

Diabetes and Depression: Case Reviews

Thursday, June 20, 2024

Time: 12:00-1:00 pm

Topic:

Diabetes and depression are both conditions that can have a serious impact on the person with either of the conditions. When someone has both, the struggles can be amplified. There are many issues to consider when both diseases are present and physicians, care coordinators, social workers, counselors, and other caregivers can play a vital role in helping to manage both conditions. This webinar will review three different cases and identify different scenarios in working with people who have both diabetes and depression. It will identify the vital role care coordinators have in supporting the care teams in managing the complexity of co-occurring diabetes and depression.

Presenters: Brian Palmer, MD, Associate Medical Director, Health Plan Behavioral Health, HealthPartners

Dr. Palmer is a practicing psychiatrist at Regions Hospital and leader of behavioral health for HealthPartners health plan. He completed his medical education at Mayo Clinic and residency at Massachusetts General Hospital / McLean Hospital before returning to the staff of Mayo Clinic where he held progressive leadership in clinical and educational programs, including as Vice Chair, Education. Before joining HealthPartners, he was Vice President, Mental Health, and Addiction Services, for Allina Health. He is the author of thirty-seven peer-reviewed papers, a dozen book chapters and an edited book.

Presenters: Sara Spilseth, MD, Associate Medical Director, Health Plan Behavioral Health, HealthPartners

Dr. Spilseth is a practicing internal medicine physician and leader of HealthPartners health plan's quality initiatives. She oversees the quality of care provided to the 1.8 million members including involvement in medical policy creation, utilization review, quality case review, provider monitoring, credentialing, population health quality metrics and accreditation of the health plan. In addition to her formal leadership roles, Dr. Spilseth is an influential participant in numerous committees both within HealthPartners but also in local and national organizations. She remains an active clinician, practicing as a hospitalist at Regions Hospital, a level-one trauma center and tertiary care hospital in St. Paul Minnesota. She strongly believes the true value of a care system comes not from how well we treat one individual patient but rather from the quality of care delivered to the entire population we serve.

Who should participate/Audience:

Health care providers, nurses, public health, health educators, social workers, therapists, Community Health Workers, and anyone who supports individuals with diabetes and depression.

CEUs - Participants should contact their relevant licensing board to determine if this program will meet continuing education requirements and CEU values.

Objectives:

- Identify two medical consequences of diabetes and their linkages to depression.
- Articulate three strategies care coordinators can utilize to support and care for people with both diabetes and depression.
- Describe how addressing depression is essential in supporting members with diabetes.

This webinar is free, but space is limited. Click here to [Register](#).

This webinar is presented by a collaboration of Minnesota health plans with a focus on improving care for people with co-occurring diabetes and depression in Minnesota. Thank you to Blue Plus, HealthPartners, Hennepin Health, IMCare, Medica, PrimeWest, South Country Health Alliance, and UCare for their commitment to this issue.



All webinars will be posted on the [Health Plan Performance Improvement Project website](#).