

FINAL REPORT

1. “Sweet Success in Navajo Country”
2. This project is not part of a special funding initiative
3. Utah Navajo Health System, Inc.
4. Montezuma Creek, Utah
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NARRATIVE DESCRIPTION

1. Executive Summary:
 - A short survey was designed to assess patient understanding of diabetes and cardiovascular disease before patient education modules were introduced.
 - Diabetes and cardiovascular education resources that were most appropriate for UNHS patients were chosen for translation into the Navajo language. The majority of this information came from the State of Utah Department of Health Diabetes Prevention and Control Program.
 - A script was developed for the education module in English and Navajo from the education resources that were determined to be most appropriate for UNHS patients.
 - An audio CD and written modules were produced in English and Navajo for diabetes and cardiovascular education.
 - Audio CDs and written modules in English and Navajo were utilized by staff in the health centers, during home visits by UNHS Diabetes Outreach staff, and were given to patients to share with their families.
 - Laptop computers were purchased to display CD education modules in the health centers and during home visits to patients.
 - Results from the short survey developed at the outset of the project are now being collected to be analyzed in order to determine the overall effectiveness of the project in improving the comprehension of the patients regarding diabetes and cardiovascular disease.

2. Geographic region/number of counties:

This project was designed specifically for patients in the San Juan County, Utah area; however, some UNHS patients reside outside San Juan County, Utah in the neighboring counties of Apache and Navajo in Arizona; San Juan County in New Mexico; and Montezuma County in Colorado.

3. Collaborations/Partnerships:

Include names and types of organizations with which there was collaboration at any time during the project. Provide the current status of the partnerships, challenges encountered, and lessons learned. Other organizations that collaborated in this project include the State of Utah Department of Health Diabetes Prevention and Control Program, Eccles Health Sciences Library, and Healthy Roads.

4. Training:

In the final report, provide a summary of the training events and participants:

 - Staff training will be scheduled for CD education module; Trainings for CD module demonstrations to patients will be scheduled upon receipt of the final CD.
 - Most if not all sessions will be sessions in which half or more than half of participants are from minority populations as the UNHS diabetes patient population is 75% Native American.

- Total number of participants in the project training sessions will be reported as soon as data is available.
 - Total number of Health care or service providers and total number of members of the general public receiving training on the CD module will be reported as soon as the data is available.
5. Training sites:
Training sites will include three of the four Utah Navajo Health System health centers (specifically, Montezuma Creek CHC, Blanding Family Practice CHC, and Monument Valley CHC), and numerous homes of UNHS patients. Most of these patient homes do not have running water, electricity, or home telephone service.
 6. Exhibits:
N/A
 7. Resource materials:
An audio CD was developed and recorded in the Navajo Language and provides basic education for patients with a diagnosis of diabetes or cardiovascular disease.
 8. Web sites:
N/A
 9. Document delivery and reference services:
N/A
 10. Approaches and interventions used:
Training sessions for healthcare providers will be held during regularly scheduled monthly department meetings. Demonstration sessions for patients will be held during the patient's scheduled appointment at the health center or during regular home visits provided by Diabetes Outreach staff.
 11. Evaluation:
How was the project evaluated? What results were achieved based on the objectives of the project? A short survey was developed at the outset of the project that is being utilized to determine the effectiveness of the CD education module. Specifically, this survey will be administered pre- and post-utilization of the CD by the patient and patient's results will be analyzed to determine if their comprehension of the education provided through the CD has increased.
 12. Problems or barriers encountered:
The greatest challenge encountered was obtaining IRB approval from the Navajo Nation. This process lasted approximately 18 months and, in the end, IRB approval from the Navajo Nation was never obtained. The project was slightly tweaked but the core purpose of the

project did not need to change in response to the non-approval by the Navajo Nation IRB.

13. Continuation plans:

This project will continue as more diabetes patients are provided education through the use of the CD module. The CDs will continue to be utilized in the UNHS health centers and during home visits by Diabetes Outreach staff. As the need for more CDs arises, more CDs will be duplicated for distribution at a minimal cost through collaboration with the media services department of the San Juan School District in Blanding, Utah.

14. Impact:

This project will improve the ability of UNHS to educate patients dealing with diabetes and cardiovascular disease. By providing this education in a different medium (audio CD) that patients will be able to take home and listen to with family members or by themselves on a continual basis, the patient comprehension level will increase and patients will better manage their disease state.

15. Recommendations for improvement:

We do not have any real recommendations for improvement. Obtaining approval from the Navajo Nation IRB is becoming increasingly challenging and may not always be necessary depending on the nature of the project. For this project Navajo Nation IRB approval was really not necessary due to the manner in which information was collected and maintained.

FOLLOW-UP QUESTIONS

If answers to the follow-up questions are contained elsewhere in your report, indicate where they are located.

1. Were your original project goals and objectives met? If not, why not?

All of the original project goals and objectives were met save the objective to “administer the short survey after 1 year to diabetic/ cardiovascular patients who used education modules to assess improved comprehension”. However, once the CDs are available for utilization by the Diabetes Program staff with patients, this survey will be used to determine the effectiveness of the CD in increasing the comprehension of the patient.

2. What significant lessons were learned which would be of interest or use to others conducting outreach projects? Which strategies were the most effective in implementing the project?

As our project was specific to the Navajo population with whom we work on a daily basis, significant time and effort was spent to obtain Navajo Nation IRB approval. However, due to the nature of the project and the type of information that would be collected and maintained, IRB approval from the Navajo Nation was really not necessary and only delayed to implementation of the project.

3. If you were to start all over again, what, if anything, would you change about your goals, project plans, etc.?
Our project goals and plans would not change except to exclude the time and effort spent to obtain Navajo Nation IRB approval.
4. What advice or recommendations would you give to anyone considering a similar outreach effort?
We would recommend that anyone considering a similar outreach project closely scrutinize their project to determine if IRB approval is truly necessary.
5. Please describe plans for disseminating lessons learned and other information about the project, such as through a conference presentation or publication. In accordance with the NIH Public Access Policy (<http://publicaccess.nih.gov>), project directors are asked to submit voluntarily to the NIH manuscript submission (NIHMS) system (<http://www.nihms.nih.gov>) at PubMed Central (PMC) final manuscripts upon acceptance for publication.
At this time we have no plans for disseminating lessons learned or other information about the project. As UNHS collaborates with many different agencies and organizations, should the opportunity arise to share lessons learned or other information about this project we will be certain to do so.