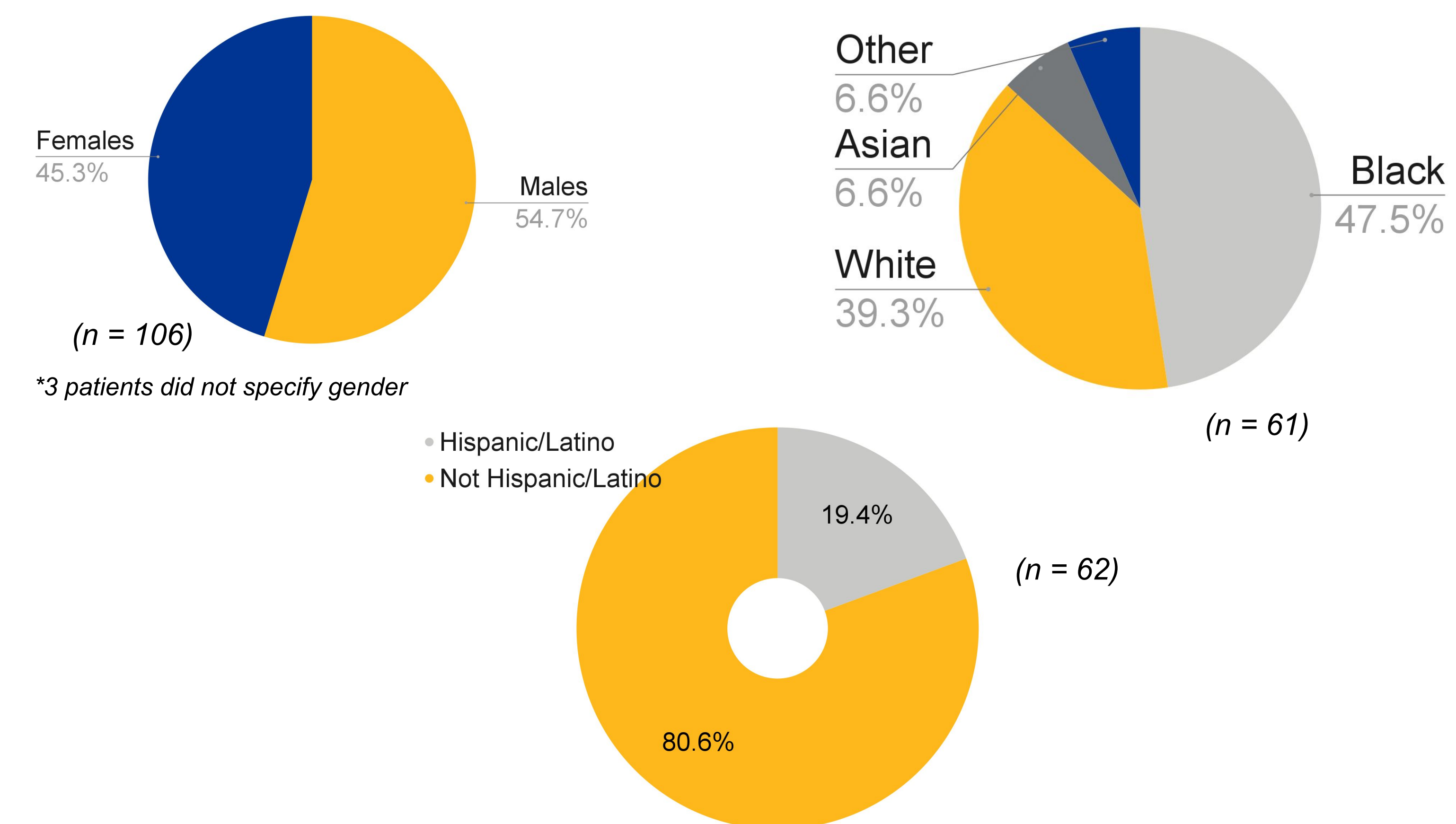


Figure 2. Participant Age Distribution (n=109)

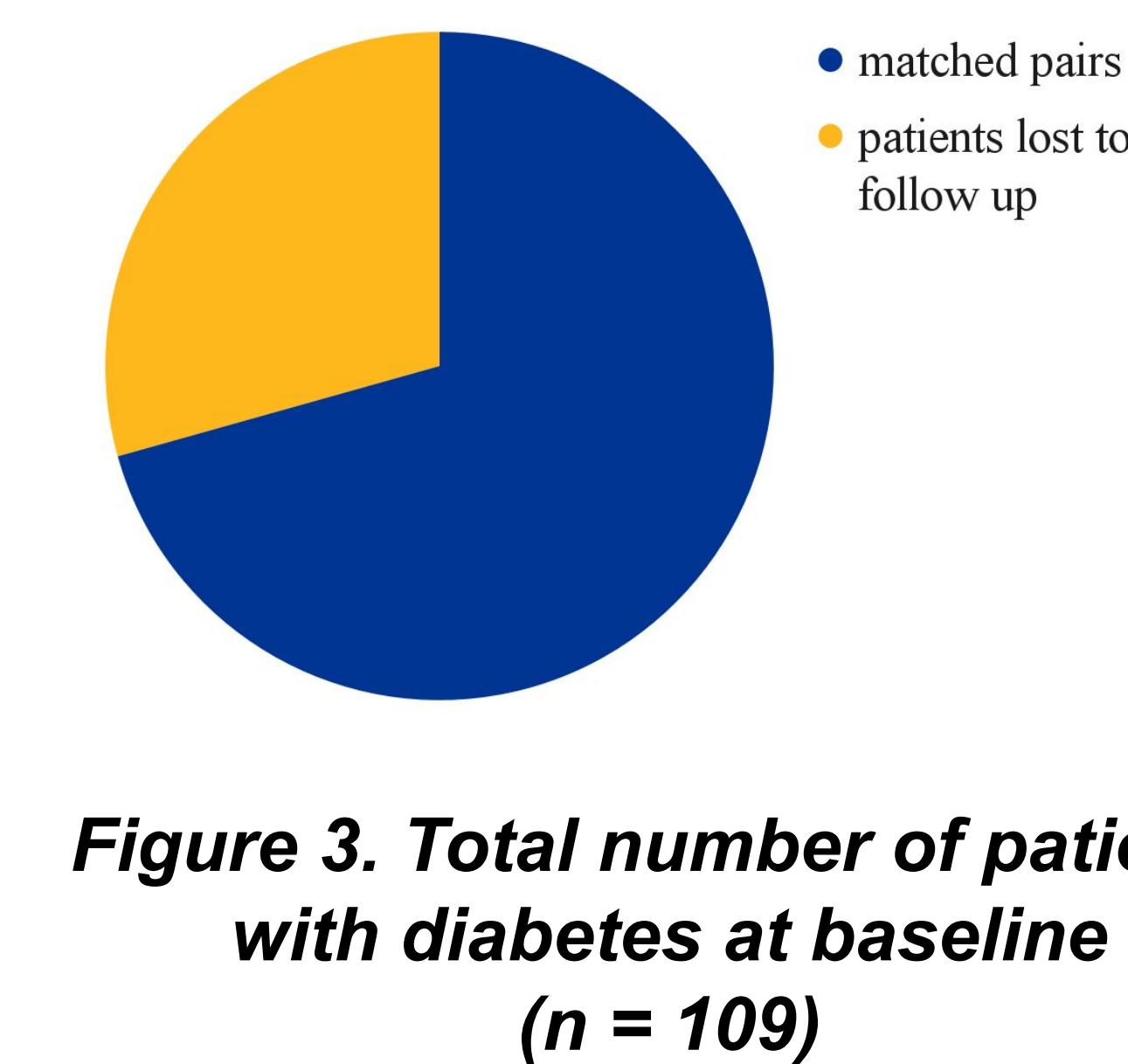
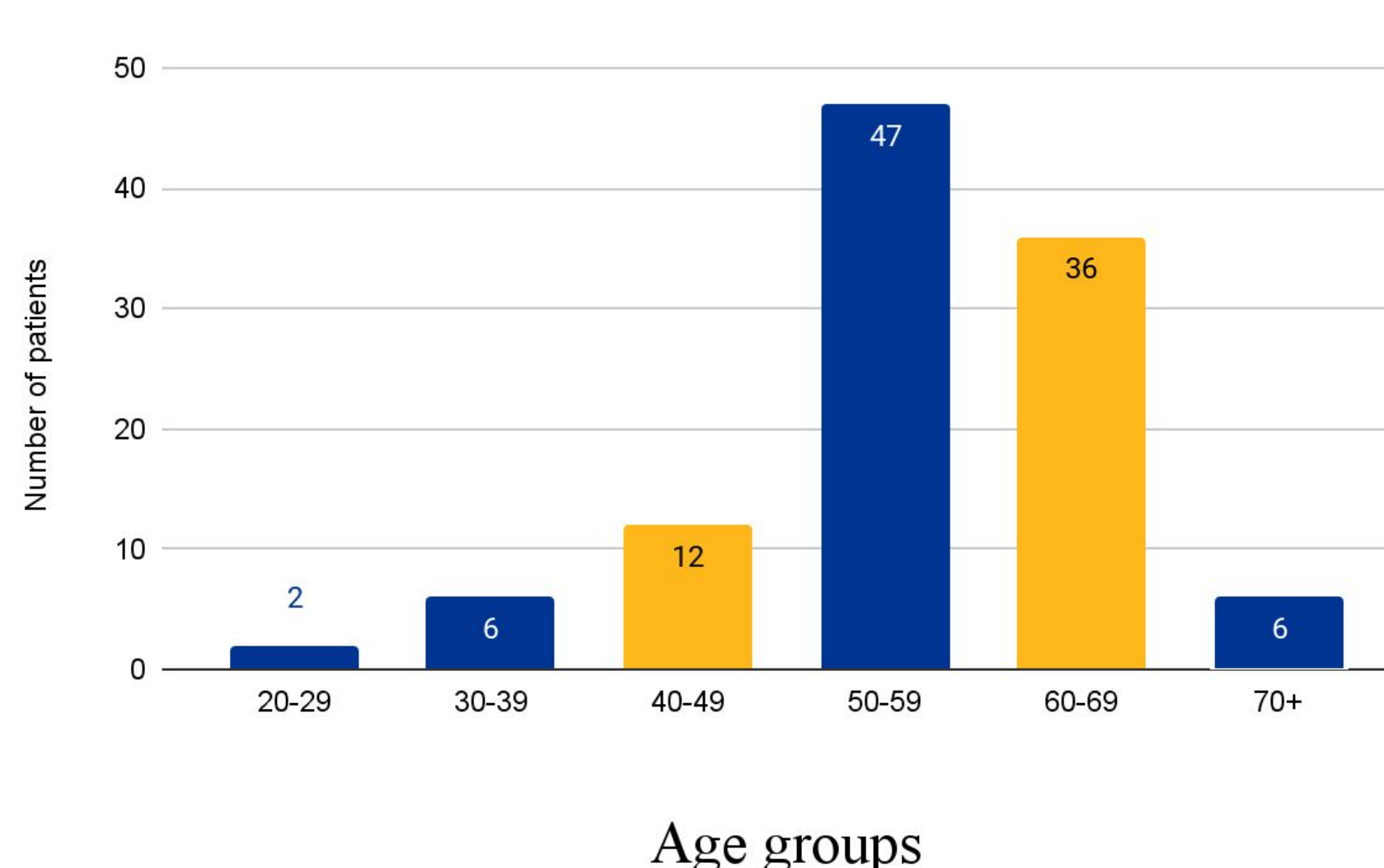
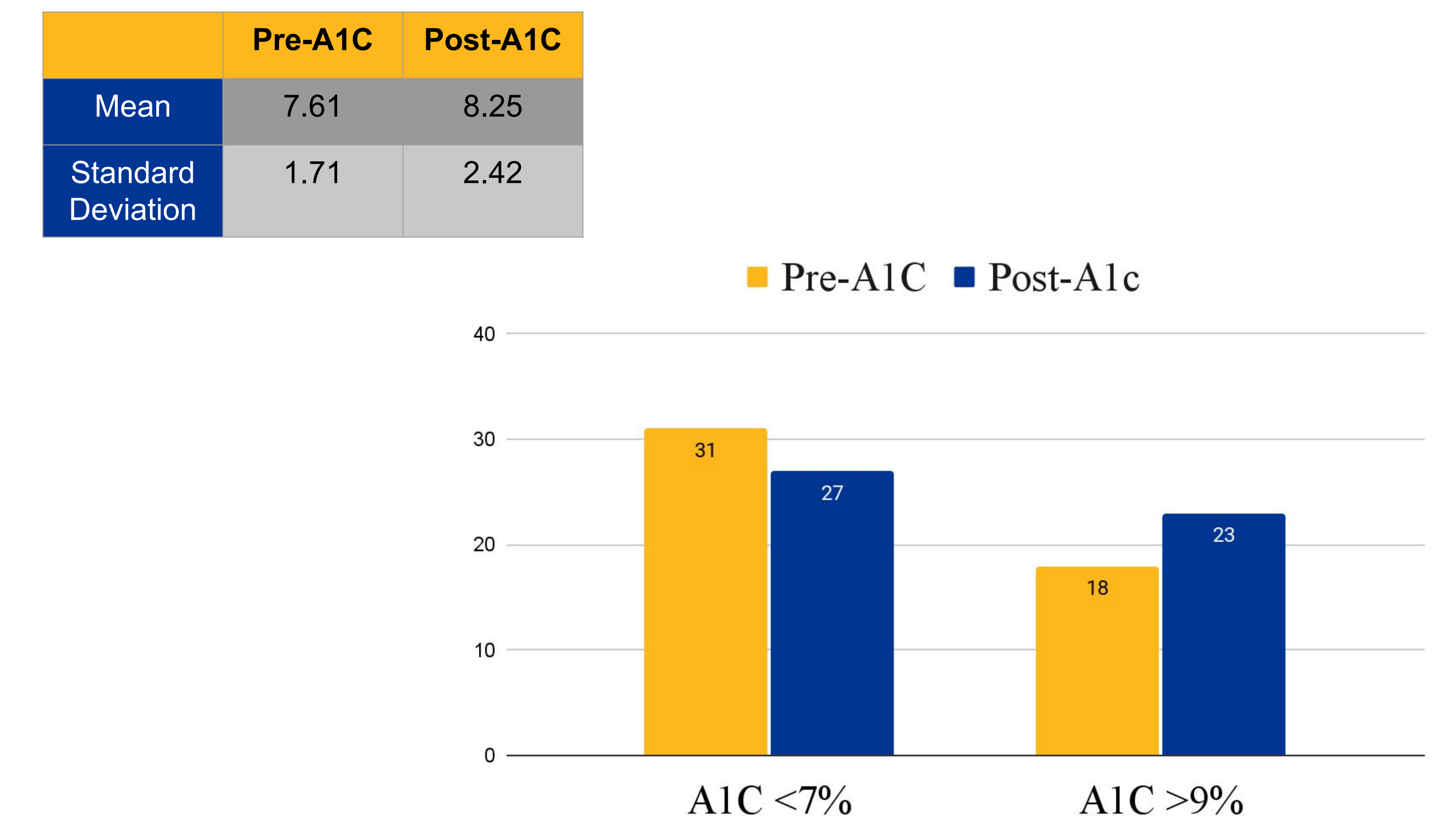


Figure 3. Total number of patients with diabetes at baseline (n = 109)

RESULTS

Figure 4. Comparison of A1C values (n=77)



CONCLUSIONS

- There was a slight increase in average A1C values for the clinic population.
- Patient A1C readings increased despite measures taken to increase health care access during the peak of COVID-19 pandemic and prior to the availability of vaccines.
- Future research should focus on the social determinants of health that impact the uninsured population.

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DISCLOSURES

Authors have nothing to disclose.