

Our dedicated team of endocrinologists, nurse practitioner, Certified Diabetes Educators, dietitians, licensed vocational nurses, exercise physiologist, and lifestyle coaches are eager to provide education and support cutting-edge diabetes management across the AFMS.

Clinical Excellence

The Clinical Team provides cutting edge diabetes prevention, education and management to the diabetes population within the San Antonio Military Health System.

- 1 Endocrinologist
- Rotating endocrinologists from SAMMC
- 1 Nurse Practitioner
- 3 Certified Diabetes Educators (CDE)
- 2 LVN
- 2 Admin support
- 1 Exercise Physiologist

Diabetes Management

The multidisciplinary staff collaborates with the PCMH to assist both Type 1 and Type 2 patients to manage their diabetes.

Specialty care includes, but is not limited to, insulin pump management, carbohydrate counting, pattern management, and continuous glucose monitoring.

Diabetes Education

The Diabetes Self-Management Education and Support (DSME and DSMS) programs are recognized by the American Diabetes Association.

Provides initial education (10 hrs), recurring/ refresher education (2 hrs), and individual support as needed.

Diabetes Prevention

To prevent/delay the onset of diabetes, the Prevention Team offers patients with *pre-diabetes* an effective ongoing support program.

Group Lifestyle Balance is a 12-month evidence-based program; 12 week intensive curriculum followed by monthly support/education sessions.

Program target goals are: 7% weight loss and least 150 minutes of moderate activity per week.

To refer a patient to the DCOE, order the appropriate consult in CHCS/AHLTA

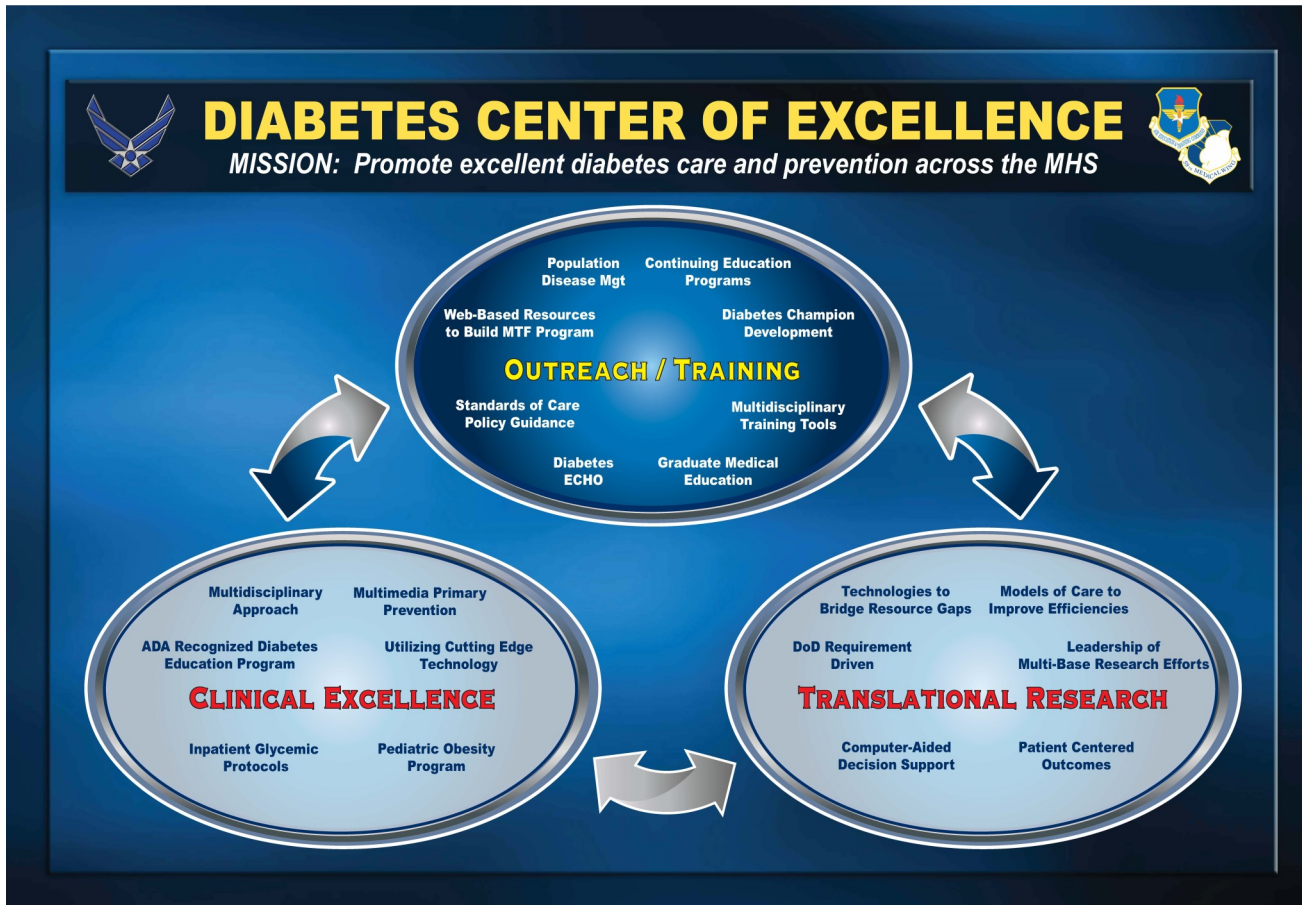
- Diabetes Management-WHASC
- Diabetes Education-WHASC
- Diabetes Prevention-WHASC

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Outreach/Training

The Outreach Team provides a conduit for promoting best practice to over 70 military treatment facilities throughout the DOD.

(1 Adult Education Specialist, 1 MSN, RN, CDE, 2 RN, CDE-eligible)

- Subject Matter Experts (SMEs) develop and promote educational programs, as well as, provide consultative services as requested
- Programs include:
 - ⇒ [Diabetes Central](#) A centralized resource for prevention, education, and management of diabetes. Located on the Air Force Knowledge Exchange
 - ⇒ [Diabetes Champion Course](#) A 3-day team-based comprehensive diabetes education course on the standards of diabetes care, patient management, and utilization of resources. Offered biannually (Apr/Sep). 20 CME/CNE offered
 - ⇒ [Diabetes ECHO](#) “Virtual Grand Rounds” via DCS and audio teleconferencing. Broadcasts second and fourth Friday of each month. Offers didactic and consultative opportunities to PCMH teams. 1.0 CME offered
 - ⇒ [Disease Management Webinars](#) Monthly educational series on diabetes related topics for disease managers and clinic support staff. 0.5 CNE offered
 - ⇒ [Diabetes Matters](#) A patient-centered newsletter on diabetes related topics. Released quarterly

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Diabetes Education via MIST

A Diabetes Self-Management Education Program (recognized by the American Diabetes Association) provided to patients at DoD facilities via the Medical Interagency Satellite Training (MIST) network.

Facilitated by disease managers, the program provides standardized education for patients in resource poor areas.

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Translational Research

The Research Team conducts translational research and clinical validation studies to determine best exportable models of care. (1 Research Director, 1 Research Coordinator, 1 RD & 2 LVN Research Assistants)

Current projects:

- DCOE Research Repository
- Diabetes in Combat
- Diabetes-related Distress Scale in the Clinic
- GLP-1 and Testosterone
- Healthy Lifestyle Coaching
- Hyperion, Inc.: Fatigue Biomarker Study
- Pinnacle Clinical Research: NASH Registry
- Predictors of T2DM in USAF Members at Accession

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Diabetes Center of Excellence



DIABETES CENTER OF EXCELLENCE

Outreach • Clinical • Research • Excellence

Mission

Promote excellent diabetes care and prevention across the MHS

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