Diabetes Diagnosis - Now What?
A Look Inside a Diabetes Essentials Workshop

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Learning Objectives

• What is the Diabetes Essentials workshop?
  • Accreditation requirements
  • Seven Core Self-care behaviors
  • How we promote/market the program
  • Outcomes tracked
  • Challenges - Virtual DSME

Important Acronyms

<table>
<thead>
<tr>
<th>Acronym</th>
<th>Description</th>
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<tbody>
<tr>
<td>DSME</td>
<td>Diabetes Self-Management Education</td>
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<tr>
<td>AADE</td>
<td>American Association of Diabetes Educators</td>
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<tr>
<td>ADCES</td>
<td>Association of Diabetes Care &amp; Education Specialists</td>
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<tr>
<td>DSMT</td>
<td>Diabetes Self-Management Training (Medicare)</td>
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Diabetes Essentials
Helpful Tools for Your Diabetes Journey

AADE Accreditation
- At least 1 instructor is:
  - RN
  - RDN
  - Licensed pharmacist
  - Must meet 10 DSME standards

Documentation
- Individual assessments
- Educational plan
- Goal setting
- Follow-up
- Communication with Dr.
- Policy & Procedure manual
- Written curriculum
- Continuous Quality Improvement process
- HIPAA compliant
Billing Medicare for DSMT

Need National Provider Number (NPI) to bill for services under Medicare G codes:

- **G0108** = Individual DSMT; 30 min unit
- **G0109** = Group DSMT; 30 min unit

Billing Medicare for DSMT Resources:


How to Find Your Target Population

<table>
<thead>
<tr>
<th>DSME Programs in your area</th>
<th>Needs Assessment: Survey</th>
<th>Transportation &amp; Healthy:</th>
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<tbody>
<tr>
<td>When?</td>
<td>Where?</td>
<td>How Long?</td>
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<tr>
<td>Weekday? Morning/Night?</td>
<td>6 Week Course?</td>
<td>4 Week Course?</td>
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Our Target Population

“Adults aged 65 years and older diagnosed with type 1 or type 2 diabetes living in northeast Indiana with transportation and/or personal mobility issues.”
Removing Barriers
- Remove Transportation Barrier
- Senior Apartment Complexes
- Assisted Living Locations
- Library
- YMCA
- Community Centers
- Offer mid-week afternoon sessions

DSME Curriculum
- Materials geared to our target population
  - Basics about Diabetes and your body
  - Medications and their affect
  - Old information no longer valid

Small Steps
Big journeys begin with small steps
7 Core Self Behaviors

- Healthy Eating
- Being Active
- Monitoring
- Taking Medication
- Problem Solving
- Reducing Risks
- Healthy Coping

Healthy Eating

- Reading Labels
- Limit Saturated and Trans Fats, Sodium
- Watch Carbs
- Use the MyPlate Program

Being Active

- Senior Stretches during class
- Shoulder Rolls
- Leg Stretches
- Climb the Wall
- Talk about Exercise Options
- Walking Trails/Parks
- YMCA
- Walking Hallways
- Provide participants with Workout To Go Booklet

Resources:
Diabetes Education Curriculum (2nd ed.). Chicago, IL: American Association of Diabetes Educators.
Monitoring

- Benefits of checking blood sugars
- How to respond to sugar levels not in target
- Discuss barriers of specific medications that the participants are taking
- Provide resources for financial help with medications and diabetes supplies

Problem Solving

- Discussed throughout the workshop
- Allow participants to give examples of what has helped them

Reducing Risks

- Check Your Foot
- Brush and Floss Your Teeth
- Check Your Blood Pressure
- Don’t Smoke
- Get an Eye Exam
Healthy Coping

- Most important aspect
- Ways to deal and cope with stress
  - Blow some bubbles!
  - Deep breathing
  - Yoga, Tai Chi, etc.
  - Enhanced Fitness
- Increased risk for depression

SMART Goals

- Create a specific goal at the end of each class
- Participants rate how they are doing and how they feel about accomplishing their goal

Tools for the Future

Pass out a sheet that Participants can check off ways they can manage their Diabetes

Managing your Diabetes
- Follow-up DSME Sessions
- Diabetes Support Group
- Appointments for Eye Exams, Food Exams, Dentist, etc.
- Exercise at Home
- Attend Healthy Cooking Class
- Use Diabetes/Nutrition Apps
- Read Diabetes Books/Publications

Resources:
Promoting DSME

Benefits of DSME
- Reduced Risk of Complications & Hospital Readmissions
- Improved Outcomes & A1C

Participant Benefits
- Better blood sugars
- Feel better
- Gift cards
Outcomes Tracked

- Pre- and post- diabetes questionnaire
- Participant evaluation of workshop
- A1C
- Hospitalizations and ER visits
- Eye and foot exams
- Goal achievement
- Quality of life attributes

After Diabetes Essentials DSME

**Improved**

- Scores on Post-Diabetes Education Questionnaire
- Good to Excellent Participant Evaluations
- A1C
- Number of Days in Hospital & ER
- Goal Achievements
- Ratings for Quality of Life Attributes

**Needs Improvement**

- Anxiety/Worry & Daily Activities (COVID-19?)
- Eye Exams
- Foot Exams

Challenges

- Need to bill Medicare for MNT before billing for DSMT
- See Lack of Need
- Medicare needs labs to prove diabetes diagnosis
- Difficult to get referrals & Labs
Virtual DSME

- Medicare & most private insurance companies are allowing virtual DSME during the COVID-19 Pandemic
- Platform that is HIPAA Compliant
  - Example: Doxy.me
  - GrandPads
  - Gives clients access to the Diabetes Essentials workshop

Empowerment

- Provides useful information for managing their diabetes
- Provides practical tools for living & coping
- Participants come away feeling empowered

Thank you!