

Statewide Survey Report on Interest and Barriers to Telehealth Delivery of DSMES and National DPP in Virginia

VIRGINIA CENTER FOR DIABETES PREVENTION AND EDUCATION

Over the next five years, the Virginia Department of Health would like to expand telehealth’s use for Diabetes Self-Management Education and Support (DSMES) and National Diabetes Prevention Program (National DPP) throughout Virginia. To reach that end, the Virginia Center for Diabetes Prevention & Education conducted a state-wide survey to better understand Virginia-based DSMES and National DPP program’s use, interest in and barriers around using telehealth for the delivery of any aspect of their programming. There was a 97% response rate for National DPP providers, and an 80% response rate for DSMES providers across the state.

The Key Findings for both populations are:

- Few programs in Virginia are using Telehealth to deliver the National DPP (8%) or DSMES (14%)
- A minority of the programs use mHealth apps to engage patients (22% DPP; 8% DSMES) and only 1 DSMES used remote monitoring of blood glucose
- Lack of reimbursement and perceived cost of technology are the primary barriers to using technology.
- Both groups of providers were “interested” in using telehealth as a delivery mode but interest was subdued (mean 2.9 of scale from 1-5 with “3” being interested)
- Majority of both sets of providers report a lack of training in telehealth but the majority (75% of National DPPs and 97% of DSMES) would like further support and training

VCDPE will be using this information to educate and mentor National DPP and DSMES providers over the next few years. These survey findings can also support and inform all of our work for the InnoVAte grant.

