

A stylized graphic of a human figure, composed of light blue curved lines for the torso and limbs, and a light orange circle for the head. The figure is positioned on the left side of the slide, partially overlapping the title text.

# Self-Management in Primary Care

## Metabolic Syndrome and Diabetes

Ross Kirkconnell

Guelph Family Health Team



# Guelph Family Health Team ...Some Background

- 70,000 patients
- 50 physicians
- 65 FHT staff
- 14 locations

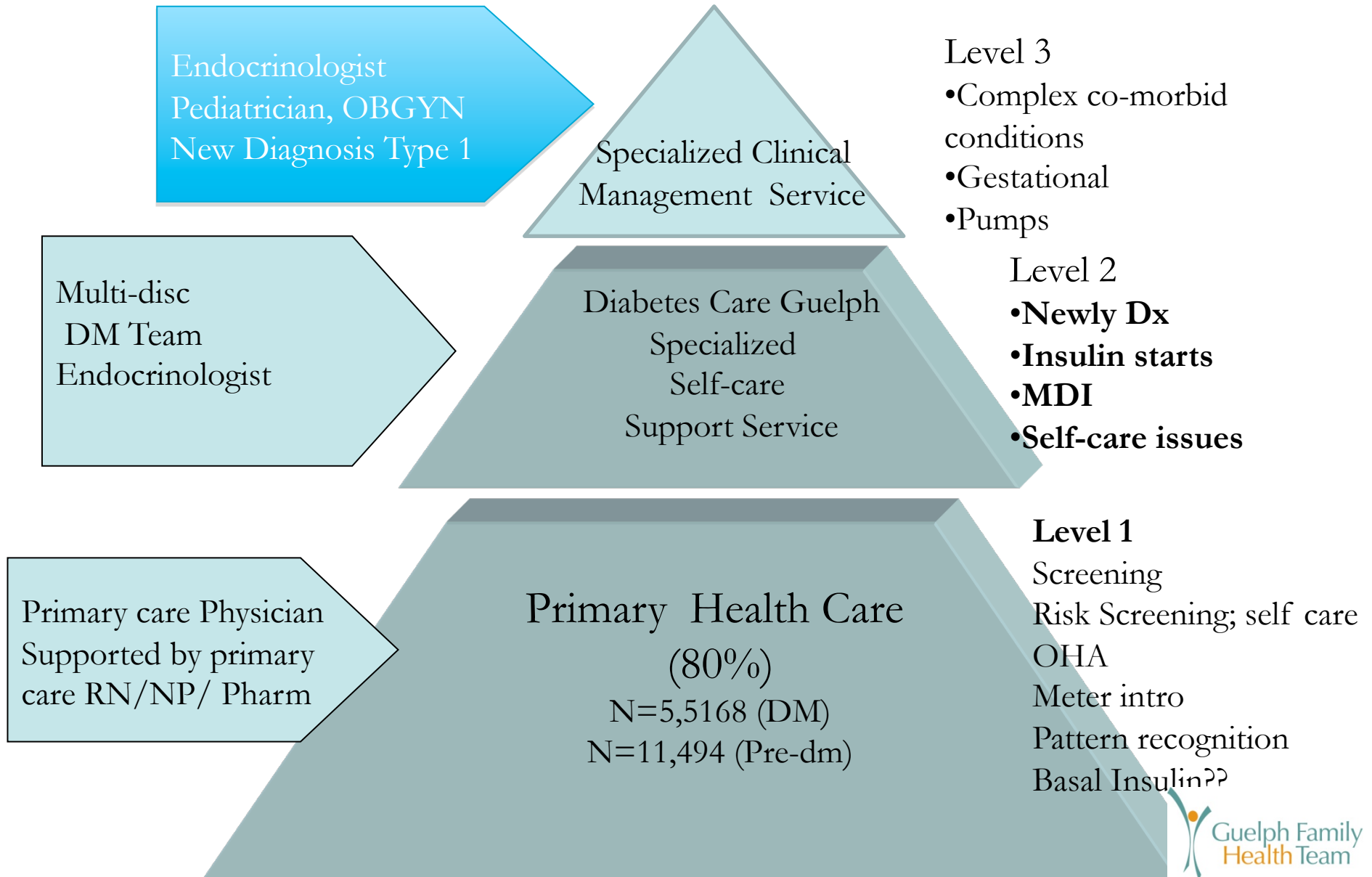
# Who?

- Projected service volumes
  - Pre-Dm (10%)
    - Guelph n 12,000 (Pre-dm)
    - Guelph FHT n 7,000
  - T2DM(6% )
    - Guelph (120,000) n 7,200
    - Guelph FHT (70,000) n 4,200

# What?

- **Primary care** in the context of the care continuum
- Thank you to Betty Harvey, SJHC, London

# The Diabetes Care continuum...



# How?

- Lifestyle – Lifestyle – Lifestyle!

*John Doe, M.D.*  
BCA # 501040 • KY LG # 0104  
my doctor  
100 West Parkway 1234  
Phone: 123 456 7890

**Rx**

Name: \_\_\_\_\_ Date: \_\_\_\_\_  
Address: \_\_\_\_\_

\_\_\_\_\_  
(Signature)

Prescription is void if none than one | (Prescription is either per Mark)

- Stanford training
- [www.guelphfht.com](http://www.guelphfht.com)
- [www.mydoctor.ca](http://www.mydoctor.ca)



Healthier Living with Diabetes

[diabetes@stanford.edu](mailto:diabetes@stanford.edu)





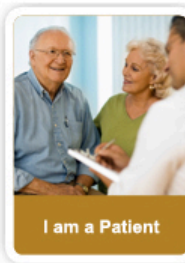
# Guelph Family Health Team



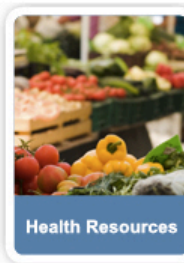
Find a Doctor



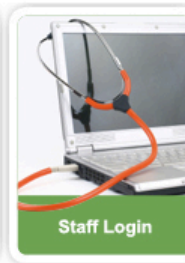
Just Browsing



I am a Patient



Health Resources



Staff Login

What are you looking for?



[Learn More...](#)

Where **YOU** take control of your health care...

Guelph Family Health Team ©



## Our Health Classes

The Guelph FHT is proud to offer a number of health classes which will help you manage your own health. The following is a list of available health classes:

[View our full Health Class schedule.](#)

### Class

[AD\(H\)D Seminar](#)

[Making Changes in Your Life](#)

[Good Grief: What to Expect When Someone Dies](#)

[Parenting Adolescents: Help! I Have Teens!](#)

[Parenting Pre-Adolescents](#)

[Carbohydrates Clarified](#)

[Energizing Fitness](#)

[Global Risk Reduction](#)

[Love Your Heart Cooking](#)



### AD(H)D Seminar

#### Mental Health and Wellness

The AD(H)D program will review the criteria for a diagnosis of AD(H)D, treatment

intervention options and supports available to families in the Wellington community.

[More Details](#)

[Register Now!](#)



### Making Changes in Your Life

#### Mental Health and Wellness

The Making Changes in Your Life Series will cover the stages of

change, identifying the goal/goal setting, the

## What's New With



### H1N1 Assessment Clinic Open

11/3/2009

The number of people coming to the Emergency Department, doctor's offices and clinics with H1N1 symptoms continues to rise. That's why the Guelph ...

[Read More](#)

### H1N1 Immunization Clinic - LIMITED ACCESS

11/3/2009

An H1N1 immunization clinic has been set up for the patients of Drs N. **Ruddock**, W. **Ruddock**, B. ...

[Read More](#)

# mydoctor.ca Blood Sugar Tool

## BLOOD SUGAR

**Easy to print** →

Print this page

Add Modify

Daily Total

Average by Day

Goal

Data **24hrs, 7 days, 30, 60, 90, all data** →

Last 30 days ▾

July 2009

Su	Mo	Tu	We	Th	Fr	Sa
28	29	30	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
2	3	4	5	6	7	8

Time: \*

Meal: \*

Blood sugar level: \*

mmol/L  
 mg/dL

Add a note:

View

Breakfast

Lunch

Dinner

Bedtime

Whole day

OR

Before

Before

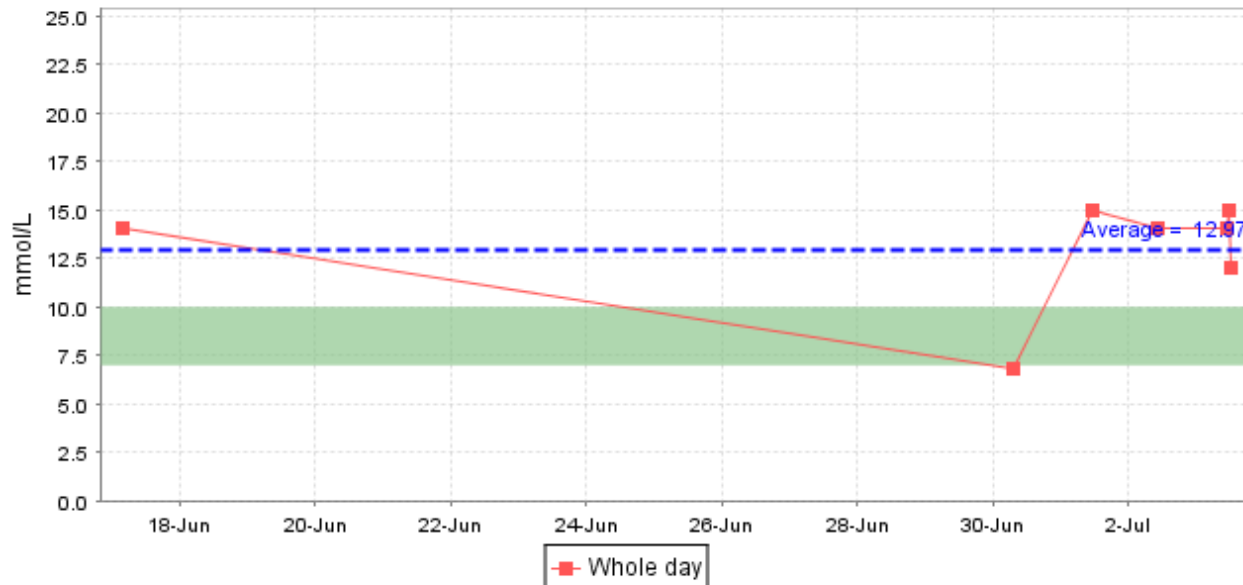
Before

After

After

After

Generate

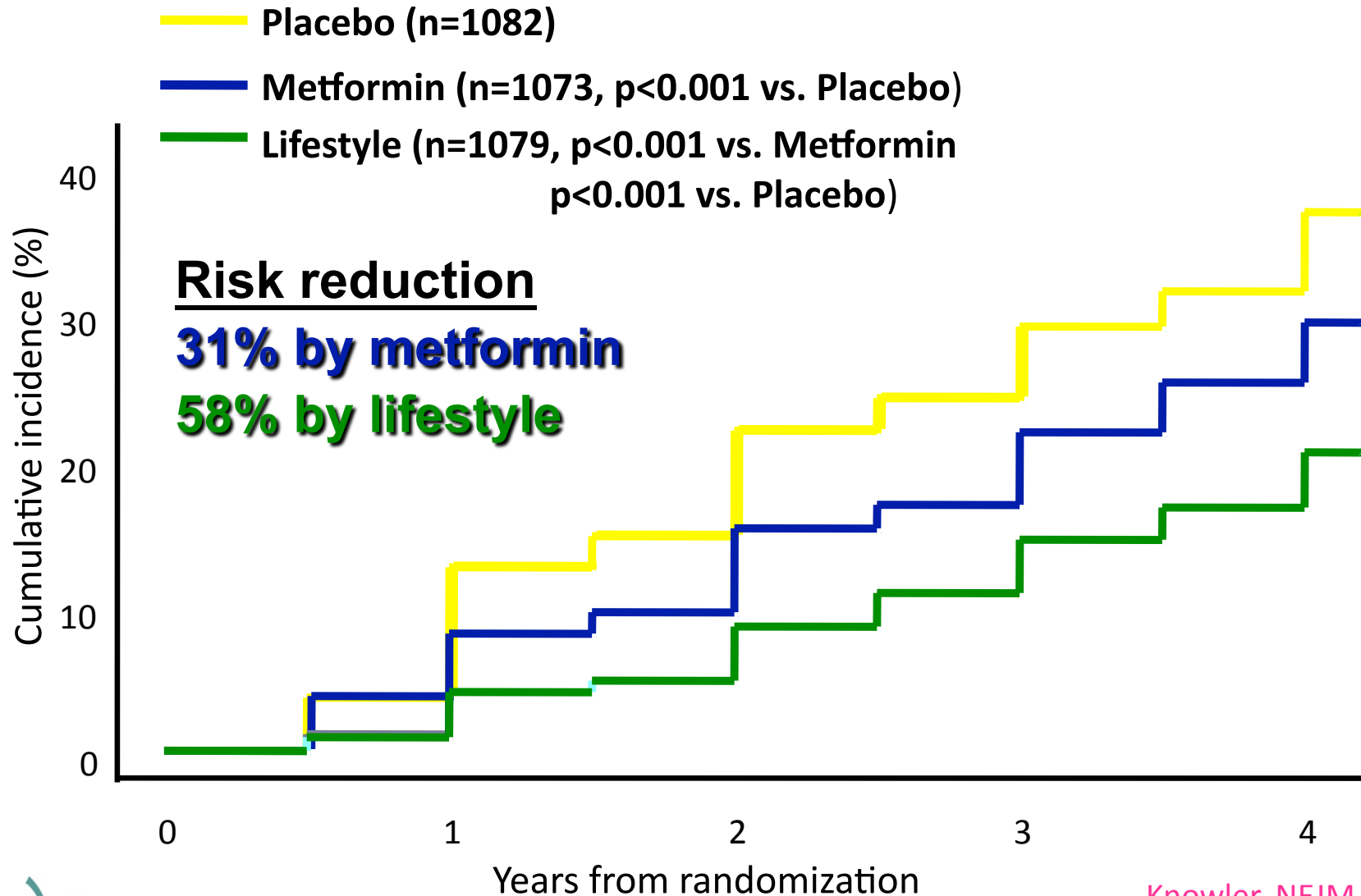


# Why?

## The Diabetes Prevention trial

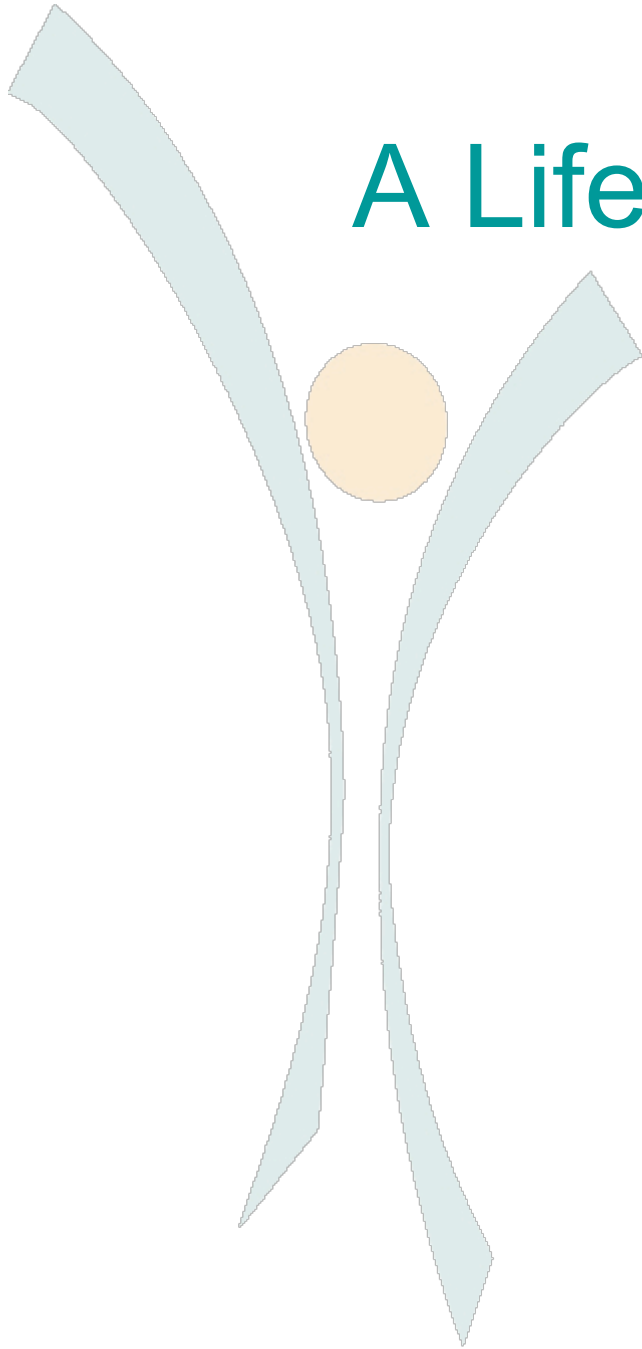
- Knowler et al, NEJM, 2002
- Diabetes Prevention Program Research Group, J Gerontol A Biol Sci Med Sci, 2006
- Diabetes Prevention Program Research Group, The Lancet, 2009

# Incidence of Diabetes



Knowler, NEJM, 2002

# A Lifestyle Prescription!



*John Doe, M.D.*  
224 W 10th St • 4Y 1G #101H  
By Hand  
For Mrs. Jane Doe 1234  
Phone: 555-444-7890

**Rx**

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Name \_\_\_\_\_ Date \_\_\_\_\_  
Address \_\_\_\_\_

\_\_\_\_\_  
(Signature)

Prescription is void if more than one | Coprescription is neither per book