

Kahnawá:ke Mohawk Territory - Welcome Kit

Goal: Empower people with diabetes and increase attendance to follow-up by creating a welcome kit

CYCLE 1

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| PLAN | What are we trying to accomplish? | The welcome kit would: Illustrate the importance of the client's role in their care; Present KMHC support network system; Simplify different health parameters and targets; Simplify basic carbohydrate counting and be culturally relevant. |
| DO | | Create the Canoe System and trial the nutrition handout with 5 users. |
| STUDY | How will we know that a change is an improvement? | <p>Users comments: "The explanation is very clear and culturally relevant. The canoe makes me feel it was created for us although the colors remind me of the Canadian Food Guide"</p> <p>Adherence to treatment: All 5 clients were applying the Canoe System at their next appointment and showed lower 2-hrs pc blood glucose levels.</p> |
| ACT | What small changes can we make that will result in improvement? | Change colors |

Kahnawá:ke Clinical Team - Welcome Kit

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CYCLE 2

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|-------|---|---|
| PLAN | What are we trying to accomplish? | Change nutrition handout colors to something culturally relevant. |
| DO | | Trial the nutrition handout with 5 new users and ask 5 initial users' opinion about the change. |
| STUDY | How will we know that a change is an improvement? | <p>Users comments: Liked the colors much better.</p> <p>Adherence to treatment: All 10 clients were applying the Canoe System and showed lower 2-hrs pc blood glucose levels as well as an A1C to target within 6 months. Most decided to continue their health journal and counting their canoe even after they were offered to decrease monitoring.</p> |
| ACT | What small changes can we make that will result in improvement? | Maintain the nutrition kit as is and plan other sections with the same colors. |