

Promoting Wellness: Diabetes and Hypertension for the Community of Kings County Hospital Center

**Presented by The Nursing Students of New York City
College of Technology**

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Main Team Leader: Barbara Bootsri

Main Team Recorder: Chinweokwu Enekwechi

GROUP A

GROUP B

GROUP C

- 1. Leader: Chinweokwu Enekwechi**
- 2. Recorder: Moon Tse Ho**
- 3. Barbara Bootsri**

- 1. Leader: Ivan Giannou**
- 2. Recorder: Pauline Asike**
- 3. Farahnaz Sattaur**

- 1. Leader: Maryam Tariq**
- 2. Recorder: Sadiquah Adams**
- 3. Alvin Lou**
- 4. Sade Esinsinade**

Project Details

DATE	GROUP A	GROUP B	GROUP C
07/09/2014	Cardiac	Women's Health	Diabetes
07/15/2014	Women's Health	Diabetes	Cardiac
07/16/2014	Diabetes	Cardiac	Women's Health
07/22/2014	Cardiac	Women's Health	Diabetes
07/23/2014	Women's Health	Diabetes	Cardiac
07/29/2014	Diabetes	Cardiac	Women's Health
07/30/2014	Cardiac	Women's Health	Diabetes
08/05/2014	Presentation	Presentation	Presentation

Project Details



Dates and times of collection: Every Tuesday and Wednesday between June 9, 2014- June 30, 2014 from 9am-2:30pm

Sources of information: Professor John Finnegan, Diabetes Resource Center staff, Hypertension clinic staff, Kings County Wellness Center, and Kings County Hospital Center's 2013 Community Health Needs Assessment and Implementation Strategy

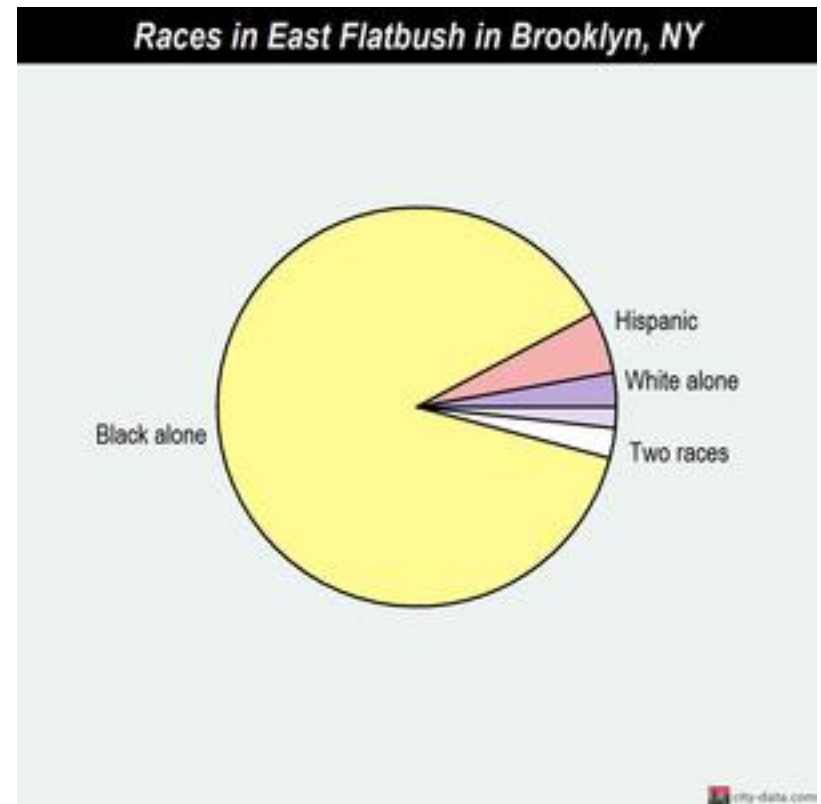
Community Assessment of East Flatbush, Brooklyn



- Estimated total population of East Flatbush is 125,176 people

Community Assessment of East Flatbush, Brooklyn

- **Middle class, multicultural, residential community**
- **Majority of residents are African American**
- **CHN and cultural diversity**
- **Areas to be addressed**
- **Previous high rates of violence and crime**

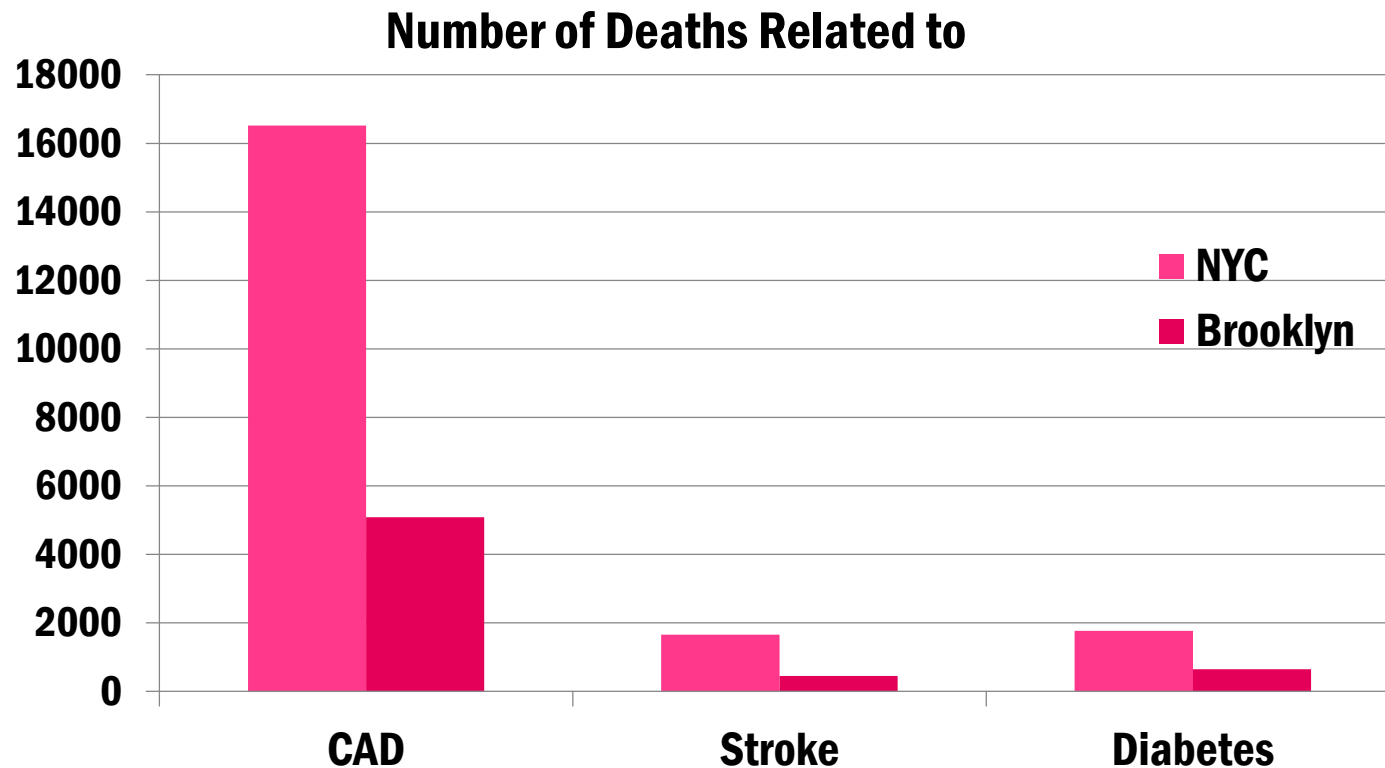


Areas of Assessment



- **Total mortality in NYC for 2012 is 52,455 people**
- **Brooklyn alone accounts for 15,050 people out of those deaths**
- **Environmental issue with overpopulation**
- **Food available in KCHC**
- **Rate of unemployment in KCHC**

Areas of Assessment



- **Leading health problem in KCHC is hypertension and diabetes**
- **HTN is related to half of the deaths due to CAD and two third of deaths due to CVAs**

Areas of Assessment

Public Services

- KCHC is located in East Flatbush, zip code 11203
- 3 regions of Brooklyn: Central Brooklyn, Flatbush, and East New York
- **2** & **5** subway lines and the B12 and B44 buses
- Precincts in the three regions: 67th, 70th, 73rd, 75th, 77th, and 81st
- Precinct specific to East Flatbush: 67th precinct
- Fire departments specific to East Flatbush: FDNY EMS Station 38 and FDNY Engine 310/Ladder 174



Primary and Secondary Service Areas

Zip Codes:

Primary Service

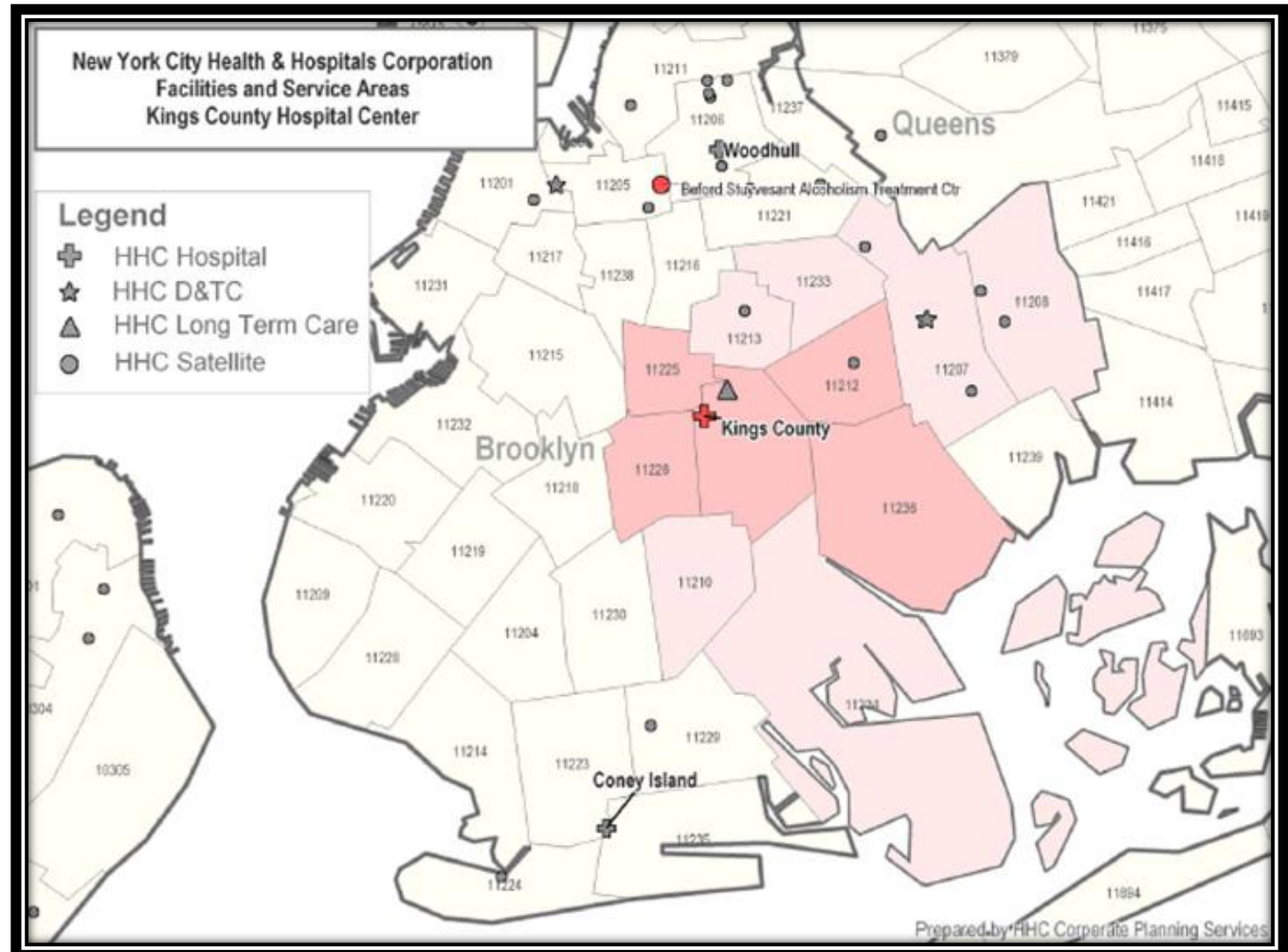
Area:

**11203, 11212,
11225, 11226,
11236**

Secondary

Service Area:

**11207, 11208,
11210, 11213,
11233, 11234**



Areas of Assessment

Aesthetics

- **Museums: Brooklyn Children's Museum, Brooklyn Museum, Jewish Children's Museum**
- **Zoos/Gardens: Brooklyn Botanical Garden, Prospect Park Wildlife Center**
- **Churches: Holy Cross Church, Flatbush Reformed Church, Saint Augustine's Episcopal Church, etc**
- **Parks: Prospect Park, Harry Maze Playground, Lincoln Terrace Park, Wingate Park**

Areas of Assessment

Health-Related Facilities

- **Dr. Susan Smith McKinney Nursing and Rehabilitation Center**
- **East New York Diagnostic and Treatment Center**
- **Kingsboro Psychiatric Center**
- **Food and Nutrition Program (FAN)**
- **Women's Infant and Child Program (W.I.C)**



Areas of Assessment

Three hospitals in the community:

1. Kings County Hospital Center (Public)
2. Kingsbrook Jewish Medical Center (Private)
3. SUNY Downstate Medical Center (State)

All:

- Provide great care management techniques
- Use thorough assessments and planning

Other specialized services:

- Stroke center
- SAFE (Sexually Assault Forensic Examiner) Program
- Behavioral health center



Areas of Assessment

Influences on Resource Allocation Decisions:

- **KCHC is a publicly funded hospital**
- **Decisions on funding**
- **Most prevalent conditions are determined through research and statistics**
- **KCHC has prevalent issues of diabetes and hypertension**



Diagnostic Community Statements

- **According to KCHC's 2013 Community Health Need Assessment and Implementation Strategy, 21% of the residents live below the poverty line**
- **Of those 21% of residents, more than half also reported that they were born outside the United States**
- **More than 1 in 4 adults in East Flatbush are obese and do not perform any physical type of activity**
- **Patients reported hypertension as a priority health need**
- **Community stakeholders also reported hypertension as a priority health need**

Diagnostic Community Statements

Knowledge deficit related to disease process as evidenced by high rate of mortality

Patient education is essential

Educate patients on modifiable risk factors

Imbalanced nutrition: more than body requirements related to limited options due to low socioeconomic status

Fast-food is a cheap and a quick option

Poverty and unable to afford healthier food choices

According to Behavioral Risk Factors Surveillance System, NY adults with the lowest income and education have the highest rate of physical inactivity, are overweight or obese, and have diabetes

Planning and Implementation

- **Create awareness of high blood pressure and diabetes**
- **Teach preventative measures**
- **Management**
- **Control of the disease**

Community organization(s) that provided assistance with our project include:

- 1. American Heart Association**
 - 2. Women Heart: The National Coalition for Women with Heart Disease**
 - 3. American Diabetes Association**
- **Provided blood pressure cuffs, stethoscopes, syringes, alcohol pads, and educational handouts**

DIABETES & HYPERTENSION

Are you interested in learning how to
manage hypertension or diabetes?

Come join us for a **FREE HEALTH SEMINAR!**

Highlights include:

- Diabetes and hypertension teaching
- Blood pressure screening
- Insulin teaching and practice
- **FREE** fruits and water bottles



Location:

**Kings County Hospital
Conference Room**

Date:

August 5th, 2014

9 AM to 11 AM

1 PM to 3 PM



Planning and Implementation

- **Split into 2 groups/5 students each**
 1. **Hypertension**
 2. **Diabetes**
- **Information was presented through power points**
- **Educational handouts**
- **Engaged with audience**
- **Encourage to ask questions**
- **Available after presentation to answer any questions or concerns**



WELLNESS: DIABETES AND HYPERTENSION HEALTH SEMINAR SURVEY

How did you come to know about this seminar?	<input type="checkbox"/> Friend <input type="checkbox"/> Health Care Professional <input type="checkbox"/> Hospital Flyers <input type="checkbox"/> Other										
Were the topics covered relevant to the purpose of this seminar?	<table><tr><td>YES</td><td>NO</td></tr><tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr></table>	YES	NO	<input type="checkbox"/>	<input type="checkbox"/>						
YES	NO										
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Did the presenter(s) keep your interest?	<table><tr><td>YES</td><td>NO</td></tr><tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr></table>	YES	NO	<input type="checkbox"/>	<input type="checkbox"/>						
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Did all your doubts and questions get clarified?	<table><tr><td>YES</td><td>NO</td></tr><tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr></table>	YES	NO	<input type="checkbox"/>	<input type="checkbox"/>						
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What was your overall opinion about the seminar?											
On a scale of 1 to 5, how do you rate the effectiveness on this seminar?	<table><tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr><tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr></table>	1	2	3	4	5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1	2	3	4	5							
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Complaints/Suggestions (If Any)	<p>DATE: ___ / ___ / ___</p>										

Planning and Implementation



Total cost of project: \$57.07

- 1. Binder \$3.29**
- 2. 10 oranges \$6.28**
- 3. Fruits \$17.93**
- 4. Water bottles \$5.29**
- 5. Printing paper \$4.29**
- 6. Ink \$19.99**

On-Site Presentations:

Wellness Education on Diabetes and Hypertension

What is diabetes?

- **Body doesn't produce (Type 1) or properly use insulin (Type 2)**
- **Insulin is a hormone that is needed in order to convert nutrients into energy needed for the body**

How do I know I have diabetes?

The American Diabetes Association recommends Fasting Plasma Glucose Test (FPG) to diagnose

- **FPG result between 100-125 is pre-diabetes**
- **FPG result 126 or higher has diabetes**

How can I prevent or manage my diabetes?

- **Changes in diet**
- **Drink water**
- **Exercise 30 minutes a day**
- **Lose weight**
- **Adequate sleep**
- **Monitor blood sugar**
- **Don't miss insulin injections**
- **Diabetes medications**



Hypertension

What is hypertension?

- **Elevated blood pressure of higher than 140 systolic and higher than 90 diastolic**

How do I know I have hypertension?

- **120-139/80-89 is pre-hypertension**
- **At least 3 separate readings above 140/90 to diagnose**



Hypertension

How can I prevent or manage my hypertension?

- Changes in diet (DASH)
- Eat less sodium
- Exercise 30 minutes a day
- Lose weight
- Reduce anxiety and stress
- Adequate sleep
- Monitor blood pressure
- Blood pressure medications
- Limit alcohol
- Stop smoking



Evaluation



- **Presentation was a success**
- **42 attendees with 2/3 of female gender**
- **Knowledge retention**
- **Behavior modification**
- **Technique proficiency**
- **No follow-up to determine long term benefits**

Evaluation



- Information was provided in accessible terminology and concepts
- Foods
- Exercises
- Health resources
- Cost concerns
- Language barriers



Evaluation



- **Hands on demonstrations**
- **Blood pressure cuff: meaning and importance**
- **Insulin injection: subcutaneous**
- **“Pinch for an inch”**
- **Easy to remember sites**

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