

**The Positive Impact of Telemedicine: Helping Diabetes Patients in Rural
Montana
Transcript**

David Maus: There's few places that may be a little more rural than here, but uh, not many.

Kris Kilen, RD. Former Certified Diabetes Care and Education Specialist, Billings Clinic for the Eastern Montana Telemedicine Network: In Montana, we don't speak of usually "how many miles", we say "how many hours" it takes to get places.

The access to care is a big limitation where you might not have a provider in your county even, and that can happen in Montana. And there's, you know, no diabetes care and education specialists within 300 miles of you. It doesn't mean that you can't still get good care.

SUPER: Telemedicine is being used to reach patients with diabetes in remote parts of Montana

SUPER: This program is a unique partnership between the Eastern Montana Telemedicine Network, the Montana Department of Public Health and Human Services, and the CDC

Sandra Moe, RN, LN. Registered Dietitian, Beartooth Billings Clinic: So as dietitians, we're really looking at where the patient is at. And then we work with them to implement small, practical changes.

Kris Kilen, RD: You're not going to see those individuals in those communities, but you can get them there by telemedicine.

David Maus. Person living with diabetes: Barb is my wife and she's my main support computer-wise, and she's the one that gets us hooked up for telecommunication. Well, you could just set up for the appointment time and all I have to do is come in from the house.

David Maus: And we found out that protein powder we've been using quite a bit of a fair amount of that, that's I think helped quite a bit.

David Maus: Yeah, I feel like that it really is a good situation to be in, to talk to somebody that's had way more experience.

David Maus: Check glucose.

Kris Kilen, RD: Health equity to me means that regardless of the circumstances of where a patient lives, they are still getting the same care

that promotes quality of life and comprehensive quality care. The support of the CDC is essential to what we do.

Sandra Moe, RN, LN: Together we're helping people manage their diabetes and live their healthiest lives.

SUPER: Helping people live their healthiest lives
cdc.gov/chronicdisease/healthequity