# Developing a Novel Training Program on Low Carbohydrate Diet Counseling in Type 2 Diabetes Care



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## BACKGROUND & CHALLENGE

The Michigan Collaborative for Type 2 Diabetes (MCT2D) is a **state-wide collaborative quality initiative** supported by Blue Cross Blue Shield of Michigan that aims to support participating practices in improving their type 2 diabetes (T2D) care.

T2D persists at epidemic proportions, and clinicians face **ongoing challenges with navigating the complexities of patient care** and providing effective treatments to meet patients' needs.

The Standards of Care published by the American Diabetes Association recommends that all people with T2D receive individualized medical nutrition therapy and endorses low carbohydrate diets (LCDs) as a viable approach in T2D management. However, clinicians report limited training and confidence in discussing LCDs with patients contributing to it being an underutilized treatment approach.

MCT2D developed an interactive LCD training program combining foundational knowledge with practical counseling and implementation strategies to improve clinician confidence in utilizing LCD interventions with their T2D patients. The first offering of this training was held virtually and ran from 5/12/25 - 5/16/25.

## TRAINING LEARNING OBJECTIVES

The training was designed to provide an overview of the fundamentals of LCDs and strategies on how to operationalize this approach. Training objectives were to help clinicians:

- 1. Understand the foundations and science of LCDs
- 2. Increase confidence in recommending LCDs
- 3. Learn how to tailor recommendations to meet patients' needs
- 4. Explore ways to implement LCD counseling into clinical workflows

## PARTICIPANT DEMOGRAPHICS

Total participants in first training: 13

Registered Nurse: 5 (39%)

PharmD: 3 (23%)

MD/DO: 3 (23%)

Nurse Practitioner: 2 (15%)

## TRAINING PROGRAM DESIGN PROCESS

## 1) Learn

Consulted with experts at the University of Michigan to identify best practices in academic course development.

Surveyed clinicians to assess learner needs, workflows, baseline knowledge, and program preferences.

## 2) Co-develop

Analyzed survey responses and input from content experts to develop learning objectives and training program outline.

Recruited collaborators and guest speakers to support training material and session content development.

## 3) Implement

Used interest survey to select 13 participants for the first training.

Held online training for 1 hour each day from 5/12/25-5/16/25 using Zoom.

Asked participants to complete a preand post-training survey and interview.

## PARTICIPANT FEEDBACK

of participants agreed that the training helped them to better understand concept of LCDs. (n=12)

of participants agreed that the training helped them identify ways to tailor dietary recommendations to patients and best practices for implementing LCD counseling. (n=11)

"...after taking the [LCD training], I have more comfort and knowledge behind me to have that discussion with a patient." - RN Care Manager

# LCD TRAINING PROGRAM OVERVIEW

# Synchronous and Asynchronous Remote Learning

#### Pre-Work

# Food Logging Participants used a digital app to track their food and beverage intake for 3 days to reinforce concepts and gain experience needed to teach patients.

Take-Home Activity
Complete pre-training survey.

## Day 1

Mastering the Foundations
Understand the basics of LCDs
and develop LCD counseling
skills.

Take-Home Activity
Conduct LCD myths and facts
literature review.

#### Day 2

Tailoring LCDs
Identify LCD counseling
strategies aligned with patient
preferences.

Take-Home Activity
Try a simulated counseling session using LCD artificial intelligence (AI) chatbot.

#### Day 3

Developing Sustainable LCD Frameworks in Practice: Part 1 Navigate common patient barriers to LCDs and explore effective workflows.

Take-Home Activity
Craft a 2 min counseling pitch
summarizing LCDs to a patient.

### Day 4

Developing Sustainable LCD Frameworks in Practice: Part 2 Address common provider-facing challenges in LCD counseling.

Take-Home Activity
Follow a low-carb meal plan
for one day.

#### Day 5

Putting it All Together
Using motivational
interviewing to foster
patient engagement in
T2D care.

Take-Home Activity
Complete post-training
survey.

## FUTURE DIRECTIONS

MCT2D plans to offer the training on a biannual basis: a Spring beginner session and a Fall intermediate session. Our first dietitian-focused training successfully concluded in October 2025.

Findings from the program evaluation of both trainings will directly inform the design and refinement of future iterations.

