



Internal Medicine and Primary Care Clinic

Drop in Group Medical Appointments (DIGMA)

I would like to introduce you to a new program we have been conducting at William Beaumont Army Medical Center now for the past year. It is a new concept in delivering high, quality health care to all our population that we serve in the Internal Medicine Clinic and Primary Care Clinic. Patients eligible for care may benefit from this type of appointment. Group appointments are currently comprised of homogenous groups, i.e.; patients with similar diagnoses. Patients and family members are encouraged to participate in the group visit and will be required to sign a confidentiality statement. Group appointments allow for increased time spent with the provider and also present a learning experience since patients with similar diagnoses may present with similar concerns.

In order to participate in DIGMAs the patients must meet the following criteria:

- a. Must be impaneled and have been seen in the Prime Adult Medicine or Internal Medicine clinic within the last 6 months.
- b. Must not present with an acute issue i.e.; uncontrolled hypertension, uncontrolled pain, shortness of breath, chest or abdominal pain, etc. at the time of DIGMA.
- c. Check in at least 30 minutes prior to the scheduled DIGMA.

DIGMAs begin at various times and the number of patients varies with each DIGMA. Times are subject to change due to availability of space. So what happens during a DIGMA? You will have your vital signs taken prior to the group appointment. A brief physical assessment as part of the DIGMA will be conducted.

Current DIGMA appointments scheduled:

- a. Healthy Heart - Incorporates hypertension and/or hyperlipidemia education, labs, monitoring.
- b. Diabetic Clinic (Scheduled through John Bricker, RN or Jessie Silva at 569-1880)
 - a. Initial diabetic screening, issuing of glucose monitor and education.
 - b. Follow-up's every 3 months for diabetic compliance evaluation and treatment.
- d. Individual Physician routine follow-ups in a group setting.

Referrals:

Outpatient: consults can be placed in both CHCS I and II.

Inpatient: patients discharged for uncontrolled HTN and will need to be followed up and are empanelled into the PAMC or IMC then a referral/consult can be placed by the discharging physician.

For any questions please direct them to:

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TRICARE

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