BACKGROUND: The Centers for Disease Control and Prevention (CDC, 2013) has identified diabetes as a serious and growing public health concern. Complications from diabetes include kidney failure, limb amputations, blindness, heart disease and stroke. In Waukesha County, 19,430 adults live with the diagnosis of diabetes and another 99,230 are estimated to have pre-diabetes according to the State of Wisconsin’s 2011 Burden of Diabetes Report. Individuals who are uninsured/under insured are at greatest risk for poor health outcomes related to diabetes due to limited resources for optimal preventive care.

PURPOSE OF THE PROJECT: To evaluate the effect of 5 counseling sessions on the self-management skills and blood sugar control among uninsured and/under insured individuals with type 2 diabetes.

POPULATION/SETTING: The expected sample size is 50 uninsured and/under insured individuals with type 2 diabetes, aged 18-64, who live in Waukesha County.

METHOD: Community-based nurse navigators from St. Joseph's Medical Clinic Inc., the Hispanic Health Resource Center and ProHealth Care Community Outreach Nursing will provide a minimum of 5 intensive sessions to address diabetes self-management skills and identify a medical home for continued care. Nurse navigators will assist the clients in obtaining all 12 of the recommended preventive care activities for optimal outcomes as recommended by the Wisconsin Diabetes Mellitus Essential Care Guidelines 2011. Diabetes education will be provided by nurse navigators and registered dietitians to the 50 participants.

RESULTS/OUTCOMES: Pre and/post blood sugar control data and standardized assessments of knowledge empowerment, and self-care management will be compared.

CONCLUSIONS/IMPLICATIONS: Challenges, lessons learned, and recommendations for program improvement will be provided from preliminary results of this 2 year, grant funded project supported by the Medical College of Wisconsin Healthier Wisconsin Partnership Program (HWPP) which is due to be completed in December of 2014.