The Impact of New Horizon Diabetes Clinic in the Community

Diabetes is a chronic disease that continues to increase without discrimination in gender or age. The World Health Organization (WHO) reported that diabetes grew from 4.7% to 8.5% from 1980 to 2014. In the US, the statistics coincides with the WHO report. In 2012, the Centers for Disease Control and Prevention (CDC) reported that 29.1 million citizens were diagnosed with diabetes, and 8.1 million were undiagnosed and will remain in this stage for approximately 10 years. The CDC showed no difference in the incidence rates of the disease between males and females. The number of diagnosed cases from 1980 to 2010 increased 177% (from 2.6 to 7.2) for males, and a 114% increase (from 2.8 to 6.0) for females. Seniors above 65 years remains high at 25.9 million individuals diagnosed with the disease. Diabetes rates by race and ethnic background include Caucasians 7.6%, Asians 9.0%, Hispanics 12.8%, Blacks 13.2%, and American Indians 15.9%. By 2050, diabetes prevalence is projected to double.

In May 2016, I opened New Horizon Diabetes Clinic (NHDC) to continue the fight against diabetes. The clinic is located at 390 Harding Place in Nashville TN 37211 in Davidson County. The clinic receives referrals from the surrounding providers and patients’ recommendations; the clinic also has patients traveling from a 2-hour radius. The population in this Nashville community is diverse, composed of Caucasians, African Americans, and minorities. The largest minority is the Latino community, followed by other ethnic groups. Davidson County is home to 668,347 residents. In 2011, local statistics showed the Hispanic population accounted for 10% of the population with the majority located in the Zip Codes 37217 (13.94%), 37210 (12.85%), and 37211 (10.01%). In Davidson County, diabetes is prevalent within the African American and the Hispanic population. The community in the zip code 37211 and its surrounding areas does not have access to an Endocrinologist nor a bilingual provider specializing in treating diabetes as a complex disease. NHDC has a comprehensive metabolic program for the clinical management and treatment of metabolic diseases; such as diabetes, pre-diabetes, high blood pressure, high cholesterol and obesity. The clinic offers the latest in technology and medications plus diabetes education. Through teaching, we empower the patients to deal with the disease from a different perspective while assisting the patients and their families to improve their disease outcomes.

During our first year, the clinic has seen a total of 123 females and 113 males. The inclusion criteria for this report are females who had more than one office visit and are established patients. In this report, 37 patients were excluded due to not returning to the clinic for follow up appointments. The total sample population for this report is 86 female patients. The ethnic groups included 22 Caucasians, 20 African Americans, 29 Hispanics, and 4 from Other ethnic groups. The clinic has 74 females diagnosed with either diabetes Type 1 or Type 2, and 12 females diagnosed with other metabolic diseases. In the first year, 63 females lose a total of 366.60 lbs for an average of 5.82 lbs per patient. The remaining 23 patients either had a small weight gain, or did not lose weight at all. Another measurable data in the diabetes program at NHDC is the Hemoglobine A1c or HbA1c. HbA1c is a laboratory test performed quarterly to monitor glucose control in diabetic patients. The average reduction in HbA1c in the female population was equivalent to 3.42% per patient.

On November 2016, I was nominated as a New Business Women of the Year by Pathway Women's Business Center. In this first year, I have been able to assist many unfortunate patients, especially females, who are head of household, usually with more family members who are victims of the disease, who do not understand how important is to keep the disease under control. As a Doctor of Nursing Practice my mission statement has been targeted towards helping others, teaching and educating my patients. My practice involves and includes selling a new type of medical care where the patients and their families are empowered to gain new knowledge to be successful with their disease management whether is through healthy eating habits, optimal medication management such as injecting insulin, testing their blood glucose daily, or whatever it takes to achieve optimal control of the disease.

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