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Abstract # OR-10

STUDENT-LED DIABETES QUALITY IMPROVEMENT AT AN URBAN SAFETY NET CLINIC: THE THREE YEAR EXPERIENCE OF THE DIABETES IMPROVEMENT TEAM

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Objective: created the Diabetes Improvement Team (DIT), an interdisciplinary student-led QI team, to conduct diabetes QI projects in collaboration with an urban safety net clinic.

Methods: We describe the structure, projects and evolution of the Diabetes Improvement Team during our three years conducting the program. Additionally, we include results from a program evaluation in which past participants describe successes, challenges and value of the program.

Results: Since December 2012, the Diabetes Improvement Team (DIT) has engaged 20 Emory University students from medicine, public health, nursing, business and allied health over the course of three projects conducted at the Good Samaritan Health Center in Atlanta, Georgia. Projects included developing clinic-level guidelines for the management of pre-diabetes, developing a diabetes self-management tool and improving access to low-cost medications. Student participants received formal training on QI methods through the Institute for Healthcare Improvement, were educated on diabetes care through team activities and were advised by the Chief Quality Officer of Emory University Hospital in Atlanta. Through interviews conducted as part of our first program evaluation, student participants expressed an improved understanding of the complexities of diabetes care. Successful aspects of the project included the opportunity to gain practical experience applying QI, the interdisciplinary nature of the team and project sustainability. Challenging aspects included balancing schedules and navigating workflows in a busy clinic. Clinic staff reported that the DIT increased their focus on systems-level issues and provided ongoing value to patients through improved processes.

Conclusion: Student-led diabetes QI projects provide a valuable opportunity to improve understanding of the complexities of diabetes care, gain practical experience conducting QI projects and begin working meaningfully across disciplines. Student participants and clinic staff identified the DIT as providing ongoing value to participants, the clinic and patients alike. The DIT experience can inform development of similar student-led teams at other institutions.

Abstract # OR-11

COMPARISON OF ANTI-HYPERGLYCEMIC EFFECTS OF CINNAMON ON POSTPRANDIAL BLOOD GLUCOSE WHEN INGESTED BEFORE, SIMULTANEOUSLY WITH AND AFTER THE INTAKE OF CARBOHYDRATE AMONG NORMOGLYCEMIC SUBJECTS

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Objective: Investigate anti-hyperglycemic effects of cinnamon on postprandial blood glucose as influenced by the timing of ingestion among normoglycemic subjects.

Methods: Thirty healthy subjects fasted for 10-12 hours prior to each experiment and each of this experiment has a 1 week wash-out period. For the treatment group, the subjects ingested 6 g of cinnamon at different time points such as 30 minutes before (B), 30 minutes after (A) and simultaneously with (S) glucose. For the control (C) experiment, the subjects just ingested 75 g of D-(+)-glucose monohydrate alone. Blood samples were collected and analysed using Accu-chek Performa® at 0, 30, 60, 90 and 120 minutes after ingestion of glucose.

Results: The total incremental area under curve then the iAUC ± SEM were calculated. One-way ANOVA test was used to compare means of iAUC among the control and treatment groups and the significance of the difference of each pair is C & B ($P<.05$), C & S ($P<.001$), C & A ($P<.001$), B & S ($P<.05$), B & A ($P<.001$), S & A ($P<.05$).

Conclusion: It is concluded that cinnamon significantly attenuates postprandial hyperglycemia and it has higher efficacy when taken 30 min after ingestion of glucose.

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