

2019-2020 COMMUNITY HEALTH CONTRACT
354 Diabetes Footcare Education

Quarter 3 (January-March) Reporting Form

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|--|---|
| Goal 3 | |
| To increase community awareness and knowledge of diabetes foot care. | |
| S.M.A.R.T. Objective 3a | |
| By March 31, 2020, at least 200 community members will receive information about diabetes foot care through community events conducted by outreach workers. | |
| Projected Cost: | Contract Dollars Expended to Date: |
| *Not provided in original application* | \$9000.00* |
| Progress/Accomplishment of Goals & Objectives | |
| <p>Our quarter 3 targets were well withing range up until the events leading into March and the COVID-19 pandemic. Following is a summary of the activities and adjustments that we have had to make due to the current pandemic and the fact that the organization had to make some unfortunate cuts to staff across the org which also affected Fallbrook. We are currently in discussions on reopening sites to limited services and hope to have our Fallbrook location open soon.</p> <p>To date, since the beginning of the grant period, we are happy that we have served 180 senior diabetic patients at our Fallbrook location! A narrative of one patient is attached to this report.</p> <p>Community Education Presentations: Dr. Kenneth Rhem began with community education meetings in January and February with several leaders of different community organizations. These were well received and employed the usage of the educational tools that were purchased as part of this grant. Unfortunately, any future events were canceled due to the COVID-19 pandemic.</p> <p>January 15 Fallbrook Community Collaborative (23 attendees) February 12 Fallbrook Community Center (19 attendees)</p> <p>Postcard (delayed): As part of our planned outreach we planned a mailing to reach over 3000+ households with our postcard (attached to this report). It was going to go out March 23 but we placed hold due to the fact that we had to temporarily close our Fallbrook office to walk-in and face-to-face appointments. As soon as we get the green light, we will mail it out.</p> <p>Digital Campaign (restarted April 20): We initially halted all digital plans as we pivoted efforts to move patients away from visiting our offices. We have restarted out digital campaign efforts by adjusting our message to let patients know that we can see them virtually. Data on these efforts are still too early to track as digital campaign metrics are best measured in multiple weeks. As part of this campaign we have created digital assets including a Fallbrook specific page to track our digital efforts.</p> <p>(Continued)</p> | |

Signage (delayed): We put a pause on physical signage that was going to go up at Ingold Sports Park. We felt the signage would sit there without being viewed. As soon as we know that the state will release families to attend parks and sporting events we will move forward with this. The funds for this have already been earmarked for it.

All planned events and screenings were cancelled and will be started once again after the state releases citizens to gather. We have an order for socks to be used during these screenings. We will store the socks and use them once we restart face to face screenings.

*Currently there are several funds that have been used for materials that we cannot use at the moment such as our bilingual flyers, pediatric socks, mailing campaign and our digital campaign efforts. This number is an estimate because the mailage costs are final once the campaign goes out and we get an accurate number.

| Zip Code | Patients Seen |
|----------|---------------|
| 92028 | 166 |
| 92059 | 1 |
| 92082 | 1 |
| 92088 | 12 |

Impact Narrative

LK (name abbreviated for patients' privacy and HIPAA regulations) is a patient at our Neighborhood Healthcare site in Fallbrook. She was referred to us through our relationship with Fallbrook Family Health Centers. LK has several health issues that exasperate her podiatric needs such as diabetes, obesity and other health concerns. She was having major pain in her feet due to her condition so much so that even walking caused her great pain. She contacted our office and at first was a bit frustrated with referral issues with her insurance, but we were able to help her get past these issues and for that she was very grateful and the fact that we are local because she has transportation needs. Our staff are well versed on dealing with referrals from both MediCal and Medicare.

She was seen at our clinical site by our Podiatrist, Dr. Negron and due to the severity of her condition she was referred to get an MRI because of the severe pain she had. Dr. Negron was able to diagnose her problem and with the addition of recommendations for changes that she needed to do she was also prescribed special shoes to help her with her recovery. As part of the follow up to her appointments, we made sure to make other recommendations and referrals for proper diet and health checks at Fallbrook Family Health Centers. With the current COVID-19 pandemic we were forced to temporarily close our Fallbrook location, but thankfully our patients continue to "see" their doctors virtually via the phone or other telehealth options.

LK is continuing her care with Neighborhood virtually and incase she needs to see her Podiatrist we are working with patients to see them either at our Temecula or Escondido site (we hope to open access at our Fallbrook location soon). Her story is something that we consistently see with podiatric patients, a need for a local option to be able to access as well as education on what affects diabetic patients who suffer with foot issues. We hope to continue to work in Fallbrook at educating the community on why it is important to take care of your feet especially if one has diabetes.

Front

Building a Healthier, Happier Community

Healthy feet are essential for overall good health. For people with diabetes, taking care of their feet is especially vital. Here are some warning signs of diabetes:

- Skin color changes
- Swelling of the foot or ankle
- Numbness or tingling in the feet or toes
- Open sores on the feet that are slow to heal
- Ingrown and fungal toenails
- Bleeding corns and calluses
- Dry cracks in the skin/heel

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HEALTH  DISTRICT

www.nhcare.org

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Fast Fact:
More than 65,000 lower limbs are amputated annually due to complications from diabetes. Including a podiatrist in your diabetes care can reduce the risk of lower limb amputation up to 85 percent.

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Back

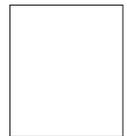
Deseando una comunidad más saludable y feliz.

Los pies sanos son esenciales para la buena salud general. Para las personas con diabetes, cuidar sus pies es especialmente vital. Estas son algunas señales de advertencia de diabetes:

- Cambios en el color de la piel.
- Pie o tobillo hinchado.
- Entumecimiento u hormigueo en los pies o dedos de los pies.
- Llagas abiertas en los pies que tardan en sanar
- Uñas encarnadas y hongos
- Sangrado de callos y callosidades
- Grietas secas en la piel / talón.

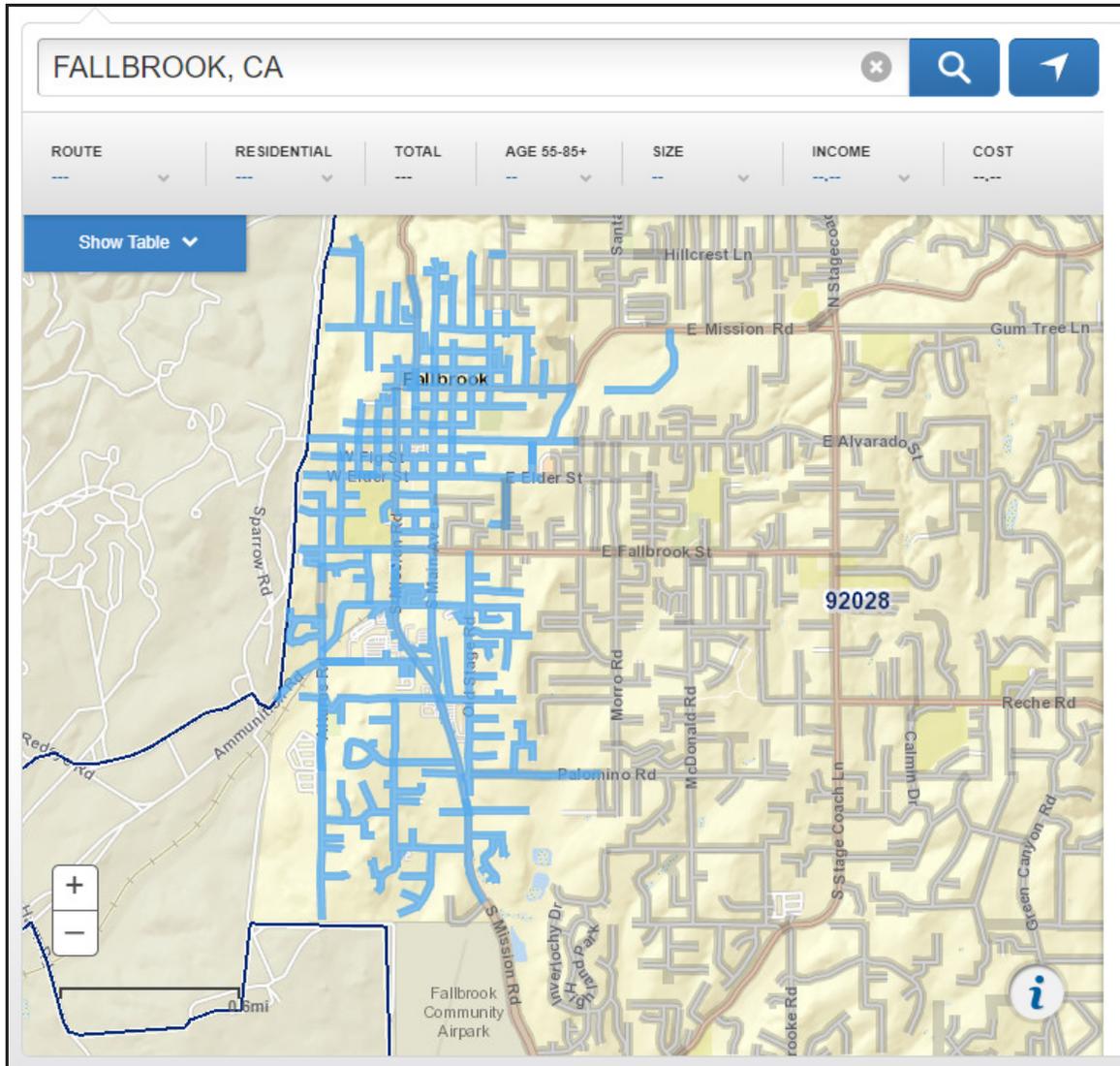
MediCal and Medicare Accepted

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1309 S Mission Rd
Fallbrook, CA 92028



Call Today! ¡Llama Hoy!
1-833-867-4642

Postcard



Planned Postcard Mailing Campaign

Address Zip Codes

Route 92028-C007 Route 92028-C001
Route 92028-C008 Route 92028-C014
Route 92028-C017

Demographics

Age 55-85+
Household Income >\$38G

Total Addresses 3897

Fallbrook Landing Page

https://www.nhcare.org/lp/fallbrookfootcare/

neighborhood

ALREADY A PATIENT

DIABETIC FOOT CARE

When you're diagnosed and living with diabetes, foot health is even more important than ever.

Prevent unnecessary health risks when it comes to your diabetes. Include regular visitations with one of our foot care physicians.

Temporarily closed due to COVID-19 Pandemic. Call **833-867-4642** to schedule a virtual visit. In partnership with:

Fallbrook Regional HEALTH DISTRICT

Building a Healthier, Happier Community

Diabetes Statistics Healthy feet are essential for overall good health. For people with diabetes, taking care of their feet is especially vital. More than 60 percent of all non-traumatic lower-limb amputations worldwide are related to complications from the disease, according to the American Diabetes Association. These amputations are preventable with careful monitoring and regular foot screenings performed by a podiatrist. While open sores on the foot—called ulcers—are the most common diabetes-related foot problem, serious conditions such as neuropathy, skin changes, calluses, poor circulation, and infection are also prevalent. The nerve damage that diabetes causes may mean a person with an ulcer or injury may be unaware of it until it becomes infected. Infection can lead to partial or full amputation of the foot or lower leg. **Diabetes Warning Signs:** • Skin color changes • Swelling of the foot or ankle • Numbness or tingling in the feet or toes • Open sores on the feet that are slow to heal • Ingrown and fungal toenails • Bleeding corns and calluses • Dry cracks in the skin/heel

Diabetes Foot Care Recommendations

- Inspect feet daily.
- Check your feet and toes every day for cuts, bruises, sores, or changes to the toenails, such as thickening or discoloration.
- Wear thick, soft socks.
- Avoid socks with seams, which could rub and cause blisters or other skin injuries.
- Exercise.
- Walking can help control blood sugar, keep weight down, and improve circulation.
- Be sure to wear appropriate athletic shoes when exercising.
- Have new shoes properly measured and fitted.
- Foot size and shape may change over time. Shoes that fit properly are important to those with diabetes.
- Don't go barefoot.
- Don't go without shoes, even in your own home. The risk of cuts and infection is too great for those with diabetes.
- See a podiatrist.
- Make at least two appointments a year with an APMA member podiatrist, the foot and ankle expert, to have your feet examined. This is a critical step in avoiding diabetic foot complications and amputation.

Serving Fallbrook, Rainbow, Deluz in partnership with the Fallbrook Regional Health District at the following location:

Fallbrook

Bilingual Flyer

Building a Healthier, Happier Community



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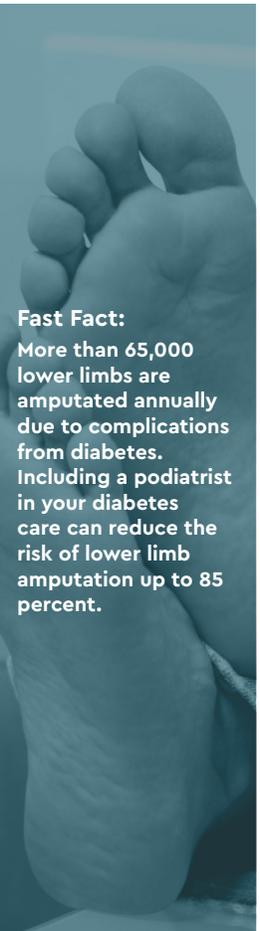
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1309 S Mission Rd, Fallbrook, CA 92028

Call today: 760-690-5900

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High Traffic Signage (On Hold Due to COVID)

Building a Healthier, Happier Community

Providing Fallbrook with chiropractic, acupuncture, and podiatry services. Medi-Cal proudly accepted. Call Us today at 1-833-867-4642 to schedule your appointment!

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Creando Comunidades Más Sanas y Felices

Estamos brindando a Fallbrook servicios de quiropráctica, acupuntura y podología. Aceptamos Medi-Cal. ¡Llámenos hoy al 1-833-867-4642 para programar su cita!

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