This product was developed by the Diabetes Network of St. Louis for the Better Self Management of Diabetes Program, supported by a grant from the Missouri Foundation for Health.
DIABETES NETWORK OF SAINT LOUIS

Volunteer recruitment
What is the Diabetes Network of Saint Louis?

- 12 week program led by trained lay leaders
- Leaders are trained through the Diabetes Center and BJH to become diabetes “experts”
- Groups are held throughout the community in churches, community centers, senior housing
- Lay leaders choose where to hold their groups
  - Most lay leaders choose their own religious institutions
What does the DNSL hope to achieve?

- Train a large volunteer workforce to become involved within their own communities
- Improve diabetes outcomes in the Saint Louis community (hbA1C, blood pressure, weight)
- Set up mini diabetes centers throughout Saint Louis to give diabetics more education and support
- Impact the physician-patient interaction as measured by a change in medications or better adherence to national diabetes treatment standards
How do we identify leaders?

- Diabetes Leadership Institute
  - Saturday program advertised in St. Louis newspapers (Saint Louis American and Catholic Review)
- WU Diabetes Center
  - Dr. Tobin has identified some of his patients as potential leaders
- Ongoing groups
- Other doctors’ offices
- Community affiliations
What is the training process for leaders?

- Training process is flexible (10-15 hours commitment)
- Referral to BJH Volunteer Organization
  - Application
  - Background check
  - HIPAA training
  - 2 TB tests
- Completion of Diabetes Center classes:
  - Introduction to Diabetes 1-4
  - Insulin Start
  - Carb Counting
- One-on-one training session with project coordinator
Our experience thus far...

- We have identified 75 potential leaders through the Diabetes Leadership Institute and Dr. Tobin’s clinic.
- Of these 75:
  - 9 have formally withdrawn
  - 17 have completed all training (2 have since moved out of state)
  - The rest have completed some portion of training...
Successes

- 5 completed groups
- 2 groups almost complete
- 5 groups scheduled to begin in 2008-2009
- Our program has made a positive impact in the communities we have served
Problems

- Lay leaders (most diabetics) have health problems which can affect attendance
- Recruitment...how do we find more lay leaders?
- Motivation...how do we keep leaders continually engaged even when they are not leading a group?