



April 22, 2020

To: All our DEEP™ Partners  
From: Midwest Latino Health Research, Training and Policy Center  
RE: Remote classes in times of COVID-19

Dear Partners:

In the last weeks we have received multiple inquiries and requests for recommendations regarding the implementation of remote learning for DEEP classes during these times of social distancing due to COVID-19.

As you all know, the methods of facilitation in DEEP classes rely on the interaction between facilitator and participants, as well as between participants. Being present physically and emotionally at every session allows rich exchanges among attendees that reflect the cycle of action-reflection-action at the basis of adult education as predicated by Paulo Freire.

This model has worked very well when we are able to gather in person. But the unusual times we live are asking for alternatives. Up until now, we have not tested the implementation of DEEP using remote learning, nor have we developed adaptations of the program to deliver it as an online platform.

Given the restrictions to our model of implementation by the mandates for social distancing and given the uncertainty of the length of sheltering-at-home at different states in the nation, we are now **temporarily** allowing the use of Zoom, Webex and other available platforms during the pandemic (as defined by the World Health Organization). **Recording** of classes and **redistributing** classes in any other format other than a physically or virtually live course is strictly prohibited.

We allow the use of online platforms for real time sessions under the assumption that there **won't be changes to the content** of the different modules; the **main activities** in each module will be led by the facilitator to the best of their capacities and with **sensible adaptations to favor clarity and understanding** of the main messages; and facilitators will do everything in their power to **maintain the engagement and participation** of everyone at every session. To this end, **participants' evaluations** should be collected to inform the subsequent delivery of sessions and/or courses.

We do not intend to limit the number of courses or classes you will conduct but sincerely request and appreciate **your reporting** on these experiences. **Your candid feedback is kindly requested.** To facilitate that, we include a link to a survey that will allow us to identify areas for further attention in the development of more adaptable formats of DEEP in the near future.

Link: <https://forms.gle/xzrb8jPmyKATkPQn8>

As always, we appreciate your support to our DEEP, and your efforts to keep our communities engaged in their self-care. We enclose here links to the American Diabetes Association's sites responding to questions and concerns about diabetes care during the COVID-19 pandemic, and the Association of Diabetes Care and Education Specialists, for guidance and resources on telehealth.

Diabetes.org: <https://www.diabetes.org/coronavirus-covid-19>

Diabetes Pro: <https://professional.diabetes.org/content-page/covid-19>

Association of Diabetes Care & Education Specialists (ADCES): <https://www.diabeteseducator.org/>

Wishing you health and well-being,

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Amparo Castillo, MD, PhD  
Director