

Type 2 Diabetes Dialogue Day

Connecting on Innovation in Type 2 Diabetes

Summary Report



The BC Patient Safety & Quality Council, in partnership with the Institute for Health System Transformation & Sustainability, hosted the annual Type 2 Diabetes Dialogue event on November 22, 2022. This full-day virtual dialogue session was rich with informative and thought-provoking presentations, meaningful connections and conversations as well as ideas for action.

Areas of Action

To share emerging practices and innovations, foster connections and strengthen the network in BC, participants were asked to identify areas for action within several domains of equity: Indigenous Peoples, age-related groups, people with health conditions or impairments, ethno-racial communities, low-income groups, rural/remote populations and 2SLGBTQ+. We've outlined the key points that were shared during these discussions.

Domain: People with health conditions or impairments

- Support/peer groups
- Virtual care to maintain engagement
- Support long-term

Domain: Indigenous Peoples

- Person and Family-Centred Approach
- Improved access to primary care
- Develop trust

Domain: Ethno-racial communities

- Improve equitable access to medications
- Improve education to providers to meet the needs of different populations

Domain: Low-income groups

- Improve access to medication
- Affordable housing strategies

Domain: Age-related groups

- Support/peer groups
- Financial considerations
- Prevention strategies for caregiver burn-out

"We can focus so much on certain aspects of inequities, but we don't necessarily consider all of those different population groups that may experience different barriers to care or access... We might also ignore the intersectionality between these different domains when we look at them individually."

- Geoff McKee, Presenter

Domain: Rural/remote populations

- Pharmacare coverage – Special Authority
- Whole life cycle approach to screening
- More data on diverse population

Domain: 2SLGBTQ+

- Avoiding assumptions
- Build trust
- Person and Family-Centred Approach
- Awareness of inequities of healthcare utilization rates

Emerging Themes of the Day

Equitable access to medicines, devices and financial supports

Technology and virtual health

Improve access to primary care

"Listening to a patient story [is when] you often start to understand where the weight came from and what kind of barriers will be standing in their way."

- Michael Lyon, Presenter

Community involvement

Collaborating for system change

Taking a collective and holistic approach that is evidence-based, trauma-informed and patient and family centred

Patient partnerships

Health equity

Team-based care

Promising practices instead of best practices (no one size fits all)

Accessibility

Re-thinking prevention and remission

Developing trust and meaningful connection

Moving to Action

In our final breakout, we asked participants about some actions they would commit to on an individual and system level. Here are some actions they came up with:

In the next 30 days, I will....

- Acknowledge the value of upstream investment
- Network and become more involved
- Share Knowledge
- Refer other services for patients (i.e. boost collaboration and team-based care)
- Familiarize self with underserved populations
- Read more on remission
- Consider non-medication options for supporting patients

In the next 12 months, the system needs to....

- Support and participate in equity discussions as it relates to Type 2 Diabetes with others
- Focus on preventative care
- Make remission a key strategy
- Focus on lifestyle interventions
- Advocate for medication coverage for all
- Increase supports for various social determinants of health
- Encourage early education on Type 2 Diabetes, such as in schools

The Type 2 Diabetes Network is focused on sharing, developing and applying innovative, evidence-based practices to improve outcomes for people living with type 2 diabetes in BC. Through collaboration and knowledge exchange at our dialogue sessions, we are committed to supporting and sharing what we heard. Keep up to date and join the team of passionate change-makers working towards improving prevention, management and outcomes for people living with type 2 diabetes in BC at [BCPSQC.ca/diabetes](https://bcpsqc.ca/diabetes).



[BCPSQC.ca/diabetes](https://bcpsqc.ca/diabetes)



diabetes@bcpsqc.ca



604.668.8210



@BCPSQC