



# January PO Monthly Call

*Wednesday, January 8th at 2pm  
Monday, January 13th at 11am*



# AGENDA

Diabetes Remission Grant

2025 Calendar Overview

Regional Meetings Agenda and Dates

MCT2D Site Visits

PO Small Group Calls

2024 Annual Report

Patient Needs Assessment Report



# NADiR: Navigation Assistance to Type 2 Diabetes Remission

Request for Grant Proposal Feedback

Lauren Oshman MD MPH and Dina Griauzde MD

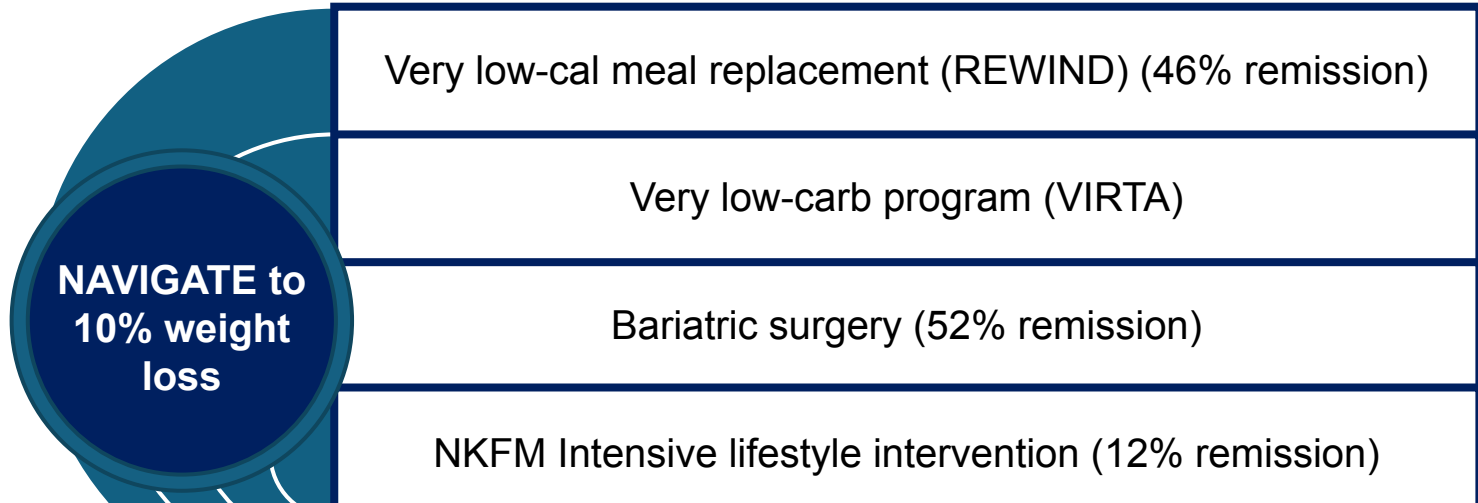
# Diabetes Remission

- Weight loss ( $\geq 10\%$ ) can lead to **T2D remission**, defined as **HbA1c < 6.5%** at least three months after cessation of glucose-lowering medication.
- Semaglutide (2017) and tirzepatide (2022), can support 10-15% but have **barriers** to their use, including high costs ( $\sim \$1000$ ), long term adherence concerns, lower effectiveness for some patients, and side effects.
- **Multiple weight loss treatment options can lead to T2D remission** but are underused and few patients achieve  $\geq 5\%$  weight loss. **Barriers** include:
  1. PCPs training and time to discuss the full range of T2D remission interventions.
  2. Most communities have limited access to lifestyle and dietary interventions.
  3. Most US insurers do not cover all treatments
  4. There is no one-size-fits-all approach to weight management
- **Would a “navigator” approach to help patients engage in these interventions help increase the number of patients in our practices who can achieve remission compared to giving patients a **handout** about remission interventions?**

# NADiR Study Components

## NADiR consists of 3 key components:

1. a care navigator **VISIT** to educate patient about T2D remission interventions;
2. **AND** shared decision-making guidance to select an intervention;
3. **FOLLOW UP** assistance with addressing barriers to engagement;
4. With **REDUCED OUT OF POCKET COST** for the intervention.



# Benefits to practices, physicians, and patients?

## **PRACTICES:**

- Any MCT2D practice can choose to participate
- Practice assigned to **control** (education handout) or **experiment** (navigation intervention)
- All practices get brief education about diabetes remission interventions
- The **study team** recruits patients, collects / obtains all data, provide handout / navigation
- Clinician may need to place a referral if needed.
- **All patients get reduced cost when they engage with an intervention!**
- Participate in an evaluation after the study – what went well, how to improve.

## **PATIENTS:**

- T2D for  $\leq 8$  years
- Willing to DC meds for hyperglycemia during trial if weight loss / sugar control
- Will engage with study for 12 months

## **Question 1: How willing would your practices be to participate in the proposed study?**

- Not at all
- Slightly
- Moderately
- Very
- Extremely

**Question 1: What suggestions do you have to make this study proposal more successful and appealing to your practices and your PO?**



# Thank you!

Lauren Oshman, [laoshman@umich.edu](mailto:laoshman@umich.edu)

Dina Griauzde, [dhafez@umich.edu](mailto:dhafez@umich.edu)

# 2025 MCT2D Dates

**March 1, 2025: New Endocrinology and Nephrology VBR year begins**

**April 8, 2025- May 8, 2025: Spring Regional Meetings**

**Thursday, June 5th, 10am-3pm: MCT2D Collaborative Wide Meeting (MTG Space, Lansing)**

**July 1, 2025: All remaining PCP VBR requirements due (e.g. physician, practice, and PO level learning community requirement, A1C forms, etc.)**

**September 1, 2025: New PCP VBR year begins**

**Fall 2025: Virtual Regional Meetings (dates TBD)**

# Spring Regional Meeting Agenda

*Attendees: PCP Clinical Champions, Endocrinology Clinical Champions, Nephrology Clinical Champions*

<b>Time</b>	<b>Presentation Title</b>	<b>Speaker</b>
6:00pm - 6:30pm	Welcome & Updates	Lauren Oshman, MD MCT2D Program Director  Heidi Diez, PharmD MCT2D Program Co-Director
6:30pm - 7:00pm	Updates from Endocrinology	Kara Mizokami-Stout MCT2D Endocrinology Program Director
7:00pm - 7:30pm	Networking and Poster Presentations	N/A
7:30pm - 8:00pm	Updates from Nephrology	Mike Heung, MD MCT2D Nephrology Program Director

# Spring Regional Meetings

**Tuesday, April 8th: Livonia, Blue Jay Region**

**Thursday, April 10th: Ann Arbor, Badger Region**

**Tuesday, April 15th: Troy, Black Bear Region**

**Tuesday, April 22nd: Kalamazoo, Grey Wolf Region**

**Wednesday, April 23rd: Grand Rapids, Bluegill Region**

**Wednesday, May 7th: Saginaw, Riverwalk Region**

**Thursday, May 8th: Traverse City, Sleeping Bear Dunes Region**



**SITE VISITS COMING  
APRIL, MAY 2025**

## GOALS

- Individualized support
- Increased visibility and connection to MCT2D

Participation is voluntary - meets practice learning requirement.



## SITE VISITS COMING APRIL, MAY 2025

### 4 STOPS



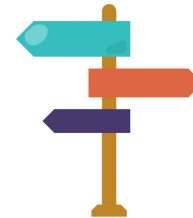
- Kalamazoo  
(*Grey Wolf*)
- Grand Rapids  
(*Bluegill*)
- Saginaw  
(*Riverwalk*)
- Traverse City  
(*Sleeping Bear*)

### WHAT WE'LL DO



- Meet teams
- Hear your challenges and successes
- Share MCT2D resources
- Time commitment is ~ 2 to 3 hours

### NEXT STEPS



- Recruit and schedule
- Draft goals and agenda together

**Interested?  
Let us know!**

# Low Carb Diet Workshop

- Based on a practice survey conducted in Spring 2024, there is significant demand for an intensive low carbohydrate diet training program.
- To respond to demand, going to offer an 5 hour training session offered over the course of a week as well as activities to be completed outside of the sessions, with both synchronous and asynchronous learning components.



Practices interested in more intensive training on **low carb diet**

# Workshop

- Will be limiting to a small group (8-12) of participants to foster collaboration and dialogue with a plan to offer additional future sessions. Due to the small size, we will be prioritizing individuals who can commit to all sessions, who champion low carbohydrate education at their practices, as well as other criteria.
- Will do quarterly check ins with groups to bring the group back together, see what progress has been made, and help develop solutions to ongoing challenges

**Monday, May 12th- Friday, May 16th, 7am-8am each day (5 hours total)**

**Led by Rina Hisamatsu, RDN, and guest speakers**

*Participation will meet both practice level learning community requirement and the physician level learning community requirement if attendee is a physician.*



# Low Carb Diet Workshop

**Session 1:** Introduction to Care Team Members and Understanding the Foundations of Low Carbohydrate Eating Patterns

**Session 2:** Tailoring Low Carb Resources to Meet Patient Needs

**Session 3:** Addressing LCD Challenges/Barriers in Practice and Developing Best-Practice Frameworks: Part 1 Patient-facing Challenges

**Session 4:** Addressing LCD Challenges/Barriers in Practice and Developing Best-Practice Frameworks: Part 2 Provider-facing Challenges

**Session 5:** Putting it All Together

# PO Small Group Calls

## Scheduling for February/ March 2025

- These are in place of the PO 1on1 calls that you completed with MCT2D last year.
- For this year's PO scorecard, we are having you meet in groups of 4-5 similar POs (e.g. size, location, independent vs. employed). The goal of these meetings are to facilitate conversation between POs instead of only with MCT2D so that POs who may have had success in areas where you are having challenges can share their approach and solutions.
- **Discussion Topics:**
  - **What is one thing that is going really well for you that you can share?**
  - **What is one issue that you still haven't figured out or solved? (e.g. data submission, engaging physicians, etc.)**
  - **Thoughts on potential future performance measures**
  - **What implementation support do you need?**
- Participation from one member of your PO (PO Admin Lead, PO Primary Contact, or PO Clinical Champion) will meet the PO scorecard requirement. A poll for your availability will be sent out next week.

# 2024 Annual Report Coming Soon

MCT2D will be releasing our annual report this month, highlighting what we have been able to achieve together as a collaborative during the past year.

Keep a look out for this in your inbox in the next couple weeks!



# Patient Needs Assessment Results and Report

All new practices were to have at least 10 patients complete the Patient Needs Assessment by 12/31/2025.

On either 1/8 or 1/9, we will be sending a PDF of results to each clinical champion, and posting all results on the portal for you to view as the PO. The report includes comparisons to other practices in the region as well as the collaborative.

Next step is for each practice to submit answers to three brief questions on the results by 2/3/2025. Form is available on the admin portal.

# Next Month's PO Call Dates

**Monday, February 10th, 11am-12pm**

**Wednesday, February 12th, 2pm-3pm**